



Daily Detox FAQ

Q: What is Daily Detox?

A: Daily Detox is a daily supplement that provide gentle support of the body's three phases of detoxification: 1) transformation, 2) conjugation and 3) elimination of toxins.

Q: What are the three phases of detoxification?

A: The liver, GI tract, lungs and kidneys are involved in phase one where toxic substances are broken down and neutralized. In phase two, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, which leads to phase 3 where toxins are eliminated from the body.*

Q: How does Daily Detox differ from HealthTrim Cleanse?

A: Daily Detox and HealthTrim Cleanse help support the body's ability to neutralize and eliminate internal and environmental toxins. The liver and kidneys are central to the elimination of toxins; however, other systems and organs are involved in the elimination process. These include the lungs, blood, lymph, skin and colon. Daily Detox supports all three phases of detoxification (transformation, conjugation and elimination) whereas HealthTrim Cleanse primarily enables elimination, or phase three. Due to the strength of HealthTrim Cleanse, it is recommended to be used for 7-10 days every 2-3 months. Daily Detox is gentle enough for daily use.*

Q: Can HealthTrim Cleanse and Daily Detox be taken at the same time?

A: Yes, they can be taken at the same time. Daily Detox can be used every day, or as a bridge during times when you are not taking HealthTrim Cleanse. You may choose to use them together, or use Daily Detox as a bridge when you are not taking HealthTrim Cleanse.

Q: How long will it take to see results with Daily Detox?

A: Every individual is different, but you can expect to see results within 4-6 weeks.

Q: Are there any side effects to Daily Detox?

A: There are no known side effects to Daily Detox when taken as recommended. If you do experience side effects, we recommend you consult your healthcare provider.

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Q: What is the purpose of piperene (black pepper extract) in Daily Detox?

A: Piperine is an important ingredient in Daily Detox as it improves the absorption of ingredients for optimal assimilation and utilization in the body. Piperine affects the liver's ability to break down these compounds making them more easily assimilated into the body, especially polyphenol extracts which are otherwise poorly absorbed.*

Q: Will the black pepper extract in Daily Detox cause gastrointestinal upset?

A: The risk of increased gastrointestinal upset given the effective dose of piperine is minimal.*

Q: What three phases of elimination do each of the ingredients support?

A: Peppermint - Phase I

Turmeric, Dandelion, Resveratrol, Broccoli - Phases I and II

N-acetyl L-cysteine, Milk thistle, Devil's Claw, Grape Seed - Phase II

Artichoke, Slippery Elm - Phase III

Q: Why is Daily Detox only available in capsule form?

A: A capsule is the optimal form of delivery due to the needed amounts of each of the ingredients. This ensures the product's potency.

Q: What are the benefits of eliminating toxins from the body?

A: Benefits of detoxification include improved digestion, better bowel elimination, clearer thinking, improved mood and emotional outlook, increased vitality, enhanced immunity, proper metabolism and nutritional support.*

Q: Should I drink a lot of water while using Daily Detox?

A: Consuming an adequate amount of water has many benefits. Water is also important to proper elimination. Water prevents dehydration, which can diminish energy levels. Staying hydrated can also support healthy brain function, as mild dehydration can impair mood and memory. The key is to drink an adequate amount of water to properly hydrate, but not to a point of discomfort.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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