



## NAVAN Product Usage

Because the **Daily Detox Plus** and **Restore** are Navan's flagship products, it is very important that we know how to use them and explain them to our new people and customers.

In your back office, if you select "Resources" in the menu bar, and then select the product on the left side of the page, you will see a fact sheet.

**Daily Detox Plus Suggested Use** - For the first month, you'll want to take a "Detox Dose" and take 10 drops four times daily with water. Then, you will move to a "maintenance dose" and take 10 drops two times daily... before breakfast and dinner with water. Repeat Detox dose every 6 - 12 months.

Be sure to turn the bottle over several times so the Zeolite will be in suspension. It doesn't matter how you take this product, ie., drops under your tongue, in water, in any other liquid, etc. As long as it gets into your body... it will work! But...drink lots of water daily.

**Restore Suggested Use** - Apply 10 drops of Restore to any cold drink 1x per day. Suitable for all ages. Can be used daily with Daily Detox Plus.

Navan's philosophy is to Cleanse, Restore and Protect! The two products above take care of the Cleanse and Restore, but their CBD products are available to Protect.

**CBD Extract Suggested Use** - With everyone's body make-up being entirely unique, it's impossible to pin point a specific concentration of CBD that will work the same across the board.

Typically, heavier customers are customers with more severe symptoms have reported achieving their desired results starting with at least 25 - 50 mg of CBD each day and increasing / decreasing from there.

Smaller customer or customers with more mild symptoms have reported achieving their desired results beginning with just 10 - 15 mg of CBD and adjusting when necessary.

As you can see from the above suggested uses, you will use two bottles of Daily Detox Plus the first month, and then one bottle a month for maintenance from then on. This maintenance dosage should be a part of your life in between the Detox dose every 6 - 12 months.

We take a shower regularly to cleanse the outside of our body, and now we take a Daily Detox Plus each day to cleanse the inside of our body of toxins and heavy metals we are exposed to each day. It becomes a habit...just like brushing our teeth... "Get the bad out to make room for the good!"

A great way to be sure you always have these valuable products on hand and always stay "Active" with your NAVAN membership is to create a monthly autoship so your products will arrive when you need them, and you won't forget to maintain your "Active" status with NAVAN each month.