



## DETOX PLAN

10 DETOX sachets  
5 PURIFY tablets  
5 RESTART tablets

DETOX	1 SACHET IN THE MORNING DAYS 1-10
Chlorella alga	300 mg
Fucus alga (ext.)	75 mg
Laminaria alga (ext.)	75 mg
Green tea (ext.)	200 mg
Artichoke (ext.)	200 mg
Lemon juice	200 mg
Horsetail (ext.)	400 mg
Choline	82,5 mg
Vitamine C	80 mg*

PURIFY	1 GREEN TABLET AT NIGHT DAYS 1-5
Aloe	60 mg
Fucus alga (ext.)	100 mg
Marian thistle (ext.)	100 mg
	† 11.000 million CFU (colony forming units)
	* 100% NRV: nutrient reference values

RESTART	1 WHITE TABLET AT NIGHT DAYS 6-10
<i>Lactobacillus acidophilus</i>	13 mg <sup>†</sup>
<i>Lactobacillus lactis</i>	13 mg <sup>†</sup>
<i>Lactobacillus paracasei</i>	13 mg <sup>†</sup>
<i>Lactobacillus plantarum</i>	13 mg <sup>†</sup>
<i>Lactobacillus salivarius</i>	13 mg <sup>†</sup>
<i>Lactobacillus sporogenes</i>	13 mg <sup>†</sup>
<i>Bifidobacterium infantis</i>	13 mg <sup>†</sup>
<i>Bifidobacterium lactis</i>	13 mg <sup>†</sup>
<i>Bifidobacterium longum</i>	13 mg <sup>†</sup>
<i>Enterococcus faecium</i>	13 mg <sup>†</sup>
Fructoligosaccharides	100 mg
Vitamine B2	1,4 mg*

**INSTRUCTIONS FOR USE.** The plan lasts 10 days and a second plan can be repeated upon completion without the need for rest. **IN THE MORNING**, take 1 sachet DETOX (lemon flavor) dissolved in a glass of water. It is not necessary to be fasting. In case of not having taken it with breakfast, it can be taken later in the day, although it is recommended not to take it in the afternoon or at night to avoid an increase in urination during the hours of sleep. **AT NIGHT**, the first 5 days, take 1 green tablet (PURIFY) before going to bed and the last 5 days, a white tablet (RESTART). In case of forgetting, wait for the next day at night. Do not take double the dose.

**PROPERTIES.** Complete product to detoxify and purify the organism and lose the first kilos. It contains 3 food supplements with very complete formulation and a consumption guide designed to optimize the result during the 10 days of the plan. Properties of each of the products: **DETOX SACHETS.** They are taken in the morning. They contain algae (chlorella, fucus and laminaria), plants (horsetail, artichoke and green tea) and other ingredients (vitamin C and choline) that help the liver and other organs to eliminate toxins. Chlorella algae and artichoke contribute to detoxification, choline contributes to the maintenance of normal liver function and vitamin C contributes to the protection of cells from oxidative stress. **PURIFY TABLETS (green color).** They are taken at night during the first 5 days of the plan. They contain milk thistle, aloe and fucus to continue with the purification processes in the liver and in the gastro-intestinal tube. Milk thistle contributes to the functions of purification and aloe and fucus favor normal intestinal transit. **RESTART TABLETS (white color).** They are taken at night during the last 5 days of the plan. They provide a complete mixture of 11 different strains of Lactobacilli and bifidobacteria present in the intestinal flora, inulin food fiber and vitamin B2, which contributes to the maintenance of normal mucous membranes.

**REMARKS.** Do not take during pregnancy or lactation or administer to children under 12 years of age. Do not take long-term (more than 2 plans in a row) without the supervision of a professional. It contains 120 micrograms of iodine, which is equivalent to 80% of the recommended daily amount (VRN: nutrient reference values). It does not contain other allergens (gluten, lactose, etc.). No side effects associated with any of the ingredients have been described at the doses used. In case of suffering any unwanted effect derived from the consumption of the product, cease its use and contact a health professional. For additional information, you can contact [humalik@humalik.com](mailto:humalik@humalik.com). Food supplement. Do not exceed the recommended daily amounts or use as a substitute for a varied and balanced diet. Keep out of reach and sight of younger children.

**REFERENCES.** EMA Scientific Monographs: *Cynara scolymus*, *Aloe vera*, *Silybum marianum*, *Equisetum arvense*, *Fucus vesiculosus*, *Camellia sinensis*. EFSA scientific opinions: Choline. EFSA Claims: "Chlorella algae helps digestive and liver health and to maintain normal colonic function" (ID 3314, ID 2415 and ID 1798); "Aloe contributes to bowel function and intestinal health" (ID 3947); "Fucus helps on constipation to contribute to the intestinal health" (ID2260); "Silybum marianum is hepatoprotective and contributes to liver health" (ID 3585 and ID 3821).



Keep at room temperature in a fresh and dry place, far from a heat source.



Deep 78 mm  
High 118 mm  
Width 95 mm  
Volume 874 cc



3 years



Gross 111 g  
Net 54 g

