

## MASTER CLEANSE DETOX DIET BENEFITS

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The following list is intended to help you become familiar with some of the known benefits of the ingredients of the [Master Cleanse Detox Diet](#).



### Lemon Benefits

- Rich in vitamin B and C
- Good source for Riboflavin
- High in Calcium
- Provides Phosphorus and Magnesium
- Relieves digestive problems
- Helps eliminate body waste
- Cleansing and purifying blood
- Digesting food as a liver tonic
- Has antibacterial properties
- Reduces mental stress
- Controls High Blood Pressure



### Cayenne Pepper Benefits

- Great for circulatory system
- Increases metabolism
- Helps adjust blood pressure
- Cleans the arteries
- Rid the body bad LDL
- Rebuilds stomach tissue
- Improves heart health
- Antifungal properties
- Great for heartburn
- Stimulates the appetite
- Helps stomachs digest food



### Grade B Maple Syrup Benefits

- Very high in manganese
- Great source for zinc
- Good source for potassium
- Helps produce energy
- Aids in antioxidant defense
- Strengthens immune system
- Restores white blood cells
- Helps with inflammation
- Support reproductive health for men
- Provides necessary calories

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