

COSMOCLEANSE

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

7.15am	●	Glass of Lemon Water
7.30am	●	Dr. Heart 💧💧💧
9.00am	●	Fat Burner 💧💧💧
10.30am	●	Bloat No More 💧💧💧
12.30pm	●	Dr. Heart 💧💧💧
1.30pm	●	Fat Burner 💧💧💧
3.00pm	●	Bloat No More 💧💧💧
4.30pm	●	Fat Burner 💧💧💧
6.00pm	●	Bloat No More 💧💧💧
7.30pm	●	Dr. Heart 💧💧💧

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

💧 = 100ml of water

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