

QUICK CARBO & QUICK CAPS PRODUCT INSTRUCTIONS

Products are intended to be used on the day that you desire to be clean.

Prior

- When you desire to be clean, whether it is tomorrow or in 3 days, start drinking as much water as you comfortably can and urinate frequently. This is an important step in the flushing process.
- 48hrs prior to use avoid all unwanted toxins and do not use any over the counter drugs, large quantities of vitamins, alcohol, caffeine, and acidic liquids (ie. Vinegar, fruit juices).
- Do not eat any large meals within 2 hours of using your flush product although you may eat lightly 2 to 3 hours prior.

Quick Caps

Designed to be taken 1hr prior to when you desire to be clean – suitable for most people

Please Note: If you have a body weight over 90kg and/or consider yourself a heavy user we suggest you use the Quick Carbo 20oz or Quick Carbo 1 Shot formulas.

1. 1hr prior to the time you desire to be clean take all 4 capsules with 700ml of water.
2. Wait 15mins then drink another 700ml of water.
3. Do not drink any more water after this.
4. Urinate frequently. This is an important step in the flushing process.

Quick Carbo 16oz

Designed to be taken 1hr prior to when you desire to be clean – suitable for most people

Please Note: If you have a body weight over 90kg and/or consider yourself a heavy user we suggest you use the Quick Carbo 20oz or Quick Carbo 1 Shot formulas.

1. 1hr prior to the time you desire to be clean drink the entire 16oz QCarbo formula at a comfortable yet consistent pace.
2. Wait 15mins, refill the bottle with cold water, and drink until gone.
3. Urinate frequently. This is an important step in the flushing process.
4. It is helpful to refill the bottle with cold water again and consume.

Quick Carbo 20oz

Designed to be taken 2hrs prior to when you desire to be clean

Designed for people with higher toxin levels or larger body weight

1. 2hrs prior to the time you desire to be clean drink 600mls of cold water and wait 30mins.
2. Immediately after the 30mins drink the entire QCarbo 20oz along with the 4 capsules at comfortable yet consistent pace.
3. 15mins after drinking the QCarbo and tablets fill the bottle with cold water and drink until gone.
4. Urinate frequently. This is an important step in the flushing process.

Quick Carbo 1 Shot

Designed to be taken 30mins to 1hr prior to when you desire to be clean

Designed for people with higher toxin levels or larger body weight

1. 30mins to 1hr prior to when you desire to be clean drink the entire QCarbo 1 Shot.
2. Urinate frequently. This is an important step in the flushing process.