

WELCOME TO YOUR 24 HOUR CLEANSING DETOX KIT

Immune System Booster • Better Digestive System • Great to Start your Healthy Journey

Not sure how many days of detox you should do?

Do you consume many processed foods and fats? If so, we recommend a **3 day** detox to allow complete rest for your digestive system and improved toxin removal.

Is your diet 80% plant based? You rarely eat processed foods or fats? If so, we recommend a **2 day** detox

Healthy eater? If so, then a **1 day** detox may be a perfect combination to your diet.

Give your self time for rest and reflection, if it gets hard, remember why you started in the first place.

FOLLOW THESE TWO SIMPLE STEPS TO KICK OFF YOUR 24 HOUR DETOX CLEANSING KIT

STEP 1

Start your morning by taking your ginger shot, directly followed by your juice #1. The numbers will be labeled on the top of the lid.

STEP 2

Continue your day by consuming your juices in the order that they are numbered. Drink each juice every 2 hours.

WE GOT THIS!



EXAMPLE

- 8:00 am Ginger shot + Juice #1
- 10:00 am Juice #2
- 12:00 pm Juice #3
- 2:00 pm Juice #4
- 4:00 pm Juice #5
- 6:00 pm Juice #6

Avoid red meat & dairy products • Avoid processed foods • Avoid alcohol

Don't forget to drink water!