



### **When is the best time to detox?**

Anytime you feel the need to refresh and revitalise your body.

Be practical, however, about when you start this Program. Aim for a time when you know that you will not have a very hectic work or social schedule. As the diet is restrictive, lavish social occasions may be a little difficult.

### **Will I be able to go to work?**

Yes. This Program should not restrict your work life.

### **Can I exercise?**

Yes. Exercise is very good for improving the elimination of wastes from the body. We suggest a light exercise such as walking or swimming. Heavy exercise should be avoided as the Program may make you feel slightly drained initially.

### **Will I notice any negative symptoms while I am on this Program?**

Some people will experience no symptoms, while others may experience different types of symptoms. These are usually very slight and pass after two or three days. You may experience headaches, irregular bowel

## QUESTIONS & ANSWERS

motions, fatigue, skin outbreaks and even flu-like symptoms. If you would like more information about your symptoms contact our detox health experts via the Detox Coach CD or call the Advisory Service on 1800 803 760.

### **Will I lose weight?**

Most people who undertake a detox program will lose weight. The diet includes very pure food and cuts out many high calorie foods, so some weight loss can be expected.

### **Can I undertake the Program if I am pregnant?**

Blackmores does not recommend this Detox Program during pregnancy or breast-feeding.

### **Is it safe to undergo this Program if I am taking pharmaceutical medications?**

Talk to your healthcare professional if you are on any type of medication before doing this Program. No medicine interactions are expected if used as directed. Overuse may decrease absorption of nutrients and oral medications due to increased speed of transit through the intestines.

### **Can I continue to take my normal vitamin supplements?**

Continue to take a multivitamin throughout your Detox Program, however you should stop taking all other supplements until your Program is completed.

### **How do I install the Detox Coach CD?**

Insert the CD into the CD-ROM drive on your PC and follow the prompts for the Program to install itself. If you do not have access to a PC you can still receive daily tips, more recipes and advice from our detox health experts by visiting [www.blackmores.com.au/detox](http://www.blackmores.com.au/detox) and entering the code number printed on your CD.

**If you fall off the wagon or are experiencing any problems while detoxing, hit the 'panic' button on your Detox Coach CD for some help or call the Advisory Service on 1800 803 760**