

I GOT FLO Water Detox



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Benefits, Ingredients & Recommended Use:



Benefits: “Fat Burner Detox”

- Natural Appetite Suppressant
- Antioxidants (deterioration of stored food products)
- Increases fullness & reduce calorie intake
- Reduce cholesterol level & Boost energy
- Vitamin C & B, calcium, magnesium, potassium and fiber, relieve gas and bloating
- Help digestion, relieve migraine pain, support weight loss & controls blood pressure
- Increase testosterone levels in men and women (one of the main hormones behind sex drive)

**** Pomegranate and cayenne pepper may reduce appetite and help lower blood pressure. If worried the cayenne pepper may interact with blood pressure or blood thinner medications, its best to check with your doctor before trying. ****

Ingredients: Water, Green Tea, pomegranate juice, pineapple juice, lemon juice, apple cider vinegar, cayenne pepper, honey,

Recommended use: Refrigerate. Drink warm (**Not HOT**, can be ran under hot water or placed in microwave for 30-45 seconds to remove the chill) in the morning on an empty stomach 45 minutes before meal. Followed by 1 bottle of water (16oz). * **When taking 2^{fat burners} a day the 2nd Fat Burner is Best** if taken between the hours of 10am-2pm when metabolism is at its highest peak.



Benefits: Alkaline Coconut Water Detox -

Nutrition supplementation for sports Enthusiast

- Anti-aging properties
- Colon cleansing properties
- Immune system support (Rich vitamin C, B complex, vitamin A and vitamin E)
- Booth hydration
- Natural diuretic (Promoting urine production and flow and cleansing the body of toxins)
- Improves mood (have potential to help with stress)
- Helps promote better circulation
- Relaxes muscle tension
- Antioxidant

Ingredients: 8.8 pH Alkaline water, 100% Coconut water, Coconut, Blueberries, Honey

Recommended use: Refrigerate. Drink 1-3 times throughout the day.



Benefits: “No Bloat” Detox –

Reduce Bloating & Digestion Ease Detox (Taken Daily throughout day)

- Prevent water retention/ Anti-inflammatory properties (Cu)
- Cleansing effect: Helps clean digestive system (L)
- Stimulate immune system/ helps reduce cholesterol levels (O)
- Helps body digest easily/ soothe stomach cramps (M)
- Antioxidants (deterioration of stored food products) (H)
- Treat Chronic Indigestion

Ingredients: Water, Cucumber, Lemon, Orange, Mint, Ginger, Honey *with barista choice fruit*

Recommended use: Refrigerate. Drink throughout the day. **Due to ginger, drinking before a meal accelerates emptying of the stomach by 50%. ** **To preserve flavor & shelf life remove fruits & veggies (return water to Refrigerator) between 3-5 days if not yet consumed.****