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How much Will I lose on the master cleanse diet?



Myra asked:

I am 5'5 and 137lbs. How much will i lose on the master cleanse diet if i do it for 10 days?
Also do people usually gain the weight they lost on the diet back after the diet is over?

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You can also find this article published on [How much Will I lose on the master cleanse diet?](#), and on the tag pages [Diet](#), [gain](#), [Gain Weight](#), [how much will i lose on the master cleanse diet](#), [master](#), [Master Cleanse](#), [Master Cleanse Diet](#), [People](#), [weight](#), [Weight Lost](#).