



# RYCELL® DETOX

## Fruit Cubes with Artichoke, Chlorella and Dandelion

A **healthy diet** is the best base for a successful cleansing of your body.

Also, **exercise** is essential for keeping your body in a good shape and it has many advantages for your health. For example, conducting exercise activates your metabolism and thereby has an active part in cleansing the body. Additionally, the body disposes some toxicants through sweat when doing physical activity.

As a supplement, there exists **well-tried herbal components** that help the body to dispose of various harmful substances. Well-known substances such as artichoke, chlorella and dandelion work on different systems to reduce the body's pollution.

During a **detox-phase**, it is very important to **drink sufficiently**. You should abstain from alcohol, coffee, green and black tea. Recommendations are still water and herbal tea (excluding Rooibos). Also, try to eat alkaline foods or support your body in this phase with a concurrent treatment of alkaline powder.

### Ingredients

apple, banana, coco flakes\*, soya, whipped cream, artichoke\*, dandelion\*, chlorella\*, salt, potassium hydroxide, \* product of organic farming

### Product Information

Pouch with 45 g

Weight before freeze-drying: approx. 225 g

Nutritional values	Per 100g
Calories	1.922 kJ 461 kcal
Fat	23,5 g
of which saturated fats	21,0 g
carbohydrate	40,9 g
of which sugars	38,8 g
Fibre	12,1 g
Proteins	15,3 g
Salt	1,9 g

### Recommended Application#

5 cubes a day

Please keep the pouch closed after use in order to prevent the fruit cubes from becoming moist.