



4 Key Tips for Using Vitality Detox Drops

If you are one of the many people around the United States and the world using Vitality Detox Drops to eliminate toxins and boost your overall health, congratulations! That barely perceptible humming you hear might be the sound of your immune system - and all other bodily systems - applauding in gratitude.

Whether you're already taking the product or are still considering it, you may be wondering about the best way to achieve results. To that end, we wanted to answer some of the most common questions we get from clients. Of course, everyone is different, and your body may respond differently from someone else's who is following the same protocol but in general, these are the recommendations we've arrived at after years of observing the product in action.

What is the recommended dose for the average person?

For most people who are not dealing with major health challenges or issues that compromise their immune systems, we have found that 10 drops, twice a day is the most effective dose. This is true for both long-term and short-term detoxification.

- **When the dose should be lower.** For children, those with low body weights and/or those who know they're coping with a high level of toxicity or toxin sensitivity, a lower dose is advisable. Start with two drops, twice per day and slowly work your way up to a higher amount after two or three days.
- **When the dose should be higher.** In cases involving severe toxin exposure or serious health issues, the dose can be significantly higher. Some clients have used between 50 to 100 drops per day, several times a day.

What time of day is best for taking Vitality Detox Drops?

To create maximum effectiveness, we recommend taking the drops first thing in the morning (before breakfast) and at night before going to bed. Doing so minimizes the interaction between the drops and whatever food and drink you're consuming throughout the day, allowing them to get into the body's lipid layers and other places where toxins are stored and eliminate them without having the process slowed through digestion.



During our sleep cycle, healing is naturally occurring already which makes it an optimal time for the drops to do their work.

However, remember that everybody is different and may need to follow the schedule that works best for you.

Can I take the drops with food?

Nothing unfortunate will happen if you take the drops with food so technically you can, but again, you won't get the greatest results. Instead, we recommend taking them at least 20 to 30 minutes before eating, at least in the case of breakfast, and ideally after eating at night.

Because so much of our food and drink (even many brands of beer and wine!) contains toxic substances, including pesticides and herbicides like glyphosate, it's best if the zeolite within Vitality Detox Drops has already been absorbed into your system by the time you eat. It can then bind any toxins you ingest and help to eliminate them through the normal digestive process.

At night, as mentioned above, taking the drops prior to sleeping is a way to heighten their benefits.

Is it okay to take the drops with supplements or medications?

There is a benefit to taking your supplements with Vitality Detox Drops; Vitality Detox Drops will bind your supplements and assist the assimilation as it helps to carry them into the deeper recesses of the body. Since many people take their supplements with food, we would recommend separating the two for the reason we explained above. If you take some of your supplements in the morning or evening, you can go ahead and take them at the same time as Vitality Detox Drops. At Vitality, we love to take our magnesium at night together with the drops.

However, we do not recommend taking your medication together with Vitality Detox Drops. We advise waiting about an hour before or after.

And remember to always follow the advice of your personal physician or health care provider.

If you have any other questions or concerns about how to use Vitality Detox Drops, please contact us. We are always happy to answer questions and support you in getting the greatest benefit possible from using this remarkable product.