

SciTOX Detox Guide – Condensed (5 Pages)

Updated April 25, 2025

This condensed version reduces the original 17-page instructions to 5 pages, keeping essential guidance, safety notes, and both simplified and detailed steps.

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1. Before You Start

- Read all instructions before starting.
- GATHER: gloves, eye protection, permanent dye (ammonia-based) + developer [If using Bleach Step 4 – Not for ETG or No Bleach Kits], clean towels,
- OPTIONAL/RECOMMENDED: shower caps [optional], apple cider vinegar [optional], blow dryer [optional], UV light (optional), keratin products i.e. shampoo, conditioner, masks or leave in conditioners.
- Focus on top 3–5 inches of hair.
- Avoid recontamination: clean towels, change pillowcases, wash/replace brushes.
- Use gloves for each product especially STEPS 3-7; avoid eye/skin contact.

2. Specific Recommendations Per Kit

Standard Protocol that works for 90% of Situations: 5+ Cycles of Steps 12367 or 012367 if you have Bonus Green Step which will be considered Step 0 going forward. And 1 Cycle of Step 4 aka Bleach Step.

Ultra Heavy Protocol aka Double Protocol for Daily or Frequent Exposure to THC or around 6-7G per week or more exposure to Coc: 8-10+ Cycles of Steps 012367 and 2+ Cycles of Step 4 aka Bleach Step.

Step 5 is the ReDye Step and is NOT INCLUDED with your purchase. It is recommended to use an Ammonia Based Dye with a 30 or 40 Volume Developer. Clairol and Wella both make one as well as Revlon I believe. It is best to either Dye Twice, at Step 5 after Bleach and after your last Step 7 cycle. OR just after your last cycle of Step 7 as your final Step before you go in. except for repair and conditioning steps.

If you have Steps 6.2 7.2 and/or 6.3 7.3 you basically finish with 6 and 7 first, usually 3 cycles or so, then use 6.2 7.2 for 2 to 3 cycles or so and move on to 6.3 7.3 for the last cycles of 6's and 7's.

FOR NON BLEACH KITS – Step 3 Can Lighten Your Hair at the regular length rounds (20-30min). To avoid lightening effect you can do 10 min Maybe 15 min rounds. Keep in mind that this step is pretty important for WhiteOUT, CrystalCLEAR, KetOUT etc so it's your choice to reduce the time to avoid the lightening but that also reduces your chances of success to a certain degree. Obviously, this will have a greater impact on people with heavier exposure. Moderate and light exposure should be fine either way.

Best Sequence for Non Bleach Kits is 2 Cycles back to back of either 123 or 0123 if you have the Bonus Green Step like 0123 0123 and then you can continue as follows with less or more cycles depending on your recommendation and the kit you purchased: 012367/ 012367 /012367 /0123 (6 7 or 6.2 7.2) /0123 (6 7 or 6.2 7.2) /0123 (6 7 or 6.3 7.3)

No Bleach 3 Day protocol

Day 1: 0123 0123 67

Day 2: 012367 012367

Day 3: 012367 012367

No Bleach 6 Day Protocol

Day1: 0123 0123 (maybe 67 here maybe push it to next day. Use 5-10 Cycles. Double up on days if necessary. Take day breaks if your scalp starts to get sore or hair feels strain)

Day 2: 012367

Day 3: 012367

Day 4: 012367

Day 5: 012367

Day 6: 012367

FOR BLEACH KITS – The best sequence is two cycles back to back of 123 or 0123. Example: 0123 0123. Then 0123 0123 4. Then 67 67 67 (6 7 or 6.2 7.2) (6 7 or 6.2 7.2) 6 7 or 6.3 7.3)

Best used over at least 4 Days. 4 Day Bleach Protocol Example [Times 2 for Ultra HeavyTOX Protocol:

Day 1: 0123 0123

Day 2: 0123 0123 4

Day 3: 0123 67 67 maybe one more 67

Day 4: (6 7 or 6.2 7.2) (6 7 or 6.2 7.2) (6 7 or 6.3 7.3) Then Dye

5 Day Treatment

Day 1: 0123 0123

Day 2: 0123 0123 4

Day 3: 0123 67 67

Day 4: (6 7 or 6.2 7.2) (6 7 or 6.2 7.2)

Day 5: (6 7 or 6.3 7.3) X 1 or 2 Then Dye

EMERGENCY SAME DAY PROTOCOL

Full length cycle of 0123 then half time cycle of 0123 then 4 then 67's (however many you can complete in given time – when finished with 67's you can go back and do more 123s with remaining time and then Dye. if You have 6.3 7.3 start using them on your 3rd Cycle of 6s and 7s as they are less harsh then 6 7 or 6.2 7.2 and condensing this many steps into a short period is likely to cause scalp irritation and strain on hair.

THC – GreenOUT and TotalTOX w/ Daily or other THC

Bleach Step Recommended for all THC exposure as THC is the hardest substance to remove due to THC-COOH metabolite. Infrequent exposure should be okay without it – less than a few exposures per month stick to standard 5 rounds. Few exposures per weeks or more and no Bleach, increase your rounds.

- Heavy THC exposure i.e. daily or frequent exposure: complete system twice if possible and Bleach Step Strongly Recommended. If completely opposed to it you can do steps 012367 10+ times over 2 weeks preferably and even better if you purchased the Premium Non Bleach Replacement with the extra bonus steps

Ultra HeavyTOX Protocol Best used over at least 7 or 8 days. Repeat two 4 Day Cycles.

ETG

Complete Steps 12367 4 times. If you have 6.2 and 7.2 alternate with 6 and 7 like below. If you have 6.3 7.3 do one round after the following.

12367 - 123 6.2 7.2 - 12367 - 123 6.2 7.2

Step 3 will probably lighten your hair at the standard 20-30 min time. Consider 10 min time to minimize or eliminate this effect. For everyone but heavy exposure this will be fine.

CrystalCLEAR, OpiOUT, BenzoRID, KetOUT

Light Protocol: A few exposures or less in past 6 months: Steps 12367 3-4 times.

Standard Protocol – Daily exposure: Steps 12367 5+ times. Step 4 1+ times.

Very heavy crystal exposure 1G+/day consider Step 4 2+ times.

Very heavy OPIFet exposure 1G+/day consider 6+ rounds 012367 and 2+ times of Step 4.

WhiteOUT

Light Protocol: Couple to few small exposures in last 6 months: Steps 12367 3-4 times.

Standard Protocol- Weekly Exposure: Steps 12367 5+ times. Bleach Step probably not necessary unless 3G/Week exposure or more, but it's always recommended and safer to use it.

Heavy Protocol: For 6G+ exposure per week or more Steps 012367 6+ times. Step 4 1+ or 2+ times even better.

7G-14G+ exposure per week Steps 012367 8+ times. Step 4 2+ times.

3. Simplified Instructions

Sequence: 0123 (repeat 4–5x) → 4 (bleach) → 5 (dye) → 6 & 7 (repeat 4–5x)

BONUS GREEN STEP IS NOW STEP 0

Step 0 (If You have it) – Apply to dry/damp hair, leave 15-30, rinse.

Step 1 – Apply to dry/damp hair, scrub, leave 20–30 min, rinse.

Step 2 – Same as Step 1.

Step 3 – Apply 30–45 min (UV optional), rinse. (No Bleach Kits Avoiding Lightening effect Apply 10-15 min, rinse)

Repeat Steps 1–3 for 5+ full cycles (up to 8–10 for heavy users).

Step 4 – Mix bleach powder + liquid, apply evenly, target Level 8–9 on a Bleach Chart [Google it] [If your hair is already at Level 8 or 9 Leave in for about 10-15 min; rinse.

Step 5 – NOW THE LAST STEP BEFORE TEST. Apply ammonia-based dye close to natural color, rinse.

Step 6 – Apply 10–25 min, rinse. [STRONGLY RECOMMEND NOT DO SAME DAY AS BLEACH] [AT LEAST NOT WITHIN HOURS MINIMUM – THE CLOSER, GREATER RISK OF HAIR DAMAGE] You can start with longer treatments and progressively get shorter. Carefully monitor hair throughout, checking on it and pulling close to scalp every couple minutes. If it starts to feel strange in any way aka stringy or spongy or anything. STOP IMMEDIATELY AND TAKE A BREAK.

Step 7 – Apply 10–20 min, rinse. [NO MATTER WHAT, APPLY STEP 7 WITHIN AN HOUR OF STEP 6 MAX. NO LONGER]

Repeat Steps 6 & 7 for 4–5+ rounds (6–10 for heavy THC). Refer to specific Kit & Usage Instructions.

Bonus – Green liquid (2–3x), skip for alcohol/ETG tests.

3. Detailed Instructions for Heavier Exposure

Steps 1–3: Washes

- Step 1: Apply to dry/damp hair, scrub, leave 20–30 min; use blow dryer or shower cap for heat. Rinse with hot water.
- Step 2: Same as Step 1
- Step 3: Apply to dry/slightly damp hair, comb through; leave 30–45 min (UV optional); rinse hot. [Blow Dryer Optional. Blow dry over shower cap 5 min on. 5 min break. Repeat.]
- For less color change: shorten Step 3 to 10-15 min but increase rounds.

Step 4: Bleach

- Mix powder + liquid; apply evenly.
- Target Level 8–9; rinse after 15–20 min.

Step 5: Dye

- Ammonia-based; developer 30–40 vol; match natural color.
- Can dye now and/or after Step 7.

Steps 6 & 7: Treatments

- Step 6: Apply 10–25 min (adjust for hair health), rinse.
- Step 7: Apply 10–20 min, rinse.
- Repeat 4–5x (6–8x for heavy THC). Follow numeric order if multiple versions (6.1→7.1→6.2→7.2).

4. Aftercare & Repair

- After final step, rinse with cold water + apple cider vinegar.
- Use keratin products: shampoo, conditioner, leave-in spray.
- Optional: Restore Kit – Apply for 3 -5 then rinse. Or apply as leave-in conditioner.

Rinse next day.

- Hair masks or hot oil treatments help recovery.
- Maintain until test for added benefit.

5. Timing, Tips & Support

Timing:

- Ideal: Spread treatments over 4–7 days.
- Emergency: Can be completed in 1 day but increases risk to hair.
- Example (5 days):
 - Day 1: 123 123
 - Day 2: 123 4
 - Day 3: 67 67 67
 - Day 4: 67 x 1- 3 more times. Any leftover washes. 5 (Dye)
 - Day 5: Test

Support:

- Contact: 214-997-1978 | info@scitoxdetox.com
- No refunds; replacements for shipping damage only.
- Send passing results for \$10–\$20 credit.
- Failures: Contact us – extra products may be provided.