Is alcohol allowed?

Nutrition · https://thesixpackrevolution.com/docs/is-alcohol-allowed/

There is 100% no alcohol whatsoever on The Six Pack Revolution so please do not join unless you have accepted this as a reality you will not get the outstanding results you have seen from all of our other participants and will just be wasting your time.

What we will say is that even our most ardent alcoholics find this the easiest thing to ditch.