

Detox Tea Brewing Guide

Detox Tea

If you have chosen to include [Detox Tea](#) in your journey, follow the below instructions for daily use.

1/2 tbsp. Detox Tea
8 oz. water

Put your loose tea in an infuser or tea filter. Add to a pot with water. **Cover**, and slowly bring to a boil. Reduce heat to a simmer and **simmer covered** for 15-20 minutes.

For ease of use, make 1 quart of tea at a time, and refrigerate excess for up to 3 days.

Phase	Daily Amount
Prep Day 1-2	1 cup
Prep Day 3-4	2 cups
Detox Day 1-3	3 cups
Detox Day 4-7	3-4 cups
Beyond this Detox	You may finish the package of tea, drinking up to 4 cups daily. Be sure to take at least one week off per month when drinking this tea. You can continue to use the tea for 3-4 months.

This product has not been evaluated by Health Canada or the FDA and is not intended to treat, diagnose, cure or prevent any disease. It is not intended to represent or replace professional medical advice. Do not take if you are pregnant, breastfeeding, have liver or kidney problems, or take blood-thinning medication.