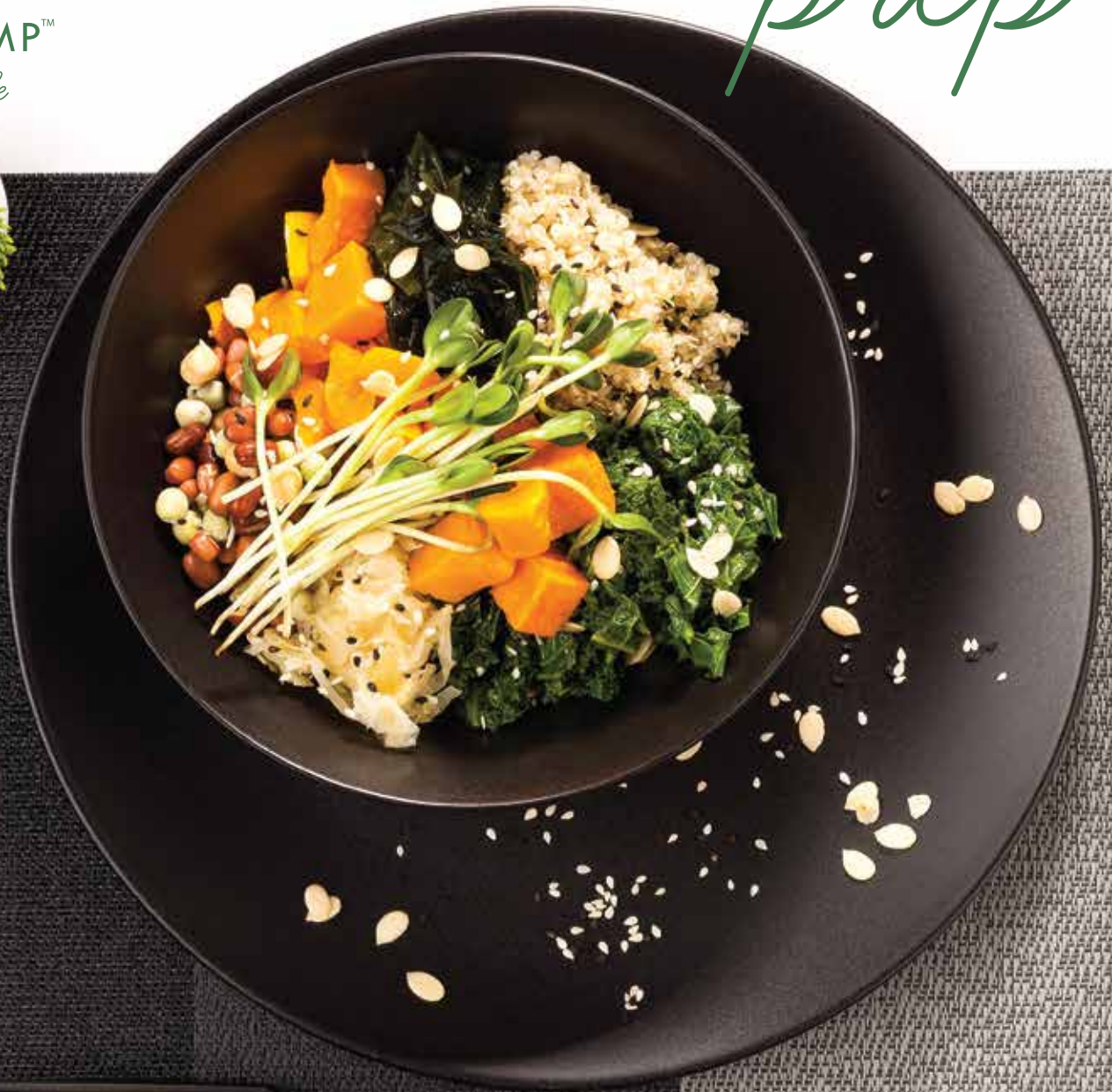


DL revAMP™
a detox for life

PRE-DETOX

prep



Get Ready for a revAMP!

You are what you eat and on DLrevAMP,TM you'll be full of vitality and vigor! Our energy-building organic detox foods will help you remove damaging toxins and waste from your body's waste removal system while helping to release extra weight.

Pre-detox prep is an essential step to harmonize your body and mind for a successful detox.



GETTING READY! Your Pre-Detox Routine

Preparing for your detox is almost as important as the detox itself. So starting right away, make sure to HYDRATE! Begin your morning routine by drinking 16-24 oz. of warm or hot water to gently wake up the lymphatic system – your body's waste removal process. You should also increase your daily water intake to 8 servings of 8 oz. daily until you begin your detox.

By all means possible, refrain from consuming processed sugar, wheat, alcohol, nicotine, coffee, meat and dairy for at least 24 hours prior to beginning your detox. Remove any foods from your home that might tempt you to break your detox and AMPLify your rest with clean sheets and quiet time before bed by 10:00pm.

Recommended Pre-Detox Foods

- Quinoa or Buckwheat
- Organic Fruits and Vegetables
- Mixed Green Salads
- Sunflower or Pumpkin Seeds
- Fresh Pressed Juice



Let's Get revAMP'd!

Your detox will arrive via Fedex priority overnight by **10:30am on Tuesday** with all your meals for **Tuesday, Wednesday and Thursday**. Meals for **Friday and Saturday will arrive** by Fedex **by 10:30am on Thursday**.

On Tuesday morning, as soon as you receive your delivery, enjoy your Cran-Lemon Chia Water anytime of day. Then follow the daily meal times according to the schedule on the menu included with your package.

For best results, only eat and drink when we advise, but remember to always listen to your body first. Take your time to eat mindfully. Everyone will experience the intensity of the detox differently depending on their previous dietary and lifestyle habits.



You don't **NEED** a detox, *you deserve it!*



DLrevAMP.com

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Congratulations and Cheers to making a commitment to revAMP your health!

Questions? Contact our Detox Specialist by emailing Support@DLrevAMP.com or call us at 1-800-44-DETOX.