



NutriClear[®] *Plus*

15-DAY METABOLIC CLEANSE PROGRAM

Guidebook



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Congratulations!

If you're reading this booklet, you've taken the first step in reclaiming your vitality, and are ready to begin the **NutriClear® Plus 15-Day Metabolic Cleanse Program**.

Maybe you've been feeling sluggish, or you've put on a few extra pounds, or you might be struggling with a chronic health challenge. Whatever brought you to this point, **NutriClear® Plus** is a gentle, but effective, metabolic cleanse program designed to support and recharge your metabolism.

The liver naturally knows how to clear the body of toxins, but in a world filled with an ever-increasing toxin load, our bodies need nutritional support to bolster our innate detoxification ability. In the past 30 years, we've seen an exponential increase in the numbers of pesticides, herbicides and industrial chemicals that enter our food, water and air supplies. According to the U.S. Food and Drug Administration (FDA), over 35% of the food tested in 1998 contained pesticide residues. If our livers don't eliminate these toxins, they build up in our organs and tissues, and wreak havoc on our health. A good metabolic cleanse program can help, and it should be simple, effective and safe.

NutriClear® Plus provides the optimal nutrients necessary to support the body's natural two-phase detoxification process, allowing toxins to clear safely so you can start feeling great again.



Frequently Asked Questions

What is NutriClear® Plus?

NutriClear® Plus is a proprietary detoxification powder that combines a strategically formulated blend of certified-organic pea protein, nutrients, antioxidants, fiber, fruit and vegetable extracts, and herbs that support the metabolic detoxification process.

What side effects can I expect?

With any change in diet, you may experience some discomfort. Individual responses to cleanse programs are varied due to differences in biochemical makeup, stress levels, toxin build-up and medical histories. Unlike fasting or colon cleanses, this metabolic cleanse program is designed to be gentle and easy to follow. You will be allowed to eat plenty of healthy food and drink delicious shakes. If you do experience side effects (symptoms from caffeine withdrawal, for example), such as headaches, joint pain or mood swings, be patient. Symptoms should subside within a few days.

How much weight will I lose?

NutriClear® Plus is not designed to be a weight-loss program, specifically, but can be used as the preliminary step in a comprehensive weight management program. Because fluid retention can accompany toxin buildup, people do report weight loss as toxins are released and removed. Calories are not a concern, and portions should be adjusted to satisfy hunger.

Can I exercise?

Exercise is encouraged to facilitate the metabolic cleanse process, but be patient with yourself on days you feel fatigued. On those days, choose gentle exercises such as yoga, walking or stretching.

Should I continue taking my vitamins and prescription medications?

Take only the nutritional supplements prescribed by your healthcare professional. **NutriClear® Plus** contains a variety of vitamins and other nutrients to help meet your daily requirements. Consult with your healthcare professional to monitor prescription drug use.

What are the supplements in the packets?

Each of the supplements in the **NutriClear™ Plus Metabolic Cleanse Program** was hand-picked to foster a safe and effective detoxification process. **Bromelain Plus CLA™**, which contains a number of enzymes, provides important digestive support. In addition to specific enzymes that digest proteins, fats, carbohydrates and cellulose, **Bromelain Plus CLA™** contains bromelain, a plant protease that supports phase II detoxification. **Beta-TCP™**, **Livotrit Plus®** and **MCS-2™** provide the body with the elaborate array of vitamins and minerals needed to fortify the detoxification pathways, and to support the liver and biliary systems. **BioProtect™** supplies the body with a mixture of antioxidants to help minimize oxidative stress that can occur when clearing the body of toxin buildup.

What is the reason for the Metabolic Cleanse Diet?

Digestive health plays a key role in detoxification. The **NutriClear® Plus** Metabolic Cleanse Diet consists of foods that will not only support the metabolic cleanse process, fortifying the body with the macro- and micronutrients important for detoxification, it also removes potentially allergenic foods and other ingredients that can disrupt digestive health and interfere with the detoxification process. The primary purpose of the Metabolic Cleanse Diet is to foster gut health, which then helps fuel an effective detoxification process.

NutriClear® *Plus* Program Guidelines

Follow these guidelines throughout the **15-Day Metabolic Cleanse Program**

- Choose whole foods from the Metabolic Cleanse Diet *Yes* list.
- Avoid foods from the Metabolic Cleanse Diet *No* list.
- Drink at least half your body weight in fluid ounces of purified water.
- Get 7-9 hours of sleep each night.
- Follow a simple schedule.

Directions:

Consume two **NutriClear® *Plus*** shakes and supplement packets per day plus one meal and snacks that work for your schedule.

Sample Day:

- | | |
|-------------|--|
| • Breakfast | NutriClear® <i>Plus</i> shake and supplement packet |
| • Snack | Raw, unsalted almonds |
| • Lunch | NutriClear® <i>Plus</i> shake and supplement packet |
| • Snack | 1 medium apple |
| • Dinner | Grilled chicken breast, carrots, and broccoli |

This is not a food-restricting diet. If you feel hungry, feel free to eat more than the one meal and/or multiple snacks from the Metabolic Cleanse Diet *Yes* list.



Metabolic Cleanse Diet

	Yes	No
<p>Meat, Poultry, Fish, Legumes</p> 	<p>Organic/hormone-free chicken, turkey, lamb, rabbit, bison, venison, grass-fed beef, cold water fish (sardines, cod, Pacific flounder/sole, butterfish, salmon, trout, halibut), organic legumes, organic eggs (if no known sensitivity).</p>	<p>Pork, veal, cold cuts, hot dogs, sausage, canned meats, tuna, mackerel, shellfish, soy protein (including tofu and tempeh).</p>
<p>Dairy Products</p> 	<p>Unsweetened milk substitutes such as almond, coconut, hemp and rice milks; vegan-style rice cheese.</p>	<p>Milk, soy milk, goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, creamed soups, creamed vegetables, soy cheese.</p>
<p>Starches, Breads, Cereals</p> 	<p>Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, 100% whole grain cereal or baked goods made fresh with gluten-free ingredients, rice, rice crackers, rice pasta, gluten-free bread, gluten-free steel cut oats.</p>	<p>White potatoes, all gluten-containing cereals, flours and baked goods (wheat, rye, barley, kamut, spelt, triticale, malt). No soy, oats or corn unless certified organic.</p>
<p>Fats, Oils, Nuts</p> 	<p>EVOO, organic cultured butter, ghee, unrefined coconut oil, flaxseed, walnut oil, hempseed oil, avocado. Raw, sprouted or dry roasted nuts and seeds. Unsweetened nut butter (if no known sensitivity).</p>	<p>Margarine, shortening, refined oils, dressings and spreads, nut butters made with added sugar or extra fat.</p>

Yes

No

Vegetables



All vegetables fresh, frozen or freshly juiced. Please refer to the organic produce reference for when to choose organic. Vegetables such as cabbage, broccoli, Brussels sprouts, kale, collard greens, watercress, radish, turnip, turnip greens, kohlrabi, asparagus, chives, garlic, leek, onion, shallot and yucca are especially good for detoxification.

Canned vegetables or vegetables prepared with butter, cheese or sauce made from ingredients that need to be avoided.

Fruits



Fresh or unsweetened frozen fruit.

Fruit drinks, jams, jellies and syrups.

Beverages



Filtered water, herbal teas, naturally decaffeinated green tea, vegetable juices, coconut water.

All alcohol and caffeine-containing beverages including coffee, tea and soda. Sweetened beverages.

Sweeteners



Natural low-impact sweeteners such as stevia, monk fruit, and polyols (as tolerated).

Sugar in all forms, including sucrose, fructose, high fructose corn syrup, brown sugar, honey, maple syrup, agave and artificial sweeteners.

Herbs & Spices



Any fresh or dried herbs and spices, ginger, horseradish, lemon, lime, mustard, unsweetened salsa, unsweetened tomato sauce, unsweetened vinegar.

Ketchup, barbecue sauce, relish, extracts (e.g. vanilla), relish, prepackaged seasonings, mayonnaise or dressings with gluten/dairy/sugars.

Sample Daily Menus

Breakfast	Lunch
NutriClear® Plus shake and supplement packet	Halibut ½ Avocado Kale salad
Breakfast	Lunch
2 eggs, scrambled Turkey bacon	NutriClear® Plus shake and supplement packet
Breakfast	Lunch
NutriClear® Plus shake and supplement packet	NutriClear® Plus shake and supplement packet
Breakfast	Lunch
NutriClear® Plus shake and supplement packet	Red snapper Asparagus Zucchini
Breakfast	Lunch
2-egg veggie omelet Turkey bacon	NutriClear® Plus shake and supplement packet
Breakfast	Lunch
NutriClear® Plus shake and supplement packet	NutriClear® Plus shake and supplement packet
Breakfast	Lunch
NutriClear® Plus shake and supplement packet	Turkey breast Spinach Sweet potato

Dinner	Snacks
NutriClear® Plus shake and supplement packet	Medium apple Raw, unsalted almonds
Dinner	Snacks
NutriClear® Plus shake and supplement packet	Grapefruit Raw, unsalted cashews
Dinner	Snacks
Beef steak Broccoli Cauliflower	Medium pear Raw, unsalted pecans
Dinner	Snacks
NutriClear® Plus shake and supplement packet	Strawberries Raw, unsalted walnuts
Dinner	Snacks
NutriClear® Plus shake and supplement packet	Kiwi Raw, unsalted almonds
Dinner	Snacks
Red beans White rice Mustard greens	Grapes Raw, unsalted cashews
Dinner	Snacks
NutriClear® Plus shake and supplement packet	Blueberries Raw, unsalted pecans



Plan Your Daily Meals & Snacks

Plan Ahead

Spend time reviewing the Metabolic Cleanse Diet foods, and plan your weekly menu with foods you like. You'll find greater success when you strategically plan your meals, and you will be less tempted to eat highly-processed foods.

Choose Organic Foods, When Possible

NutriClear® Plus contains certified-organic pea protein as its protein base because organic foods are preferable to conventional foods. USDA-certified organic foods are less likely to contain pesticide residues than conventional foods. However, organic choices can be expensive or unavailable. In this case, at least choose from the following fruits and vegetables, which have the lowest pesticide residues:

- *asparagus*
- *avocado*
- *cabbage*
- *eggplant*
- *grapefruit*
- *honeydew melon*
- *kiwi*
- *mangos*
- *onions*
- *pineapple*
- *sweet peas*
- *sweet potato*
- *watermelon*

The following foods, due to high pesticide residue concentrations, should only be purchased organic:

- *apples*
- *celery*
- *cherries*
- *grapes*
- *hot peppers*
- *nectarines*
- *peaches*
- *pears*
- *potatoes*
- *spinach*
- *strawberries*
- *sweet bell peppers*
- *tomatoes*

Find Recipe Resources

You can make your menus as simple or complicated as you like. If you prefer to keep it simple, eat a variety of foods from the *Yes* list or loosely follow our Sample Daily Menus. If you're feeling adventurous, and want to incorporate new recipes, use ingredients that comply with the *Yes* list.



Additional Detox Tips

Shop the periphery. Fresh and frozen foods are mostly found around the periphery of most grocery stores. Focus your energy there, and not within the aisles.

Eat dinner for breakfast. Healthy food is healthy food, whether we choose to eat it at the designated mealtime or not. Be flexible. If last night's dinner of salmon and spinach is appealing, feel free to eat it for breakfast.

Drink lemon water. Mix 1/4 lemon in a cup of hot water in the morning upon waking. Reported benefits include more energy and clarity.

Cook with non-toxic cookware and avoid using the microwave. Use a cast-iron pan and reheat food using the stovetop.

Be flexible with your routine. Take this time to expand beyond your habits. Drink decaffeinated green tea in the morning instead of coffee, or consider mixing a citrus herbal tea with **Mixed Ascorbate Powder™** instead of wine.

Take a warm bath with Epsom salt. Magnesium in the Epsom salt bath gets absorbed by the skin and supports the relaxation response.

Keep a simple journal. The process of detoxification can trigger emotions, especially for "emotional eaters". Don't judge the feelings. Use the journal to increase personal awareness around food.

Use a skin brush. Skin brushing aids in lymphatic drainage and can be done simply by massaging your entire body with a shower brush or loofah before you shower or bathe.

Enjoy the journey!

The NutriClear® Plus Metabolic Cleanse Program
is a first step towards a healthier you!

Daily Food Journal

Time	Food/Shake/Supplements	Notes
	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
	Snack	
Water	<i>Be sure to drink at least half your body weight in fluid ounces of purified water.</i>	



The **NutriClear® Plus 15-Day Metabolic Cleanse Program** is packaged for convenience and contains:

- 30 pouches of **NutriClear® Plus** powder
- 30 **NutriClear® Plus** supplement packets, which include 5 capsules supplying the active constituents from **Bromelain Plus CLA™**, **Beta-TCP™**, **Livotrit Plus®**, **BioProtect™**, and **MCS-2™**
- 1 Shaker Cup
- 1 Guidebook



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