

DRUG TEST PREPARATION CHART

DRUG TEST DATE			
	START DATE	NOTES	
Abstain- Immediately (I need to pass!)			
Drink water- more than usual			
Eat Healthy – no junk food			
Exercise – stop 2 days before test			
Buy Home Drug Test – test 2+ times			
Cranberry Juice			
Teas- Palo Azul Tea			
Apple Cider Vinegar			
Pickle Juice			
Zinc			
B Vitamins (2 and 12)			
Bentonite Clay			
Milk Thistle			
Activated Charcoal			
CERTO			
Detox Shampoo- hair follicle tests			
Detox Kits and Drinks			
Other Methods Used:			
Reminders: No alcohol, no fizzy drinks			
	DATE Pass/Fail	DATE Pass/Fail	DATE Pass/Fail
HOME DRUG TEST RESULTS:			