FAQ’S: DAILY DETOX DRINK

WHY DOES SOMEONE TAKE THE DAILY DETOX DRINK?
The number one reason is to detoxify the body of unwanted free-radicals which are harmful to tissues, organs and your body in general, right down to the cellular level. Detoxifying on a daily basis, has also been shown to remove toxins that enter the body through breathing, physical contact and ingestion. Some of those compounds come from excess alcohol, certain medications, smoke, oxidized fats and heavy metals.

HOW LONG DO I NEED TO TAKE THE DAILY DETOX DRINK?
Every day we ingest and inhale toxins, heavy metals and other unwanted compounds, as well as creating (naturally within the body) harmful free radicals. The suggested use is to use the Daily Detox Drink every day, or as directed by a medical professional.

WHEN WILL I NOTICE THE DAILY DETOX DRINK WORKING?
Some people notice an instant physical change in their energy level within a matter of hours of drinking one serving. Most of us, however, notice more subtle changes over a longer period of time. Much like any nutritional supplementation, the body responds to it gradually. Within 3-4 months, one might feel the effects of the body ridding itself of toxins and a more energetic or less sluggish feeling.

ARE THERE ANY SIDE EFFECTS?
There are no commonly reported side effects, but any supplementation may bring about individual responses. The Daily Detox Drink contains Vitamin C (ascorbic acid) which may bring on some minor stomach discomfort or small bouts of diarrhea at first. One could take a half serving per day or split the daily dosage into two while getting accustomed to the supplementation. Always consult a physician with concerns about your health.

HOW MUCH DO I TAKE EACH DAY?
One serving per day is all that is required. However, if you are temporarily supplementing in order to achieve a greater degree of detoxification, an additional serving can be taken under the advice of your physician. A serving is equal to one individual-serving packet or to the line on the outside of the enclosed measuring scoop.

I NOTICED SMELLY OR COLORED EXCRETIONS IN CERTAIN AREAS SINCE STARTING THE DAILY DETOX DRINK. WHY IS THAT?
The body rids toxins through the skin, excretion and urination. For those who have higher levels of toxicity, there will be more obvious signs of the detoxifying process. For example, if an individual has previously injected prescription or nonprescription drugs, he or she may experience a greater amount of toxins being expelled from the injection site. This is just one example, and individuals may respond differently. Always consult your physician with health concerns.

WHAT DOES THE DAILY DETOX DRINK TASTE LIKE?
The Daily Detox Drink is pleasant tasting. It's made from ingredients found in nature so you won't find a "medicinal" taste, just a lemony or raspberry flavor (organic) with a touch of Stevia to sweeten it.

WHICH FLAVORS DOES THE DAILY DETOX DRINK COME IN?
The classic 30-serving box of individual serving packets comes in lemon flavor. The 30-day and 90-day serving jars (with measuring scoop included) are available in lemon and raspberry.

HOW DO I TAKE THE DAILY DETOX DRINK?
The Daily Detox Drink is a powder that can be mixed into 8 oz of water or your favorite beverage and taken once, daily. It can be taken with or without food. The most preferred is to take it two hours after your meal so your body can absorb the nutrients.
last meal of the day. If you experience excess gas, begin with 1/2 serving and build up to 1 full packet. You may also try drinking your Daily Detox Drink in the morning.

CAN I GET A SAMPLE OF THE DAILY DETOX DRINK?
Happy Bodies offers a 30-serving size Daily Detox Drink as the smallest unit for purchase. We work very hard to keep our prices as low as possible and therefore do not send samples. Please see the remaining FAQs to answer any other questions you might have. We’re available by phone and email as well to help you with any questions or concerns.

CAN I RETURN IT IF I DON’T LIKE IT?
We gladly accept any unwanted products if unopened and returned within the return guidelines (see Return Policy for specific information.) However, if the flavor that we’re very proud of offends you, it is not returnable. As for effectivity, it generally takes a longer period of time for a body to respond to any supplementation program.

WHY IS THE DAILY DETOX DRINK PREFERRED OVER RECANCOSTAT?
The Daily Detox Drink is primarily comprised of •Vitamin C (Pure Ascorbic Acid •L-Glutathione (Reduced) and •R-Lipoic. These ingredients meet the recommended standards by Dr. Sherry Rogers for a daily detox. Recancostat Powder is also a reduced glutathione but it has the addition of other ingredients. Not everyone has requirements for the addition of these other compounds. Ensure that you're supplementing to your individual needs and be sure to avoid over-supplementing.

DOES DR. SHERRY ROGERS RECOMMEND THE DAILY DETOX DRINK?
Yes. The Daily Detox Drink makes an appearance in several of Dr. Rogers’ newsletters. It is also recommended in Dr. Rogers’ book IS YOUR CARDIOLOGIST KILLING YOU.

WHAT’S IN THE DAILY DETOX DRINK?
It's made of Vitamin C (Pure Ascorbic Acid), reduced Glutathione, and R-Lipoic Acid (Stabilized). There are no fillers or unwanted ingredients. Other ingredients: Organic natural lemon flavor and stevia.

WHAT IS "REDUCED GLUTATHIONE"?
The body naturally produces free radicals (molecules that are harmful to cells, tissues and organs.) Thankfully the body also produces antioxidants, which combat free radicals, one of those being glutathione. Glutathione is found in two forms in the body: reduced and oxidized. The reduced form scavenges free radicals. The end result of this process is oxidized glutathione. During periods of stress, trauma and other adverse conditions (smoke in the air, heavy metals, drug metabolites, etc,) reduced glutathione becomes depleted, and there is a heavily out-of-balance amount of oxidized glutathione. The Daily Detox Drink contains a full 800 mg of reduced glutathione per serving and can be taken daily or as recommended for your particular needs.

I SAW A RECOMMENDATION FOR 300-600 MG OF LIPOIC ACID. THE DAILY DETOX DRINK SAYS IT CONTAINS 100 MG OF R-LIPOIC. WHAT IS THE DIFFERENCE?
The original recommended amount of lipoic from Dr. Rogers was 300-600 mg of ALPHA lipoic. She has since updated her recommendations to 100 mg of "R" lipoic. R-lipoic is much more absorbable by the body and therefore a lesser amount of "R" lipoic gives you a higher amount of digestability.

ARE THERE NIGHT SHADES IN THE DAILY DETOX DRINK?
There are no ingredients in the Daily Detox Drink that are derived from nightshades. For those who opt to exclude nightshades from their diets, the Daily Detox Drink is appropriate for your dietary requirements.

The texture of my Daily Detox Drink seems a little different from the last time. Is that okay?
Yes, some times there is a recent and very slight change to either a more crystalline-powder or finer texture. It's so slight, most do not even notice. It dissolves in water at about the same rate, with a few extra stirs. In our effort to continue to produce a quality product and in place of using an excipient or flow agent, we chose this formula and texture. As such we are able to continue to deliver the Daily Detox Drink at an affordable price and to avoid raising the cost to the consumer. As a general rule, batches may vary. The Daily Detox Drink still provides every bit of nutritional value and efficacy. The change in the powder's texture is the only change. As always, mix it up well in your water or greens drink. An yes, it still has the same great taste.