



SOULGOOD®

LiverLove

NDr5

Detox Program

NATURAL BLEND
DETOXIFY
& RENEW



EASY-3 NATURAL DETOX PROGRAM

Clear Change. Healthy Transformation

People's health can be adversely affected by long-term exposure to various toxins from processed foods, environmental pollution, and emotional stress. This exposure often results in symptoms such as fatigue, bloating, abnormal weight changes, skin issues, hormonal imbalances, and weakened immune systems. The NDR5 Detox Program aims to address these problems through a regimen of purification, regulation, and nourishment. By enhancing liver detoxification, accelerating fat metabolism, and promoting the elimination of toxins, this program helps regulate hormones and boosts the body's self-healing capabilities.

Regular monthly participation in the NDR5 Detox Program, combined with simple exercises, maintaining a positive mindset, early bedtime, and a balanced diet, is the best approach to sustaining long-term health. This holistic method not only detoxifies the body but also ensures overall well-being by improving the liver's functionality and supporting the body's natural detox processes.



Toxins have become an invisible killer affecting human health.

DETOXIFICATION CANNOT BE DELAYED



Are you facing the following problems?

Toxin accumulation leading to six major health issues.



1. Fatigue and Lack of Energy



2. Decreased Immunity

4. Digestive Problems



3. Sensitive Skin



5. Insomnia and Depression



6. Hormonal Imbalance

TOXINS ARE EVERYWHERE

Almost all the toxins in daily life need to be broken down by the liver.



EATING OUT RISKS

- Increased blood lipids lead to high cholesterol • high triglycerides
- obesity • edema • fatty liver • high blood pressure • high uric acid
- heart disease and diabetes.

The oil used in the food you take out or eat out might be this same pot of black and dirty toxic oil residue!



TOXINS INCREASE THE BODY'S BURDEN

Decline in liver and
gallbladder function

Fatigue

Gastrointestinal bloating

Bad breath, body odor

Skin aging, dark spots

Lowered immunity

Hormonal imbalance

Infertility

Low libido

Obesity

Insomnia

Depression



2-DAY QUICK DETOX

ELIMINATE TOXINS FROM YOUR ENTIRE BODY

- Detoxify internally • Remove harmful bacteria
- Cleanse intestinal waste • Clear old fecal matter



[SUITABLE FOR]

Adults, especially those often feeling in a sub-health state.



People who eat out frequently | Insomnia and night owls |
Those experiencing weight changes | Individuals who easily get fatigued
| People with hormonal imbalances | Those with low immunity

CHOOSE THE RIGHT TREATMENT FOR YOU

BASIC DETOX

Ideal for those with poor daily diets and frequent eating out
Suitable for those who feel fatigued and have low energy levels



INTENSIVE DETOX

Suitable for those with the "four highs" (high blood pressure, high blood sugar, high cholesterol, high uric acid)

Addresses issues like weight, fatty liver, hormonal imbalance, skin problems and bloating



TIME	Day 1	Day 2
Wake UP	Detoxin x1 sach (150ml water)	Black Seeds x2 sach (250ml warm water)
Breakfast Lunch Dinner	Light & Soft Diet	Light & Soft Diet Fat Fighter x2 sach 1000ml water + 1000ml water
After Dinner 8pm	–	OxyAct x10 cap
10pm	–	The Detox Juice x1 bottle
10:30pm	Detoxin x1 sach (150ml water)	The Detox Juice x1 bottle

REMARKS

1. Light and soft diet, such as congee, rice vermicelli, steamed eggs, boiled eggs, steamed pumpkin, oatmeal, tofu, Happy Grains as meal replacement, and a small amount of fish.
2. On Day 1 & Day 2, avoid consuming foods high in rough fiber such as mushrooms, black fungus, corn, and sweet potato leaves.
3. Day 3 after detox, in the morning, take 2 sach of Eternergy with 250ml of hot water.
4. During detox, if you ever feel uncomfortable or nauseous at any time, you can eat sour plums, raisins, honey and drink Eternergy.
5. Ensure you drink at least 2000ml of water throughout the day.
6. When having a bowel movement, please prepare a small-holes basket and place it in the toilet. After defecation, use water or a bidet to rinse the faeces in the basket. Leave behind any stones and toxins, then take a photo and send it to us for analysis.
7. It is recommended to have dinner before 6:00PM. If dinner is too late, take OxyAct one hour after dinner, and The Detox Juice two hours after dinner.
8. For those with constipation, it is recommended to take Detoxin for 3 days in advance, 2 sach per day.
9. For those prone to gastric pain, it is advisable to consume Happy Grains whenever you are hungry.
10. If you tend to experience bloating and fatigue, start taking Eternergy 3 days in advance, 2 sach per day.
11. For individuals weighing over 70 kgs, with a BMI above 30, or under special circumstances, it is necessary to start taking Fat Fighter 7 days in advance, 2 sach per day.
12. During detox, try to get enough sleep, avoid alcohol, and refrain from late-night snacking.

TIME	Day 1	Day 2	Day 3
Wake UP	Detoxin x1 sach (150ml water)	Black Seeds x2 sach (250ml warm water)	Black Seeds x2 sach (250ml warm water)
Breakfast Lunch Dinner	Light & Soft Diet	Light & Soft Diet Fat Fighter x2 sach 1000ml water + Eternergy x2 sach 250ml hot water	Light & Soft Diet Fat Fighter x2 sach 1000ml water + Eternergy x2 sach 250ml hot water + 1000ml water
After Dinner 8pm	—	OxyAct x10 cap	OxyAct x10 cap
10pm	—	The Detox Juice x1 bottle	The Detox Juice x1 bottle
10:30pm	Detoxin x1 sach (150ml water)	The Detox Juice x1 bottle	The Detox Juice x1 bottle

REMARKS

1. Light and soft diet, such as congee, rice vermicelli, steamed eggs, boiled eggs, steamed pumpkin, oatmeal, tofu, Happy Grains as meal replacement, and a small amount of fish.
2. On Day 1 & Day 3, avoid consuming foods high in rough fiber such as mushrooms, black fungus, corn, and sweet potato leaves.
3. Day 4 after detox, in the morning, take 2 sach of Eternergy with 250ml of hot water.
4. Day 4 & Day 5 after detox, take 1 sach of Detoxin everynight before sleep.
5. During detox, if you ever feel uncomfortable or nauseous at any time, you can eat sour plums, raisins, honey and drink Eternergy.
6. Ensure you drink at least 2000ml of water throughout the day.
7. When having a bowel movement, please prepare a small-holes basket and place it in the toilet. After defecation, use water or a bidet to rinse the faeces in the basket. Leave behind any stones and toxins, then take a photo and send it to us for analysis.
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**HEALTHY LIVER AND INTESTINES, FEWER TOXINS,
EVERYTHING IS BETTER!**

NDI5 Detox Program

Cleanse



Rejuvenate



Regulate



Eliminate toxins from the body
Promote fat breakdown
Aid in weight loss and fat
reduction
Reduce bloating
Regulate hormones

Improve skin issues
Promote deep sleep
Boost energy and stamina
Activate immune functions
Strengthen the functions of
internal organs

***The detoxification time varies according to
each individual's constitution, generally starting at 5am.**

FRIENDLY REMINDER:

After detoxing, rinse with water and avoid using toilet paper.
It's recommended to have breakfast after 10 AM and choose
to drink Happy Grains.

To enhance the detox effect, it's advised to walk more, swing
your arms, pat the liver and gallbladder meridians, and
combine it with Genkilogy treatments.



TOXINS ANALYSIS



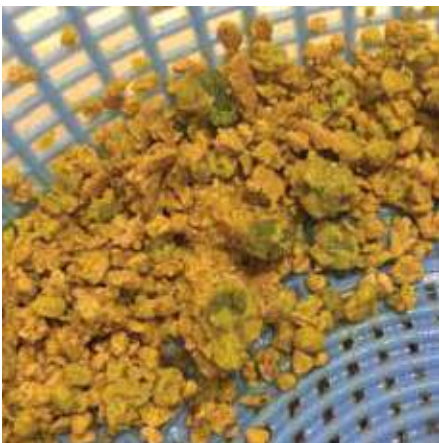
- High cholesterol, liver fire, liver heat, short blood lifecycle, prone to hypoxia, fatigue.



- High cholesterol, insufficient gastric enzymes.



- Gallstones, liver fire, liver heat



- High cholesterol, high blood lipids, liver heat, liver fire, hormonal imbalance



- High blood lipids, fatty liver, hormonal imbalance, poor gastrointestinal digestion



- Uric acid, joint problems



- Calcified stones, calcium loss. Tendency to gallbladder and kidney stones



- High blood lipids, fatty liver, hormonal imbalance, poor gastrointestinal digestion



- Uric acid, joint problems

REAL TESTIMONIALS

MADAM CHAN | 55 years, Malaysia



Before detoxification, I had severe mouth ulcers, was overweight, and had a large belly. After detoxification, the mouth ulcer issue was resolved.

BEFORE



I lost weight, my belly became smaller, and I felt more energetic and vibrant!

AFTER

GAVY LAU | 34 years, Malaysia



Postpartum obesity, edema, soreness, hormonal imbalances, and my love for food caused my weight problems.

BEFORE



Every year, I schedule 2-4 deep detox sessions, which make me more confident and improve both my skin and mental well-being.

AFTER