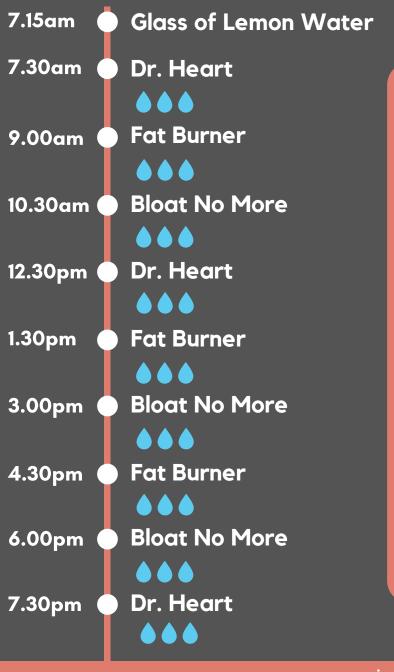
# **COSMO**CLEANSE

DEOTX JUICE CLEANSE SCHEDULE



### **Nutritionist** Instructions:

- Drink 1 Box a day
- Drink 1 bottle at every interval of 1.5 hours (90 mins)
- Consume more water in between intervals
- For cleanse to be effective, no intake of food



# Cleanse Guide:

- 1. Keep juice refridgerated
- 2. Shake well before drinking
- 3. Finish juice within 30 mins
- 4. Follow the cleanse schedule
- 5. Do not add water into juice
- 6. Drink min 300ml of water or CC Detox Tea between intervals
- 7. Drink one bottle of juice every 1.5 hours
- 8. Finish the juice 2 hours before sleep
- 9. Drink min 300ml of water before sleep
- 10. Repeat based on days cleanse

## **b** = 100ml of water

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