

I'm not a robot













## Detox drug test

If you have a drug screening test coming up, you may be inclined to try get all of the detectable drugs out of your system as quickly as possible. However, the detoxification process isn't the same for all drugs, nor does it take the same amount of time.If you're trying to cleanse your body of drugs to pass a drug test, here's some advice to help you detox safely and effectively.Are you trying to get through the detoxification process? Drug detox can be safer and easier when you partner with caring professionals like the team at Zinnia Health at one of our detox rehab centers. Contact us today at (855) 430-9439 for help.Can I Cleanse My Body of Drugs in 24 Hours?No, there is no quick fix to get rid of all traces of drugs in either your blood, urine, hair or sweat within 1 day.While some detox leave your system faster than others, there's no proven safe method to get all signs of drug use out of your system within 24 hours or less.THC detox kits and detox drinks tricks, like apple cider vinegar, that promise to cleanse your system quickly have very little evidence behind them.Before you fall for detox pills or other products, it's important to understand how drug tests work.Drug tests are not just looking to detect for the active substance itself. In addition to the substance, drug tests look for specific metabolites that form in the body as your system breaks down certain drugs. Through past research, it is well understood what types of drugs produce which types of metabolites and how long those metabolites stay in the system.For example, the metabolites of THC (marijuana) can be detected in urine weeks after the last use. So, the metabolites may remain long after a drug is gone from your body; these metabolites are what reveal past drug use.Drug tests may involve testing your blood, urine, saliva, or hair — all of which can detect different drugs with varying levels of accuracy.Some drugs won't show up in a hair test at all, while others could test positive for months after the last time you used the drug. If the person conducting the test is thorough, they may order various tests to cover all bases.Whether or not a drug you have been taking will show on a drug test depends on a few factors, including the type of test.For instance, THC can show up on a urine drug test up to 4 weeks after the last use, while it will show on a blood test for about two days.The most common type of drug test is a 10-panel drug test, which requires a urine sample. A 10-panel drug test will detect the following:It's worth noting that a 10-panel test, including extracts like THC oil, wax, and glass, will detect marijuana in all forms. Additional drugs may also be tested individually, like methaqualone and propoxyphene.If you're looking for a detox program to help you become drug-free, it's important to get a customized treatment plan from a team that's familiar with the challenges of substance use. Contact Zinnia Health today at (855) 430-9439 for more information. If you stop taking a drug, your body will go through a natural detox process where it will cleanse all traces of the drug, including the leftover metabolites, from your system.Here's a look at how long it will take for you to test drug-free after the last use:Canabis will show for up to 72 hours on a urine test if you just used it once. Moderate users will generally show signs for 5-7 days, daily users will show signs for 10-15 days, and heavy users may show signs for 30 days or more.Cocaine use can be detected for up to 2-3 days for a urine, blood, or saliva test. A hair follicle may show past cocaine use for months or years. Heavy cocaine users may test positive for up to 2 weeks.Amphetamines can be detected on a blood test for about 4-6 hours, in the saliva for up to 48 hours, in the urine for up to 4 days, or in the hair for up to 90 days.Opioidlike codeine and fentanyl are processed much faster compared to opioids like methadone. For instance, fentanyl is detectable in the urine for about 48 hours, while methadone may show for up to two weeks. Codeine, hydrocodone, morphine, and oxycodone will show on a urine test for 2-4 days.Barbiturates come in short- and long-acting forms. Short-acting forms may show in a urine test for 24-72 hours, while long-acting barbiturates may show for seven days or more.Benzodiazepines also come in short- and long-acting forms. Short-acting benzos like Xanax can be detected in the urine for up to 5 days, while longer-acting benzos like Valium may be detected for up to 8 days. Chronic misuse of any benzo could be detectable for up to a month in the urine or six months in the hair.PCP will show on a urine test for up to 14 days, in a saliva test for up to 3 days, and on a hair test for up to 3 months.If you only took a drug once, you will likely have very low amounts in your system, and the detox process won't take long.However, taking a drug for weeks or months or in large doses will take much longer to detox.For opioids, the detox process and accompanying withdrawal symptoms can last for 14 days or more.Understanding the side effects and risks of detoxifying from whatever drugs you've been taking is important to prepare yourself for a safe and successful detox.While you might see the detox process as a means of getting the metabolites out of your system, detoxification can be very hard on the mind and body.Quitting a drug suddenly (cold turkey) can be dangerous, especially if you suffer from mental health conditions like PTSD, anxiety, or depression, all of which can be worsened by improperly managed drug withdrawal.Substance use disorders require detailed, customized treatment programs to properly address all of the risks and concerns, so you should consider finding a detox center to help you through the process.Some potential negative side effects of suddenly quitting a drug or trying to detox on your own include:Intense cravingsA higher risk of relapse and overdosePsychological symptoms like anxiety and irritabilityPhysical symptoms like muscle painPhysiological symptoms like insomnia.If you or your loved one is worried about passing a drug test, overcoming substance abuse is the only way to guarantee their long-term health and success.Using fake urine, taking detox drinks, or going to other lengths to try and hide signs of drug use simply won't work, and it can have serious consequences. Instead, partnering with a caring team of professionals can help you find the path to lasting recovery.If you're ready to take the next step, contact the caring team here at Zinnia Health by calling (855) 430-9439 any time, day or night. We look forward to speaking with you. Are you facing an upcoming drug test and feeling anxious about your results? You're not alone. Many individuals find themselves in situations where they need to prepare for a drug test, and detoxification is often the key to success. In this comprehensive guide, we delve into the world of detox, exploring natural remedies and cleansing techniques that can help reset your body and improve your chances of passing a urine test. By understanding the process of detoxification, you can take proactive steps to ensure your health and well-being while preparing for a drug test. Understanding Detoxification Detoxification is the process of removing toxic substances from the body. It involves cleansing the body of drugs, alcohol, and other harmful substances and can help restore your overall health. When preparing for a drug test, especially a urine test, detoxification becomes crucial. Let's explore how to effectively detoxify your body. Why Detox is Important for a Drug Test Drug tests are conducted for various reasons, including employment, legal situations, or health assessments. The substances tested for can include: Marijuana Cocaine Opiates Alcohol Benzodiazepines By detoxifying your body, you not only improve your chances of passing the test but also enhance your overall health. Natural remedies and a body reset can lead to better physical and mental well-being. Step-by-Step Detox Process Here's a step-by-step guide to help you detox your body effectively before your drug test: 1. Hydrate, Hydrate, Hydrate Water is your best friend during the detox process. Drinking plenty of water helps flush out toxins, dilutes the concentration of drugs in your urine, and keeps your body hydrated. Aim for: At least 8-10 glasses of water per day. Increased water intake in the days leading up to the test. 2. Adopt a Clean Diet Your diet plays a vital role in detoxification. Focus on consuming whole, unprocessed foods that can help cleanse your body: Fruits and vegetables: Rich in vitamins and antioxidants. High-fiber foods: Promote digestive health and help eliminate toxins. Lean proteins: Support muscle recovery and overall health. Healthy fats: Such as avocados and nuts, for brain health. Also, consider avoiding: Processed foods Excess sugar Caffeine Alcohol 3. Incorporate Natural Remedies Natural remedies can significantly aid in your detox process. Here are some effective options: Herbal teas: Dandelion and green tea can help promote liver health. Apple cider vinegar: Known for its detoxifying properties; mix 1-2 tablespoons in water daily. Lemon juice: Aids digestion and detoxification; squeeze fresh lemon in water. 4. Exercise Regularly Physical activity is essential for detoxification. Exercise helps expel toxins through sweat and improves circulation. Aim for: At least 30 minutes of moderate exercise 5 days a week. Incorporating both cardio and strength training. 5. Get Plenty of Rest Your body needs time to recover and detoxify. Aim for 7-9 hours of sleep each night, as this is when your body works to repair itself. A well-rested body responds better to detoxification efforts. 6. Consider Detox Products If you're in a rush, consider using commercially available detox products. Many brands offer detox drinks and kits designed to cleanse your system quickly. Be sure to do thorough research and choose reputable products. Troubleshooting Tips Even with the best preparation, you might encounter challenges during your detox journey. Here are some troubleshooting tips: 1. Overcoming Cravings It's common to experience cravings for sugar, caffeine, or other substances during detox. Combat these cravings by: Staying hydrated with water or herbal teas. Eating small, healthy snacks to keep your energy up. Engaging in physical activities to distract yourself. 2. Managing Withdrawal Symptoms If you're detoxing from substances like alcohol or drugs, withdrawal symptoms may occur. Seek professional assistance if needed, and consider: Consulting a healthcare provider. Utilizing support groups or counseling. 3. Last-Minute Preparations If your drug test is imminent and you feel unprepared, focus on: Hydration: Drink water strategically before the test. Using detox drinks: Many brands offer quick solutions for last-minute detoxing. Conclusion Detoxifying your body for a drug test requires dedication, knowledge, and the right strategies. By implementing the steps outlined in this guide—hydrating, eating clean, exercising, and utilizing natural remedies—you can effectively prepare your body for a urine test. Remember to listen to your body and make adjustments as needed. For more information on detoxification and health tips, check out our related articles. Always prioritize your health and well-being. As you embark on this journey, keep in mind that detoxification not only helps you prepare for a drug test but also promotes long-term health benefits. A body reset can lead to improved energy levels, better digestion, and an overall sense of well-being. Good luck with your detox journey! This article is in the category Treatments and created by AlternativeCareNow Team This article is brought to you by PassYourTest.Chances are, you've landed here because you need to know how to pass a drug test. Despite a record 21 states having legalized adult-use cannabis and nearly 40 running medical marijuana programs, many states still allow employers to drug test their employes for cannabis and use a positive test as grounds for termination or exclusion from hiring. But don't worry, we've got you covered with all the answers you need.In this guide, we'll discuss the different types of drug tests and how long they can detect drugs in your body, and what protections your state of residence offers for employees who test positive for cannabis. Learn what you can do right now to support your body's detoxification and how to get weed out of your system in time for your drug test.Before you freak out, do a little research on your local drug testing laws. Many states offer some protections for current and prospective employees if they test positive for cannabis. California and New York, for example, prevent discrimination based on a positive test, and some employees have successfully taken their cases to court to reinstate their employment. However, it's also fair to assume states with no cannabis legislation also come down hard on consumers. Check out our article on state-by-state drug testing laws to determine your next steps.There are four main types of drug tests used to detect alcohol and scheduled substances—including THC—in your system. They each have varying detection windows, so finding out what type of test you have to take as soon as possible greatly impacts your preparedness and peace of mind.Courtesy of PassYourTestEmployers use the urine drug testing method far more often than any other form due to its convenience and low cost. The most common urine analysis used can detect 50ng/mL (nanograms per milliliter) or higher of THC in your system. This means that you must have at least 50 nanograms of THC per milliliter of urine for the test to return positive. Because cannabinoids, including THC, bind easily to lipids in the body, even a couple of hits of a joint can remain detectable in the body for days afterward. This method of testing is the easiest to overcome by getting your THC levels below this threshold. The most common problem people face with a urine test is the time it takes to lower THC levels in your body.Because urine tests often come with little notice, many people choose a detox drink to cleanse their system on the day of their test for quick results. Others who have a little more time often use a detox kit and program to permanently cleanse their system so they can pass a urine drug test anytime.If you smoke weed daily, it may show up in your urine for 4-5 days after your last session, and potentially longer. This varies based on what kind of cannabis products you consume and body factors, such as metabolism and body fat percentage. The potency of the cannabis you consume also plays a role; someone who prefers concentrates and extracts over smoking joints may test positive for THC for up to 60 days due to the high concentration of THC. Light to moderate users (a couple of times a month to a couple of times a week) may pass their test in 15-30 days. See more information about detection factors below.Courtesy of PassYourTestBlood testing is rather expensive and invasive (they require extracting blood from the subject), so it isn't used often. Yet, if someone really wanted to find out how recently you've consumed THC, blood testing would be the most time-sensitive method of choice—blood tests are best for determining if someone is currently under the influence of drugs or alcohol and have a detection window of minutes to hours from the last use of substances.THC hits the bloodstream within seconds after inhalation of flower, vape cartridge, or concentrate, and within an hour of ingesting an edible. In rare circumstances, a blood test may be administered by law enforcement. Using a permanent cleanser could help flush THC in your system for a blood test.Light cannabis consumers (less than once a week) will likely only test positive for THC in a blood test for 1-7 days after use. Heavy, chronic consumers may test positive for 45-60 days. Courtesy of PassYourTestA hair follicle test is the least forgiving of them all, as it can detect substances for many months after consumption—it's also quite invasive. You need much more than a few strands, and these tests are nearly impossible to fake. Hair follicle tests are best for showing long-term patterns of use. No matter what you read online, bleaching or shaving your head won't negate your test results, as the metabolites of the substances get stored within the hair shaft. Additionally, some medications have been shown to produce false positives, so the most-trusted way to pass a hair follicle test is with a detox shampoo.Hair follicle testing can detect THC use for 90-120 days, but heavy users may show THC that dates back up to six months. Most hair follicle tests require an inch and a half of hair for analysis from multiple strands. What if you're bald or have short hair?A larger surface area is collected on the head, or in some cases, body hair is perfectly suitable.RelatedHow to pass a hair follicle drug test with detox shampooCourtesy of PassYourTestSaliva, or mouth swab testing, is not as common as urinalysis (urine testing). It's often used as a way to catch suspected drug users in the act, as the detection window is quite short (usually up to 72 hours for cannabis). Law enforcement, for example, might use a saliva test if they suspect you are under the influence while driving. An employer may use one following a workplace accident. Mouth swabs are gaining popularity because they are quick and less costly to administer and provide fast results. All you have to do is swab the inside of each cheek and mix it with a solution that will indicate the presence of THC. THC is only detectable in saliva for less than a week days after the last time you consumed it, although it's possible for heavy users to have THC detectable up to 30 days after last use.The reality is, how much THC stays in your system and for how long varies from person to person. Everyone metabolizes THC a bit differently, but there are some indicators to help you analyze your personal situation.Above all, dosage and frequency of use have the biggest impact on determining factors in how long weed stays in your system. Taking one hit of weed every now and then as opposed to smoking, dabbing, or ingesting every day is an obvious comparison, but the form factor matters. Someone who eats 100mg THC edibles a few times a week will take a lot longer to pass a drug test than someone who takes a few hits off a joint each week due to how the body metabolizes edibles. Dabs, extracts, and concentrates are much more potent than straight flower, and their higher THC amounts can linger.Body mass index (BMI) is a measurement of height and weight used to quantify overall tissue mass. Why is this important? As soon as the body processes THC, it becomes a THC metabolite. Because THC is a fat-soluble molecule, the metabolites bond to fat cells until they are eventually burned and excreted from the body. So, the higher your body fat percentage, the greater the amount of THC stored in your fat cells, even if you don't necessarily feel high.If two people consume the same amount of cannabis simultaneously, it's likely that the person with more body fat will take longer to detox naturally. However, keep in mind BMI doesn't always accurately predict body fat percentage, and there are exceptions to every rule.Metabolism plays a significant role in THC detox. We know that THC metabolites are stored in the body's fat cells, so to purge them from your system, you need to increase the rate of metabolism via exercise and focus on fat cells. This happens all the time with regular activity, but not everyone has the same rate of metabolism. Some people burn fat quickly, while others require extra effort. General health plays a role here, too. If you are chronically dehydrated, live a sedentary lifestyle, or are generally unwell, it can take longer to detox from THC.Courtesy of PassYourTestWhen it comes to cannabis, you need a solid plan for making sure you can pass a drug test. There are plenty of options to consider.First and foremost, stop using all cannabis products, including hemp-derived ones. Plan to stop any further consumption for at least 30 days to let your body flush it out and do what you can to support your system. No weed, dabs, vape, edibles, tinctures, or any other kind of cannabis product (including CBD and delta-8 products) until after you've passed your test. Hydration helps your body work better and faster. Aim for half your body weight in ounces of water daily to keep your systems in optimal condition. You can also drink herbal teas, cranberry juice, and clear broths to help increase hydration. Stay away from sugary drinks, alcohol, and too much caffeine.Time to pump your heart rate up! Kick up that exercise routine, try a new cardio class, and get back on the treadmill. Burning energy, sweating, and attacking fat cells lead to purging THC, so put on your sneakers and get to it. No detox is complete without dietary adjustments. It's time to go easy on your digestive organs and reduce or eliminate red meat, pork, dairy, sugar, wheat, and processed foods. Keep it clean with lots of leafy greens, fresh fruits, and vegetables. If you prefer animal protein, stick to grilled fish and poultry.Once you know your timeline and type of test, you can select your detox products or anyone who wants to be certain they'll pass on short notice, the Fail Safe Kit contains a highly concentrated liquid detox shot and 12 capsules that remove any present metabolites from your urine, offering you an up-to-six-hour window to pass a drug test.Price: \$89.95Exposure: Heavy to extreme (daily)Body fat: HighWeight: More than 200 lbs.Timeline: Clean in 90 minutes. Results last up to 6 hours.Courtesy of PassYourTestWhen you don't want to go overkill, but just need the right amount of assurance opt for the clean shot. This 2.5oz detox shot comes with just four capsules designed to cleanse your system quickly so you can pee clean.Price: \$59.95Exposure: Moderate to heavyBody fat: AverageWeight: Less than 200 lbs.Timeline: Clean in 90 minutes. Results last up to six hours.Sometimes you just need a sanity check to ensure you are clean and clear from THC before your livelihood depends on it. If you've been detoxing naturally and need to be certain you'll pass, check out an at-home drug test kit.Courtesy of PassYourTestThis is a simple 'pass' or 'fail' urine test that will let you know whether or not you're clean within five minutes. It's 99% accurate and tests THC levels above 50 ng/mL—the industry standard of THC testing.This kit tests for the presence of various levels of THC in your urine. It's the most sensitive instant home THC test kit on the market, with 99% accuracy in its samples. It tests for 15, 50, 100, 200, and 300 ng/mL levels so you can track your detox progress.Still not sure what to choose? Take the PassYourTest quiz, and it will guide you to the best option based on your frequency of use, weight, type of test, and how long you have to detox.RelatedHow to use an at-home drug testSome instances of using synthetic urine have been known to successfully cheat a drug test. However, it's still very difficult to do, and you risk bigger trouble if you're found out. Urine must test at the right temperature and pH and have standard levels of creatine within a normal range. If you have to take a supervised urinalysis, it can be much more difficult to fake.If you are caught with fake urine you will likely face serious consequences. First, you will obviously fail the test, meaning you will lose the job or whatever the opportunity was that was your original reason for being tested. Secondly, and more seriously, you could be looking at a hefty fine or even jail time depending on your state.We get it—drug tests are stressful and, at times, panic-inducing. The internet is full of crazy home remedies and bizarre tricks to help you cheat a drug test. There is no scientific evidence pointing to these as viable options for passing a drug test, and we do not recommend them. Here are some of the most common ones to be mindful of.Certo is a type of fruit pectin used to make jams and jellies. The Certo detox method involves a very detailed process with huge margins of error, and any misstep in the supposed formula, and you'll definitely fail your test. Ultimately, there is no proof that this method even works and, even when following the protocol exactly, many people have failed their drug tests.Niacin is an over-the-counter B vitamin traditionally used to reduce blood pressure and manage healthy cholesterol levels. Proponents of the niacin detox claim that taking large doses can help you flush your system of THC. However, massive doses of niacin will almost certainly result in a diluted urine sample leading to a failed test. Plus, too much niacin can lead to serious side effects, including liver damage. Because there is no evidence that niacin is a reliable way to pass a drug test, it's best to avoid this method.Other internet home remedies that will not help you pass a drug test and possibly mess with your internal health are:Apple cider vinegar (ineffective)Lemon water (ineffective)Cranberry juice (ineffective)Baking soda (just, no)Hydrogen peroxide (absolutely not, this is for cuts and scrapes)Bleach (NEVER EVER INGEST BLEACH)Using your friend's urineWhen you really need to pass a drug test, it's best to stick with trusted detox kits and detox drinks.RelatedDo niacin, vinegar, or cranberry cleanse your system of weed?Still have questions? We have answers.Once you consume cannabis, it enters your bloodstream. From there, it makes its way to the body's soft tissues before THC metabolites settle into your fat cells. Once the fat cells are burned, those metabolites recirculate through the bloodstream until they are eventually excreted via urine and feces. The metabolites are traceable to varying degrees by drug tests in urine, saliva, blood, and hair. Unfortunately, yes. Most drug tests are not sophisticated enough to determine the cannabinoid's source of origin. So even if you've been consuming hemp-derived cannabinoids like CBD, delta-8 THC, HHC, THC-O, or others, you could potentially fail a drug test meant to detect cannabis. Moreover, any full-spectrum CBD product contains trace amounts of THC. Depending on your dosage and frequency of use, this could be enough to trigger a positive result. There is no exact method to determine how long weed will appear on a drug test. It depends on your personal body composition, age, health, hydration levels, and most importantly, frequency of use and consumption method. Smoking weed once versus vaping daily will equate to varying detox times. It's always best to over-estimate and leave as big a window for detox as possible to ensure a clean test. Generally, employers will wait until the end of an interview process to drug test new hires. Employers have to pay a lab to provide drug test results, so they'll generally only make the investment in a drug test if they're planning on hiring a prospective employee. However, some states have legislation that protects prospective employees in some industries who test positive. Learn about your local laws here. No, gender and sex have no bearing on the outcome or preparation for a drug test. Although men generally require a longer time to detox than women, that is due to the greater average weight amongst the male population. You'll need at least 30ml for a standard drug test or 45ml for a collection by the Department of Transportation; federal employers have stricter guidelines. For context, the average human bladder can hold around 300mL. A standard urine test will show results in one to two days, in most cases. Other tests, such as blood tests, can take as long as a week. Sit tight, and don't panic, you'll have your answer soon. There are many foods and perfectly legal products that can affect your test results. In addition to foods like poppy seeds and hemp-base products, a few prescription medications, like certain antidepressants and antibiotics, can cause false positives on a drug test. Over-the-counter pain relievers and diet pills can also be mistaken for illicit drugs in a urine analysis. There are several of these on the market. "cleansing supplements" that, at a glance, seem to be nothing more than herbal energy drinks. On the back of each bottle, the language used is deliberately vague. "Drink the entire bottle 60 to 90 minutes before your desired time." "Frequent urination indicates that you are experiencing optimal cleansing." These drinks can be expensive—up to \$60 a pop—but that's a small price to pay when your job may be on the line. They all offer the same thing: a same-day, temporary fix for your THC-tainted piss, so long as you use 'em exactly as directed. But do they actually, like, work? This is a question even the most diligent Googleer is wont to find. As it stands, all the available information on these detox drinks seems to be either an obvious paid promotion for one brand or another, or come from anonms with usernames like Stoner4Lfy6240 on eight-year-old marijuana message board threads. Our test was simple. We ordered a ten-pack of THC pee tests from Amazon for \$7.99, and recruited a regular recreational weed smoker—a 28-year-old woman we'll call "Jolene"—to test out these drinks over the course of a week without altering her normal weed habits. She'd try out one drink every two days, and take a control test before starting each one to make sure she was still testing positive before drinking them. Then she'd follow the directions on each bottle and see whether she could piss herself clean. In the photo above, you'll see Jolene's first pre-drink test. It is very positive. The "C" on the test stands for "Control." The line next to it appears whether the test is negative or positive. The "T" stands for "Test." If a line appears in "T," the test is negative. If no line appears, the test is positive. As you can see above, Jolene was not able to produce a "T" line because she is high af. The drug tests we purchased are pretty standard pee tests. Basically you wee into a cup, take the cap off the drug test, and then submerge the little rectangular piece at the end for about ten seconds. Results take about five minutes. The test we bought for the purposes of this experiment are used specifically to detect THC and nothing else. For context, Jolene's marijuana consumption is probably slightly, but not much, below average for stoners. She smokes a bowl most days after work, and blazes up two to three times a day on the weekends. Occasionally she'll have an edible or do a dab, but says she usually sticks to traditional smoking methods—bombs, bonges, and joints. Most of these drinks caution "heavy" users to double their dosage, or go with a more concentrated version, so if you smoke more or less than Jolene, you're likely to have different results. And none of the results we got here should be considered scientific or at all conclusive. First up, we had Jolene try out a 17-ounce bottle of Rescue Detox. According to Karen, the very sweet Applied Sciences customer service lady we reached at the "LIVE SUPPORT" number listed at the bottom of the bottle, Jolene had to avoid eating for five hours before she did the cleanse. Luckily, it was Sunday, so Jolene had just woken up from a four and a half hour nap after spending the morning smoking and eating an entire large portion of Popeye's mac and cheese, as one does. Karen told her to drink Rescue an hour before "cleansing time", then refill the bottle with water twice and drink that within 30 minutes. She was then supposed to pee three times, after which she should be good to go for three to five hours. Quite a lot of work! The drink itself was a bright, neon yellow that looked slightly radioactive. Jolene said it tasted like synthetic blueberries and had a distinct aftertaste. She chugged it down over the course of ten minutes, and then refilled the bottle twice, choking down gulp after gulp of weird-tasting water until her stomach was bursting with 1.5 liters of liquid. After three pees that, in Jolene's words, "looked like I drank highlighter ink," she took the test. It actually fucking worked. While the line was thin, it counted. Jolene tested negative for THC, despite having smoked several pre-noon bowls just hours before. We were both pretty shocked by this turn of events. It's a light line, but it's there. Final grade: B. If you follow the instructions, you might pass your test, but the extreme color of your pee might raise some alarm bells in a clinical setting. Plus, the amount of water you need to drink is a little excessive. Two days and a positive drug test later, we circled back to try out the 20-ounce bottle of Detoxify Xtraclean. We'd seen mixed reviews of this one online, and Jolene's partner had tried it before without success, so neither of us had high hopes. Unlike with the Rescue Detox, Jolene wasn't instructed to abstain from eating, but was supposed to stop using marijuana for as long as possible beforehand. Instead, she decided to smoke a bowl while she drank. It should go without saying that this would be an inadvisable move for anyone whose job actually depended on passing a drug test. This drink was "tropical flavored" and a bright, syrupy red. Jolene drank the bottle down ("it tastes like Five Hour Energy mixed with fake blood."), and then refilled it—just once this time—and drank that 15 minutes after her initial chug. According to Ben, the monotone host of Detoxify's "Back2School" YouTube series, which teaches viewers how to best utilize their products, after three to four initial pees, you should test clean for up to five hours. Jolene followed his instructions and peed ("a totally normal yellow color!") three times, and took the test. Despite having smoked while trying to cleanse her body of weed... Jolene passed the test. No THC detected. The line was still light, but again, it was there. Final grade: B+. You don't have to drink as much water, and your pee isn't a suspicious color, but it left Jo with a stomach ache that lasted a full day. Probably worth it? The eight-ounce bottle of Stinger proved much easier to get down. Jolene said it tasted like a flat, thick grape soda. This isn't exactly a glowing review, but it was apparently the best of the bunch far-wise. After quickly drinking the bottle, Jo had to fill it up with water four more times and chug that for a total of 40 ounces of liquid, and then pee the standard three to four times before taking the test. Apparently this lil guy is supposed to be five times stronger than Stinger Detox's other products, and after taking the final pee test of this experiment, it seems that claim is well-founded. Where the other detox drinks presented barely-there negative results, Stinger's delivered the first solid double red line of the game. Bra-fuckin'-vo. Final grade: A. Not only was this the most definitive negative result, it also tasted the best, included the least amount of chugging and came with zero intestinal issues or nausea. Again, this obviously wasn't a scientific test, and someone with different smoking habits or who is bigger, smaller, or more or less active than Jolene could achieve different results. These drinks work by diluting your urine to the point where THC won't show up, and then replacing the vitamins, minerals, and color that are also lost in the dilution process so it doesn't raise any red flags. While drinking something like this should be relatively undetectable, it's likely not a foolproof way to pass a drug test. But it's better than nothing! It's up to consumers whether or not losing the money you spend on them is a better option than potentially losing a job. Sign up for our newsletter to get the best of VICE delivered to your inbox daily. Follow Caroline Thompson on Twitter. By signing up, you agree to the Terms of Use and Privacy Policy & to receive electronic communications from VICE Media Group, which may include marketing promotions, advertisements and sponsored content. Screenshot: Dwayne Jenkins (And Fangamer, Technically!) SEBASTIAN KAULITZKI/SCIENCE PHOTO LIBRARY/GETTY IMAGES Sittithat Tangwithayaphum/Getty Images Kinga Krzeminska/Getty Images Rob Dobi/Getty Images (Photo by VINCENT FEURAY/Hans Lucas/AFP via Getty Images) By signing up, you agree to the Terms of Use and Privacy Policy & to receive electronic communications from VICE Media Group, which may include marketing promotions, advertisements and sponsored content. Shaun/Getty Images FilmMagic/Contributor/Getty Images Tunvarat Phuksachat/Getty Images PDF of a Deep Research Report - Credit: OpenAI