

# DETOX...

## Glutathione is responsible for eliminating many different environmental poisons

As the process of toxin extraction occurs, many people may experience symptoms that are directly related to this process.

The typical reaction to the expelling of these toxins involve flu-like symptoms including, but not limited to, brain fog, headache, sore throat, a feverish feeling, joint or muscle discomfort and almost always, fatigue. Symptoms not associated with detox such as hives, runny nose, and or a shortness of breath need to be recognized as representative of allergic reactions and one should immediately cease supplementation.

For those experiencing a detox reaction with MaxGXL, it is recommended that they decrease the supplementation down to one capsule, drink plenty of water, eat wholesome, fresh foods, and gradually increase the supplementation amount

over time until they have reached a comfortable amount up to 6 capsules per day.

In some people, detox reactions may not occur until they are on the product for weeks to months and in those with severe toxic/bacterial/viral exposure, it may re-occur multiple times as they cleanse their cells at a deeper and deeper level. If this does occur, it is again recommended that one decrease the dose to where the symptoms diminish and/or disappear and then increase slowly.



It is important to understand that the human body utilizes water as its principal medium to expel toxins. Current recommendations for water intake is 1/2 oz. of water per pound of body weight. The goal is to exercise patience and understand that ultimately the body is going to function better when it is cleansed of the environmental toxins.