



PREMIUM DETOX DRINKS INSTRUCTIONS

When results are on the line, make sure you're clean! High Voltage Detox is specially formulated with a unique blend of B-vitamins, creatine and numerous nutrients and herbal extracts to remove unwanted toxins and pollutants from your urinary tract. Our 500ml beverage takes effect within 30 minutes and can last up to 7 hours depending on one's metabolism and the amount of toxins in their systems.

INSTRUCTIONS (DAY OF):

- Shake well.
- Drink contents of High Voltage liquid, follow with 500ml of water.
- Wait 15 minutes then drink another 500ml of water.
- Product will start being most effective after three normal sized urinations.
- If you are having trouble urinating you can increase your water intake by 500ml of water per hour.
- High Voltage will stay effective up to 7 hours.
- Best served chilled.

FOR MAXIMUM RESULTS:

- Avoid unwanted toxins for 24-48 hours.
- Pre-cleanse period (12-24 hours prior to consuming High Voltage), the night before drink 300ml glasses of water over an 8 hour period.
- While using this product, urinate frequently to expel toxins.
- Don't eat large meals or consume food with caffeine or fruit juices during the pre-cleanse period.
- Avoid over the counter or non-prescribed medications.
- No alcohol, acidic liquids (such as vinegar, pickle juice, coffee, etc), vitamins or salty foods.
- Drink plenty of water on a daily basis.