



## Drink2Shrink Detox Formula

Drink2Shrink is made with Holy Tea® Detox Formula and is 100% organic, caffeine-free herbal tea that helps bring the body back into a healthy balance so it can restore itself naturally and continue to flush out toxins daily. It's made from a proven synergistic blend of high-quality, hand-selected herbs which have been proven over time to produce fast and effective results. This all-natural remedy will make you look better and feel better!



- Gently cleanses and detoxifies whole body
- Promotes weight loss to reach ideal weight
- Helps with blood pressure and cholesterol
- Increases energy, mental clarity, and focus
- Boosts natural resistance against illness

LurraLife is honored to bring the original Holy Tea® formula to market as Drink2Shrink. For more than twenty-five years, tens of thousands of people around the world have been able to regain control of their health thanks to his unique herbal formulation.

All-natural Drink2Shrink Detox Tea is formulated to effectively and gently cleanse, detoxify, and restore balance to the whole body. As part of the process of nutritional cleansing, it provides the body with the nutrients it needs to get back in balance and restore itself to its natural, healthy state. Regular use of this remarkable herbal tea blend has been found to impart many benefits, including improved health, weight management, energy, and concentration. Not only will you feel better, you will look better too!

Drink2Shrink also works as a natural weight loss tea that can help you rapidly and safely shed excess pounds and is much more effective than Chinese Green Tea – making it the perfect supplement for any weight loss plan. Plus, drinking 8 ounces twice daily has been shown to lead to significant weight loss and can help you successfully sustain your ideal weight long-term.

**CAUTION:** Always consult with your healthcare practitioner before taking this or any health supplement, especially if you are taking prescription medications, under a doctor's medical care, at risk for or have any illness or health condition, pregnant or nursing, or under age 18. These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information is provided for informational purposes. Results may vary. You may not experience the same benefits from using this product.

# ORGANIC HERBS AND PLANT EXTRACTS



Drink2Shrink is made of safe, organic herbs and plant extracts hand-selected for their health benefits.

*Caution: Some of these are cathartic herbs, which can stimulate gastro-intestinal movement.*

**Persimmon Leaf:** Persimmon Leaf tea is a staple in traditional Chinese medicine. Modern scientific research has shown that it promotes a healthy metabolism; alleviates digestive problems and dermatitis; and can help reduce high blood pressure, heart disease, high blood lipids, and fatty lipid cells.

**Holy Thistle:** A powerful antioxidant, Holy Thistle (also called Milk Thistle) has been used medicinally for over 2000 years to cleanse the body and as a remedy for a variety of ailments. It has been found to have anti-inflammatory effects and immune-boosting properties.

**Malva Leaf:** One of the oldest medicinal plants in the world, the Malva plant has anti-inflammatory properties and has been used to relieve gastrointestinal, urinary tract, and respiratory problems and discomfort.

**Marsh Mallow Leaf:** The Marsh Mallow herb has been used for centuries as a traditional medicine for its immune-boosting and mild anti-infective properties. It soothes and supports digestion and respiration.

**Blessed Thistle:** Blessed Thistle (also called Spotted Thistle) has a long history as a medicinal herb and is used to alleviate gastrointestinal complaints. It also has anti-inflammatory and antioxidant properties.

**Papaya:** Papaya extract is commonly used to help aid digestion, boost immune function, and offer anti-aging benefits. It has powerful antioxidant and anti-inflammatory properties and promotes cardiovascular health.

**Ginger:** Due to its immune boosting properties, Ginger is a common herbal remedy for colds, flu, congestion, nausea, and headaches. It also has potent anti-inflammatory and alleviates digestive upsets.

**Chamomile:** A natural anti-inflammatory, Chamomile is a common herbal remedy to soothe chronic gastrointestinal problems. It is also effective in treating inflammation, muscle pain, spasms, and as a relaxant.

**Myrrh:** In traditional Chinese medicine, Myrrh is said to have special efficacy on the heart, liver, and spleen meridians. It has also been shown to have a positive effect on cholesterol levels.



# FREQUENTLY ASKED QUESTIONS



## What are the health benefits of using Drink2Shrink Detox Formula?

All-natural Drink2Shrink is formulated to effectively and gently cleanse, detoxify, and restore balance to the whole body. Regular use of has been found to impart many health benefits. It also serves as a gentle yet powerful colon cleanse and general health and healing tonic for common ailments. The 100% organic herbal tea was designed to benefit those with sensitive systems; it includes known botanicals that help soothe both the upper and lower digestive tract. In addition, it provides your body with essential enzymes, which are often destroyed by modern food processing and pasteurization techniques.

- Gently cleanse and detoxify the whole body
- Reach and maintain your ideal weight
- Weight loss and reduction of the abdomen
- Restore body-balancing nutrients
- Improve digestion and bowel function
- Alleviate gastrointestinal problems
- Proper colon, liver, and kidney function
- Healthy levels of blood pressure and cholesterol
- Clearer, healthier, younger-looking skin
- Increase energy, mental clarity, and focus
- Boost resistance against diseases
- Improved mood and sleep
- Achieve optimal health and wellness

## Will it help me lose weight?

Yes! Drinking 8 ounces twice daily has been shown to lead to significant weight loss. Drink2Shrink can help your body get back into a healthy, balanced state and shed extra pounds by ridding it of a buildup of toxins that can cause persistent weight gain and thwart other weight loss attempts.

You can experience major health problems, including relentless weight gain and serious difficulty losing and maintaining weight loss when your body is burdened with toxic overload and being robbed of essential nutrients. All-too-often, this leads to a vicious cycle of persistent feelings of hunger, unrelenting cravings, poor food choices, and chronic overeating of high calorie, high fat but low nutrient foods and beverages...which, in turn, saps you of your energy and willpower to eat healthy and exercise.

## How do I know if I'm experiencing toxic overload?

If you are experiencing several of these symptoms, it may be evidence that you have a buildup of toxins in your system.

- Feeling tired or having trouble sleeping
- Trouble concentrating or staying focused
- Feelings of depression or irritability
- Frequent mood changes
- Chronic headaches
- Recurrent joint or back pain
- Allergies and/or food sensitivities
- Skin problems like acne, psoriasis, eczema
- Unpleasant body odor or bad breath
- Frequent gas, bloating, or indigestion
- Constipation or irregular bowel movements
- Lowered tolerance to fatty food
- Loss of appetite
- Weight gain and trouble losing weight
- Frequent colds or sinus congestion
- Breast soreness
- Frequent yeast infection

It is estimated that we are exposed to over 4000 different chemicals, toxins, and pollutants every single day. These harmful by-products – along with processed foods, nutrient poor diet, some modern medicines, and a stressful, busy lifestyle – can take a toll on the body. The good news is that by nutritional cleansing and detoxing, you can restore proper nutrient absorption, increase your metabolism and energy, and bolster your commitment to a healthy lifestyle.

# FREQUENTLY ASKED QUESTIONS



## What is nutritional cleansing and detoxing?

The process of nutritional cleansing and detoxing removes environmental impurities and replenishes your body with the optimum balance of nutrients...thereby giving the body the fuel it needs to naturally return to optimum and maximum health, allowing you to achieve your ultimate health and lifestyle goals.

It is a natural remedy for rejuvenating the body. Although the cleansing or detox process can be done in several different ways, ideal methods are all-natural and do not add to the body's toxic burden. A natural cleanse or detox with safe, medicinal herbs can help your body get back in balance by cleansing out toxins, impurities, and other unwanted rubbish that has accumulated over time. Once restored to its natural, healthy state, your body will naturally continue to flush out toxins daily. Herbal cleansing and detoxification have long been used as natural, effective ways to restore balance to the body, achieve and maintain optimal health, and prevent disease.

## What are the benefits of nutritional cleansing and detoxing?

Cleansing and detoxification are integral parts of restoring balance to the body and keeping it operating optimally. Our body's natural detoxification systems (largely the digestive system, liver and kidneys) are constantly working to cleanse our bodies. But problems can occur due to system or organ failure or simply toxic overload. There are a wide range of reported benefits of nutritional cleansing and detoxing, including:

- Assistance in reaching and maintaining optimum weight
- Dramatic weight loss and reduction of the abdomen
- Improved digestion and bowel function
- Internal cleansing of liver, kidneys, colon, and blood cells
- Healthy levels of blood pressure and cholesterol
- Clearer, healthier, younger-looking skin
- More energy and better concentration
- Increased resistance to diseases
- Feeling energized and regaining optimum health

## How do I prepare Drink2Shrink Detox Tea?

Bring a quart of water to a full rolling boil then turn off heat. Place 2 tea bags in the hot water; cover and steep for 4-8 hours (or overnight) to bring herbs to full potency. Then, pour contents (including tea bags) into a gallon pitcher and fill with water. Then it's ready to drink and/or refrigerate. Do not microwave the water or tea bags; doing so will destroy the herbs' beneficial properties.

## How much should I use to experience results?

To experience the health benefits, drink 4-8 ounces of the prepared tea 2 or 3 times a day. Drink2Shrink tastes great hot, warm, or when iced. In addition, it can be mixed with sweeteners, lemon, other natural flavoring, another tea, juice, or beverage of your choice.

## SUPPLEMENT FACTS



**RECOMMENDED USE:** Drink 4-8 ounces of the prepared tea 2-3 times a day. Tastes great hot, warm, or iced. Can be mixed with sweeteners, lemon, natural flavoring, juice, other tea, or beverage of your choice.

**PREPARATION DIRECTIONS:** 2 tea bags make 1 gallon of prepared tea. Bring a quart of water to a full rolling boil then turn off heat. Place 2 tea bags in the hot water; cover and steep for 4-8 hours (or overnight) to bring herbs to full potency. Then pour contents (including tea bags) into a gallon pitcher and fill with water. Then it's ready to drink and/or refrigerate. Do not microwave the water or tea bags; doing so will destroy the herbs' beneficial properties.

**INGREDIENTS:** Original Holy Tea® blend of Persimmon Leaf, Holy Thistle, Malva Leaf, Marsh Mallow Leaf, Blessed Thistle PLUS Papaya, Ginger, Chamomile, and Myrrh for added effectiveness. Wrapped in unbleached tea bag. Contains NO artificial flavors, preservatives, or caffeine.

**CAUTION:** This product contains cathartic herbs. Always consult with your healthcare practitioner before using this or any herbal supplement if you are pregnant or nursing, under age 18, elderly, or have any illness or health condition.

*Statements have not been evaluated by the U.S. Food and Drug Administration. Not intended to diagnose, treat, cure, or prevent any disease.*

<b>Nutrition Per Serving</b>	
Serving size: 3 grams	
Protein.....	<1%
Fat.....	0%
Carbohydrate.....	0%
Calories.....	0%
<b>USRDA IN %</b>	
Vitamin A.....	<2%
Vitamin C.....	<2%
Riboflavin.....	<2%
Thiamine.....	<2%
Niacin.....	<2%
Sodium.....	<0.2%
Iron.....	<0.1%
Calcium.....	2.3%
Caffeine.....	0%