

**bioxil**  
innertreats



**20** days

**DETOX & WELLNESS  
Programme**



**Detox** The Way Mother Nature Intended with  
Bioxil Innertreats 20 Days Detox & Wellness Programme

#### **Complete Detoxification**

A daily serving of 2 sachets INNER D-TOX provides you with 6.6g of dietary fibre (soluble & insoluble) and complete blend of detoxification herbs and ingredients that promote a total body cleanse.

#### **Radiant Skin**

Intestinal clog-up and constipation causes dull skin tone and pigmentations. 20 Days Detox & Wellness Programme flushes toxins from your system thus improving skin tone and radiance.

#### **Weight Management**

Our body may carry up to 10kg of solid wastes! This toxic build-ups delay body metabolism and calorie burning rate, thus making weight management much difficult. 20 Days Detox allows you to gently cleanse toxins from your body whilst supporting effective weight management.

#### **Total Wellness**

20 Days Detox & Wellness Programme boosts total wellness and strengthens body immunity. It is the easiest regime without any side effects.

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## My Typical Day

Bioxil Innertreats 20 Days Detox & Wellness Programme

### 7:00 a.m. - Wake Up Drink

The best way to begin a new day is by drinking a glass of clear warm water added with a few drops of squeezed lemon juice. Take it even before you wash up.

Our body weight is made out of 70% water, so it is important to keep it replenished at all times. It also helps to activate and boost the bile function whilst wake up the digestive system.

### 7:30 a.m. - Breakfast

Mix together a sachet of M.Vital GT&F® and Inner D-TOX in a glass (150ml) of warm water. Stir until dissolved. Drink immediately.

### 10:30 a.m. - Mid-morning Snack

- 1 portion of fruit (apple or guava or pear)

Over 30g  
FIBRE daily

### 12:30 p.m. - Lunch

Options :

- Tuna Salad + Soup (more vegetables less dressings)
- Egg & Cucumber Sandwich (made with wholegrain bread)
- Small Portion Rice + Steamed Fish + Vegetables

### 4:15 p.m. - Tea Break

- 1 sachet of Inner D-TOX

Options :

- Replace your Tea or Coffee with Herbal or Floral Tea, for example, Chamomile Tea, Rooibos Tea or Green Tea
- Tea and Coffee are 'toxic' during the detox period
- 1 portion of Fruit (banana or mango)
- Freshly squeezed fruit Juice
- Apple Cider Vinegar + Lemon Juice + Honey with warm water (recommended at least once every 2-3 days-best for blood cleansing whilst lowering blood cholesterol)

### 7:00 p.m. - Dinner

Options :

- Light crisp vegetable salad
- Clear vegetable soup

## Daily Intake

### AM

- Consume a sachet of Inner D-tox + a serving of M. Vital. Consume before meals on empty stomach for optimal absorption.

### PM

- Consume a sachet of Inner D-tox before meal on empty stomach for optimal absorption.



For more information, please do not hesitate to call our Toll-Free Client Service Careline at 1800 88 0908 to speak to our Nutritionist