



# Cellular Cleansing

Glutathione is the Body's Master Detoxifier

As the process of detoxifying occurs, many people experience symptoms that are directly related to this process. Please make sure you read and understand the following information as it may or may not pertain to your individual results. Not everyone will experience detoxification symptoms; but if you do, the goal is to exercise patience and understand that ultimately the body is going to function better when it is cleansed of any and all environmental toxins.

The typical reactions to expelling these toxins involve flue-like symptoms including, but not limited to: brain fog, headache, sore throat, feverish feeling, joint or muscle discomfort, fatigue, constipation or loose bowel movements. Symptoms such as hives or shortness of breath may signify an allergic reaction. If this occurs, stop taking the supplements to see if symptoms go away and consider trying a smaller dose after a period of time to check that it was indeed the Max supplement that caused the reaction. If the symptoms persist, speak to the person who introduced you to the Max supplements to consider trying an alternate product.

Detox reactions, for those who experience them, will generally last 3 or 4 days. Detox reactions are a sign that the product is working and that your body needs the detox. For those experiencing a detox reaction that is uncomfortable, it is recommended that you decrease the dosage, drink plenty of water, eat wholesome fresh foods, and then gradually increase the amount of the product over time until you reach a comfortable level and the full recommended dose.

In some people, detox reactions may not occur until they have taken the product for weeks to months. In those with severe toxic/bacterial/viral exposure it may re-occur multiple times as you cleanse your cells at a deeper and deeper level. If this occurs, decrease the dose to where symptoms diminish and/or disappear and then increase slowly over time.

It is important to understand that the human body utilizes water as its principal medium to expel toxins. The current recommendation for water intake is 1/2 oz of water per pound of body weight. So for every 100lb of body weight, you should be drinking 50 oz or about 1.5 litres of water per day.

Enjoy!