



# DETOX BOX

The IDLife Detox Box is a scientifically designed 3-Phase nutritional program that helps detoxify your body's natural filtration systems and maximizes your body's ability to improve overall gut health and absorb essential vitamins and minerals.

## DIRECTIONS:

For the first 5 days take Cleanse+ as directed. Over the course of 30 days, take capsules as recommended for maximum results.

## BENEFITS:

- Restore your microbiome.
- Return body to homeostasis to produce long-term detoxification.

## FAQs:

### HOW DOES THE DETOX BOX WORK?

The Detox Box uses a 3-Phase system:

**Phase 1 (Flush the Kidney and Bowel):** Your kidneys and bowel make up your body's secondary filtration system. Beginning the detox process here will help create a foundation for maximizing your results.

**Phase 2 (Detoxify the Liver):** The body's primary all-purpose filtration system is the liver, which filters everything you consume before dumping waste into either the kidneys or bowel. During this phase, you will begin to experience a new "normal" to your daily routine as your body begins to work efficiently and how it was designed.

**Phase 3 (Restore the Gut):** The gut is the "brain" of your immune system. In Phase 3 we focus on detoxifying it of what it doesn't need and supplying it with the nutrients it craves to support returning it to a state of homeostasis.

### CAN I TAKE THE DETOX BOX WITH MY IDNUTRITION?

Absolutely. In fact, you may experience enhanced benefits as a result of pairing the products. IDNutrition is a natural complement to the Detox Box because of the targeted/personalized nature of the program.

### HOW IS THE DETOX BOX DIFFERENT FROM A NORMAL CLEANSE?

A cleanse simply focuses on clearing the colon of built up fecal matter, however the Detox Box is a process by which the body is provided key nutrients, in a very specific and scientifically proven order. The detox program flushes the body's natural 2-phase filtration system so that it can operate optimally and improve metabolism of essential vitamins and nutrients.

### WHAT IF I FORGET TO TAKE MY DETOX BOX PILLS?

Get back on the program as soon as possible, but don't double up on the recommended daily dose.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

### Kidney Detox Capsule

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Organic Cranberry Fruit Extract (Vaccinium macrocarpon)	200mg *
Beet Root Powder (Beta vulgaris L.)	50mg *
Apple Fiber Powder (Malus domestica) (Fruit)	50mg *

\* Daily Value not Established

Other Ingredients (in descending order or predominance by weight) Rice Bran, Maltodextrin, Hydroxypropyl Methylcellulose, Silica, Vegetable Magnesium Stearate.

### Microbiome Defense Capsule

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Ginger	200 mg *
Thyme	150 mg *
Clove	100 mg *
Oregano	125 mg *
Black Cumin Seed Oil	100 mg *
Limonene	50 mg *

\* Daily Value not Established

Other Ingredients: Extra Virgin Olive Oil, Gelatin, Glycerin, Water

### Liver Formula Capsule

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Selenium (as L-Selenomethionine)	67 mcg 121%*
N-Acetyl-L-Cysteine	200 mg **
Milk Thistle Extract (Silybum marianum) (seed) (Standardized to 80% Silymarin)	150 mg **
Tumeric Extract (Curcuma longa) (root) (Standardized to 95% Circuminoids)	75 mg **
Alpha Lipoic Acid	50 mg **
Schisandra Extract (Schisandra chinensis) (fruit) (Standardized to 9% Schisandrins)	25 mg **

\*Percent Daily Values are Based on a 2,000 Calorie Diet

\*\*Daily Value not Established

### Gut Health Capsule

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value
Inulin (from Agave)	200 mg *
CoreBiome® (Standardized to 30% Tributyrin)	100 mg **
OPTI-Biome® Bacillus subtilis MB40 (100 Billion CFU/g)**	7.8 Billion CFU **

\*Daily Value not Established

\*\*At Time of Manufacture

Other Ingredients: Rice Bran, Hydroxypropyl Methylcellulose, Magnesium Stearate, Silica