

The Detox Guide

A 7-Day Support Plan for Your Ultra Magic Detox Cleanse • 2026 Edition

Welcome! This guide is designed to help you get the most out of your 7-day cleanse with a simple daily rhythm: take your capsules consistently, stay hydrated, eat clean, move your body, and give your system the rest it needs. The goal is to support your body’s natural cleansing process with structure you can actually follow.

Quick Start

Category	What to Do
Dose	Take 2 capsules, 3 times per day with a full glass of water.
Best timing	Take with meals or shortly after eating.
Maximum	Do not exceed 6 capsules in 24 hours.
Hydration goal	Aim for 80–100 oz of purified water daily.
Core focus	Keep meals light, clean, fiber-rich, and low in processed foods.
Best results	Take your capsules at the same times every day.

How to Use Ultra Magic Detox

- **Morning:** Take 2 capsules with breakfast and a full glass of water.
- **Afternoon:** Take 2 capsules with lunch or your mid-day meal.
- **Evening:** Take 2 capsules with dinner or shortly after eating.
- **Stay consistent:** The cleaner your routine, the better your overall cleanse experience.

Your Daily Success Formula

1. Clean Fuel Choose fresh foods, fiber, and simple meals that are easy on the body.	2. Steady Water Sip purified water throughout the day instead of trying to “catch up” at night.
3. Daily Movement A short walk, yoga session, or light sweat helps support circulation and routine.	4. Rest & Recovery Good sleep and lower stress make it easier to stay consistent for all 7 days.

7-Day Detox Schedule

Day	Theme	Movement	Focus
Day 1	Reset & simplify	Walk 20–30 minutes	Focus on hydration, simple meals, and starting strong.
Day 2	Clean routine	Gentle yoga or stretching	Stay consistent with meals, water, and capsule timing.
Day 3	Support digestion	Light bodyweight workout	Add herbal tea and consider an Epsom salt bath.
Day 4	Stay steady	Light cycling or swim	Keep meals clean and portions comfortable—not heavy.
Day 5	Build momentum	Power walk	Notice how consistency feels better than extremes.
Day 6	Recover & refresh	Yoga or Pilates	Another good day for a sauna or warm detox bath.
Day 7	Finish clean	Nature walk or stretching	Keep things light and finish the program with discipline.

7-Day Meal Framework

Keep meals clean, simple, and easy to digest. Focus on fiber-rich plants, hydration, and lighter portions. Avoid processed food, alcohol, caffeine overload, and refined sugar during the cleanse.

Daily Meal Template	Smart Snack Options
<p>Morning: Warm lemon water, green smoothie, and fresh fruit.</p> <p>Lunch: Mixed greens salad, steamed or raw veggies, quinoa or brown rice, herbal tea.</p>	<ul style="list-style-type: none"> • Celery and hummus • Cucumber slices • Fresh berries or apple slices • Herbal tea

Dinner: Vegetable soup or steamed vegetables, baked sweet potato or lentils, avocado or a few almonds.

• Lemon water

Hydration, Sleep, and Recovery

- Drink 80–100 oz of purified water each day. Add lemon, cucumber, or mint if you like.
- Start each morning with warm lemon water before your first meal.
- Aim for 7–8 hours of sleep nightly to stay consistent and feel your best.
- Avoid late-night snacking and heavy evening meals during the cleanse.

7-Day Check-In Tracker

Day	Capsules Taken	Water Goal	Movement	Notes
1	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	
2	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	
3	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	
4	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	
5	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	
6	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	
7	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening	<input type="checkbox"/> 80–100 oz	<input type="checkbox"/> Done	

Tips for Best Results

- Do not try to “make up” missed doses by doubling up.
- Choose routine over extremes. Steady habits beat crash-cleanse behavior.
- Keep your meals lighter than usual and your schedule more regular than usual.
- A journal can help you stay accountable with water, meals, and movement.

Important Note

Ultra Magic Detox is intended to support your body’s natural cleansing process as part of a healthy lifestyle. *Results vary based on individual factors including body composition, diet, hydration, activity level, and consistency.*

100% Satisfaction Guarantee

We stand behind Ultra Magic Detox with a 100% money-back guarantee, including shipping.

Need help? support@magicdetox.com