



Highland Grow & Flow

ULTRA MASK

ACHIEVING OPTIMAL RESULTS

In order to achieve optimal results, you must follow these guidelines:

1. Avoid all toxins at least 24-72 hours prior to using Ultra Mask including all alcohol and all smoking
2. Avoid over the counter medications or prescription medications 24 hours prior to using Ultra Mask.
3. On the days prior to using Ultra Mask, drink plenty of water to help reduce your body's toxicity level. On the day you use Ultra Mask, drink about one glass (250ml) of water per hour to keep your body adequately hydrated. Drinking too much water will over hydrate you.
4. Remember, Ultra Mask is effective 1-5 hours after ingestion. Plan accordingly.

Easy to follow instructions:

1. Shake bottle for about 15 seconds, drink entire contents of bottle.
2. 15 minutes later, refill bottle with water & drink.
3. Over the next 45 minutes, urinate 2-3 times.
4. That's it, for the next 4 hours you're good to go!

Time Schedule for Detox Products

11am: Ultra Mask

12pm to 3pm: Optimum time to give sample for testing.

