

# 6-Day Detox Drop's Supplement Blend

The enclosed supplements should be taken daily, in the order listed in the 6-Day Detox Drop. **As part of your daily MORNING RITUAL**, it is recommended that you take all seven pills (1 tablet and 6 capsules) after you eat breakfast, which must include a fat source (e.g., BalanceOil+, avocado, butter, salmon, steak, Chia Seed, Peanut Butter). Accordingly, if you are taking medications, continue taking them as usual.



## What's Inside the 6-Day Detox Drop™

The **6-Day Detox Drop™** includes a carefully selected combination of vitamins, minerals, plant compounds, and gut-supporting nutrients designed to work **in phases** with your body, not against it.

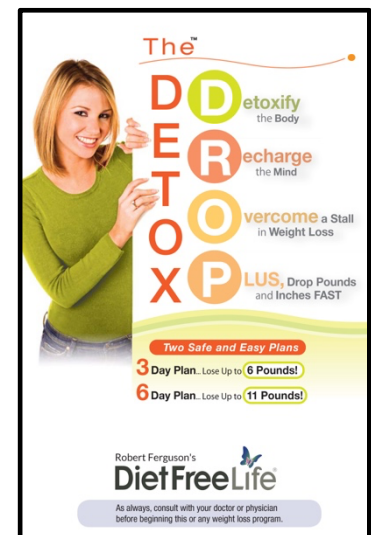
This is not a random blend. Each ingredient was chosen for a specific purpose during your six-day reset.

### Detox & Cellular Support

- **Vitamin C (buffered)**  
Supports natural detox pathways, antioxidant protection, and immune health while remaining gentle on digestion.
- **Glycine (1,000 mg)**  
A key amino acid that supports liver detox pathways, bile flow, digestion, and calm sleep, all essential during fat loss and metabolic reset.

### Inflammation & Bloat Support

- **Turmeric, Quercetin, Bromelain, and Tart Cherry**  
Work together to calm inflammation, reduce puffiness, support recovery, and help you feel lighter and more comfortable throughout the program.
- **Celery Seed Extract**  
Supports fluid balance and helps reduce water retention and bloating.



## Digestive Reset (Days 1–3)

- **Cascara Sagrada (Days 1–3)**  
Use short-term to gently support regular elimination and reduce early bloating as your body resets.
- **Magnesium Glycinate**  
Supports smooth digestion and muscle relaxation, helps prevent cramping, and promotes calm and better sleep.

## Gut Rebuild & Balance (Days 4–6)

- **Organic Prebiotic Fiber (Inulin from Blue Agave)**  
Feeds beneficial gut bacteria and supports stool consistency as your digestive system stabilizes.

## Mineral & Immune Support

- **Vitamin D and Zinc (highly absorbable forms)**  
Support immune function, metabolic health, and overall resilience during the reset.

## SUPPLEMENT FACTS:

	<b>Amounts Per Serving</b>	<b>%DV</b>
Vitamin C (as Sodium Ascorbate)	1,500 mg	1666%
Vitamin D (as Cholecalciferol)	38 mcg (1500 IU)	188%
Zinc (as TRAACS Zinc Bisglycinate)	25 mg	227%
Sodium (as Sodium Ascorbate)	195 mg	8%
Cascara Sagrada (Rhamnus purshiana) (Bark)	450 mg (Days 1-3)	
Magnesium Glycinate	100 mg	
Glycine (Free-Form)	1,000 mg	
Tart Cherry Powder (2% proanthocyanidins)	312 mg	
Turmeric Extract (95% curcuminoids)	150 mg	
Celery Seed Extract (42.5 3-n-butylphthalide)	38 mg	
Quercetin	400 mg	
Bromelain (1200 GDU/g)	83 mg	
Prebiotic (Organic Inulin (FOS) (from Blue Agave)	650 mg (Days 4-6)	

**Other ingredients:** Microcrystalline Cellulose (USP), Magnesium, Vegetable Capsule (cellulose, purified water), Vegetable Polysaccharide, Magnesium Stearate (vegetable source), Silicon Dioxide, Hydroxypropyl Methylcellulose, Hydroxypropyl Cellulose, Hypromellose (cellulose capsule), Stearic Acid (vegetable source), and Rice Flour. No artificial colors, artificial flavors, milk or milk derivatives, or sodium added.