

**YES
YOU
CAN!**

DETOX

7day
supply

It's time to reset your body and start your transformation!
Our Detox is an excellent product designed to:

- Support the body's cleansing process.*
- Promote overall health and well-being.*
- Support optimal liver and kidney function.*
- Provide antioxidant protection.*

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



KEY INGREDIENTS



INSTRUCTIONS

**TAKE 3 CAPSULES
DAILY FOR 7 DAYS**

1 capsule in the morning



2 capsules at night



TIPS

- ✓ Consume whole foods as close to their natural state as possible.
- ✓ Hydrate with water.
- ✓ Sleep well. A minimum of 8 hours a day.
- ✓ Practice slow eating to enjoy your nutrients.
- ✓ Lower your stress levels.
- ✓ Eat 5 meals a day: 3 balanced meals and 2 snacks.
- ✓ Include more green vegetables in every meal.
- ✓ Reduce foods such as caffeine, sugar, salt, white flour, high fat meats and dairy.
- ✓ Move your body.