



# **CLEARVITE™** **Basic Program**

## **A Nutritional & Detoxification Support Program\***

### ***Introduction***

The **CLEARVITE™ Basic Program** is an essential part of a nutritional plan designed by your healthcare professional to support your health.\* A better understanding of the function of the **CLEARVITE™ Basic Program** will assist you in using the program more effectively.

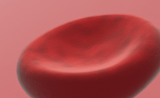
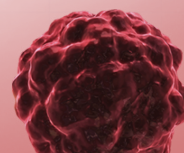
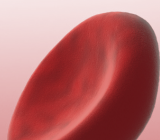
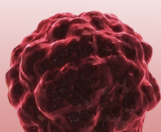
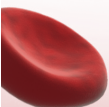
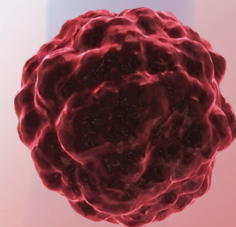
Every day, millions of molecules from different compounds enter our bodies through voluntary ingestion or involuntary exposure. These chemicals come from foods, beverages, medicines, food additives, personal care products, and numerous other sources. While the human body has excellent built-in mechanisms to cleanse itself of these pollutants, it is unable to completely eliminate them. As a result, the body slowly accumulates pollutants until it is affected by them.

Studies over the last two decades have illustrated how toxins can affect body function. Specifically, some of these studies have shown that toxins affect different classes of cytochrome P450 enzymes. These enzymes are part of the liver's biotransformation process. They help turn both exogenous toxins (from external sources) and endogenous undesired metabolites (from internal sources) into water-soluble compounds that can be excreted through bodily fluids. When toxins disrupt the enzymes' activity, it can reduce the liver's capacity to properly detoxify.

Supporting the body's detox mechanisms with the right nutrients can be helpful in maintaining health and wellness.\* Through this informational brochure, we hope to provide you with a better understanding of the function of the **CLEARVITE™ Basic Program**, which can assist you in using the program more effectively.

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## Living in the Modern World

Advancements in the fields of chemistry, biochemistry, biology, etc, have made substantial contributions to the health and well-being of humankind. However, with the advancement of science and industrialization, numerous foreign and toxic chemicals have been produced and released into living environments. These foreign chemicals are known as “xenobiotics.” Xenobiotics also include over-the-counter and prescription drugs that have entered our environment. Numerous research studies have demonstrated that xenobiotics can interfere with many biological processes. Reduction of these compounds may support normal biological processes and health.



The poor nutritional habits of the Western world are due to the limited number of healthy foods being used in the daily diet. In addition, a variety of other factors related to our stressful modern life has increased demands put on the body. As a result, toxin accumulation can occur, which can manifest in numerous ways such as tiredness, headaches, and digestive and neurological symptoms.

## CLEARVITE™ Basic Program

The **CLEARVITE™ Basic Program** is the combination of a **CLEARVITE™** formula with related dietary recommendations. Certain nutritional factors play important roles in the cellular cleansing process.\* The body's natural detoxifying ability may deteriorate if these nutrients are lacking at the cellular level.\* In addition, certain botanicals and their extracts may support cell strength and maximize the processes involved in detoxication reactions.\* The **CLEARVITE™ Basic Program** is designed to provide the nutrients that support the body's ability to neutralize and expel toxins.\*

There are several **CLEARVITE™** formula options which offer the **CLEARVITE™** blend with various sources of protein or amino acid substitutes. These are as follows:

- **CLEARVITE-CLA™ (K105)**, which includes hydrolyzed collagen peptides as its protein source and contains a total of 7.7 grams of collagen protein and amino acid blend per serving.
- **CLEARVITE-PSF™ (K84)**, which includes 5 grams of high-quality, non-GMO, organic yellow pea as protein source per serving.
- **CLEARVITE-GL™ (K95), (K118)**, which includes 5 grams of amino acids per serving as protein substitute and for targeted nutritional support, especially for the small intestine.\*
- **CLEARVITE-GLB™ (K108)**, which includes 2 grams of amino acids per serving for targeted nutritional support.\*



## Ingredients in CLEARVITE™ Formulas: Functionally Specific

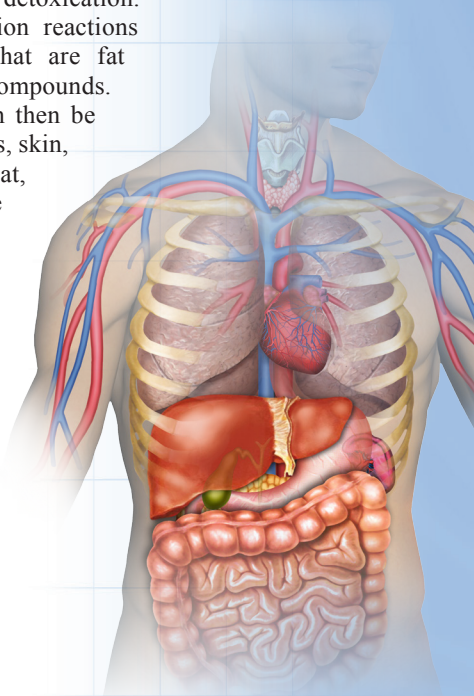
**CLEARVITE™** formulas offer key nutrients and cofactors that support the detoxication reactions and processes.\* These include a number of amino acids—such as N-acetyl L-cysteine, taurine, glycine, L-lysine, and L-glutamine. Important vitamins, minerals, amino acids, and phytonutrients help support blood sugar metabolism, as well as the intestines.\* Digestive enzymes—such as amylase, cellulase, glucanase, and protease—help support nutrient digestion and absorption.\* Additional nutritional compounds—such as gamma oryzanol, rutin, hesperidin, evening primrose oil, and medium chain triglycerides—have been incorporated to further support antioxidant processes and help with energy levels.\* Antioxidants, such as vitamin A as beta-carotene, are also used to support the liver.\* Key botanical extracts support bile formation, secretion, and elimination.\* Additionally, lipotropic nutrients support the breakdown and utilization of fat.\*

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## Detoxification

Cleansing the body from the accumulated xenobiotics is known as “detoxification.” Most toxins are subjected to numerous chemical changes to be prepared for elimination from the body. This natural biotransformation process, which occurs primarily in the liver, is called “detoxication.” The goal of these detoxication reactions is to transform chemicals that are fat soluble into water-soluble compounds. Water-soluble compounds can then be eliminated through the kidneys, skin, or gallbladder (in urine, sweat, or bile, respectively). Bile secretion is one of the body's major detoxication methods. Once the liver has detoxified xenobiotics and other toxins, the resulting compounds are delivered either to the biliary or circulatory system to be excreted into either the GI tract or kidneys, respectively. A detoxification program may be very beneficial to support good health.





# How to Use CLEARVITE™ FORMULAS (CLA™, PSF™, GL™, or GLB™):

The body's accumulated toxins are mostly imbedded in different tissues, especially in fat and connective tissues. To remove these toxins from the system, they first need to be mobilized (released from their adhesion points). Then, they can enter into the detoxification pathways. After the detoxification reactions, the resulting compounds enter into the excretion routes and are released from the body.

Toxin mobilization and detoxification are slow processes and require sufficient time to become fully effective. Based on the evaluation of your health, your healthcare professional may recommend other products to be used prior to, in conjunction with, or after the use of CLEARVITE™ formulas. Such products are designed to better prepare you for the detoxification process. They may help you detoxify gently, leaving behind cells that are well-nourished with plenty of stored nutritional cofactors to continue the process. It is most important that you follow the dietary and other recommendations made by your healthcare professional to get the best results. First-time users of the CLEARVITE™ Basic Program are encouraged to complete the three-week (21-day) plan. The two-week (14-day) plan is designed to be used as a follow-up plan.

If you are on any medications, continue taking them as recommended by your healthcare professional. Only your healthcare professional can change the schedule or the dose of your medications. Inform your healthcare professional if you experience any digestive problems or other discomfort while on this program. Your primary healthcare professional should determine any deviation from the recommended plan.

## Three-Week Plan (21 Days)

| Days Phases                                | Number of Servings                       | When to Take                                    |
|--|--|---|
| Days 1 to 4<br><b>Preparation Phase 1</b>  | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast <sup>‡</sup>                   |
| Days 5 to 7<br><b>Preparation Phase 2</b>  | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast or Dinner <sup>‡</sup>         |
| Days 8 to 14<br><b>Detoxification</b>      | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast, Lunch, or Dinner <sup>‡</sup> |
| Days 15 to 17<br><b>Completion Phase 1</b> | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast or Dinner <sup>‡</sup>         |
| Days 18 to 21<br><b>Completion Phase 2</b> | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast <sup>‡</sup>                   |

## Two-Week Plan (14 Days)

| Days Phases                                 | Number of Servings                       | When to Take                                    |
|---|--|---|
| Days 1 and 2<br><b>Preparation Phase 1</b>  | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast <sup>‡</sup>                   |
| Days 3 and 4<br><b>Preparation Phase 2</b>  | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast or Dinner <sup>‡</sup>         |
| Days 5 to 10<br><b>Detoxification</b>       | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast, Lunch, or Dinner <sup>‡</sup> |
| Days 11 and 12<br><b>Completion Phase 1</b> | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast or Dinner <sup>‡</sup>         |
| Days 13 and 14<br><b>Completion Phase 2</b> | 1 Serving, or ____ Servings <sup>‡</sup> | Before Breakfast <sup>‡</sup>                   |

<sup>‡</sup>As directed by your healthcare professional.

## Daily Diet Samples (organic)

| Preparation Phase 1 or Completion Phase 2   | Preparation Phase 2 or Completion Phase 1  | Detoxification Phase  |
|---|--|---|
| <b>CLEARVITE™ Formula</b><br><b>(CLA™, PSF™, GL™, or GLB™)</b><br>1 Serving Before Breakfast<br>Or as directed by your healthcare professional  | <b>CLEARVITE™ Formula</b><br><b>(CLA™, PSF™, GL™, or GLB™)</b><br>1 Serving Before Breakfast<br>Or as directed by your healthcare professional   | <b>CLEARVITE™ Formula</b><br><b>(CLA™, PSF™, GL™, or GLB™)</b><br>1 Serving Before Breakfast<br>Or as directed by your healthcare professional  |
| <b>BREAKFAST</b><br>Turkey<br>Fruit<br><b>MID-MORNING SNACK</b><br>A handful of raw pumpkin or sunflower seeds<br><b>LUNCH</b><br>Salad with olive oil and lemon juice<br>Salmon filet (wild)<br><b>MID-AFTERNOON SNACK</b><br>Banana<br>1 oz raw nuts or nut butter<br><b>DINNER</b><br>Chicken breast (broiled)<br>Steamed vegetables<br><b>BEDTIME SNACK</b><br>Rice crackers with raw almond butter | <b>BREAKFAST</b><br>Turkey bacon<br>Green apple<br><b>MID-MORNING SNACK</b><br>Taro chips (found at health food stores)<br><b>LUNCH</b><br>Salad with chicken, olive oil, and lemon juice<br><b>MID-AFTERNOON SNACK</b><br>A handful of raw cashews<br><b>DINNER</b><br>Fish**<br>Brown rice<br>Vegetables (raw or lightly steamed)<br><b>BEDTIME SNACK</b><br>Hummus and cucumber | <b>BREAKFAST</b><br>Quinoa hot cereal (found at health food stores)<br>Mixed fruit<br><b>MID-MORNING SNACK</b><br>Carrot sticks<br><b>LUNCH</b><br>Salad with raw nuts and seeds, avocados, olive oil, and lemon juice<br><b>MID-AFTERNOON SNACK</b><br>Dried mangos and nuts<br><b>DINNER</b><br>Baked potato<br>Brown rice<br>Lightly steamed vegetables<br><b>BEDTIME SNACK</b><br>Raw flaxseed crackers |
| <b>Additional Instructions:</b> _____<br>_____<br>_____   |  |   |

\*\*Select fish that are less prone to heavy metal contamination.

If you are allergic to any foods, inform your healthcare professional and avoid eating those foods during this program.



## CLEARVITE™ Basic Program

A specific dietary plan is recommended with the **CLEARVITE™ Basic Program**. This plan is known as an “elimination dietary program” because it requires that certain foods be eliminated from the daily diet while the program is in progress. To assist you with the nutritional requirements of the program, a sample dietary plan has been provided here.

The caloric requirements of different individuals vary significantly. To meet your caloric and nutritional needs, you can modify the food choices in the Daily Diet Samples, or use protein supplements as recommended by your healthcare professional. The basic nutritional guidelines to follow while on this program are: *Eat according to your appetite; do not overeat; select the most nutritional foods (organic dark greens); include foods that offer soluble and insoluble dietary fibers; and drink plenty of fresh water.*



| 2-Week Plan       | 3-Week Plan      | Servings of<br>CLEARVITE™ Formula<br>(CLA™, PSF™, GL™, or GLB™)                           | Dietary Plan to Follow   |
|-------------------|------------------|---|--|
| Days<br>1 and 2   | Days<br>1 to 4   | <b>Preparation Phase 1</b><br>1 Serving, or _____ Servings†<br><b>Follow Dietary Plan</b> | <b>FOODS TO EAT/DRINK:</b> <ul style="list-style-type: none"> <li>Fresh water (8-10 glasses a day), herbal teas, green tea, fruit juices (no sugar added), vegetable juices</li> <li>Grain foods made from rice, millet, quinoa, buckwheat, or tapioca</li> <li>Fresh fruits, vegetables, beans (navy, white, red, kidney, etc), peas (fresh, split, snap)</li> <li>Fish** (not shellfish) and moderate amounts of chicken, turkey, and lamb</li> <li>Olive oil (flaxseed oil in moderation)</li> </ul> <b>FOODS TO AVOID:</b> <ul style="list-style-type: none"> <li>Any food that you are allergic to</li> <li>Dairy (milk, cheese, yogurt, butter), eggs, margarine, shortening</li> <li>Foods prepared with gluten-containing ingredients like wheat, oats, rye, barley; those ingredients normally found in bread, pasta, etc</li> <li>Tomatoes and tomato sauces, corn</li> <li>Alcohol, caffeine (coffee, black tea, soda)</li> <li>Soy or products made from soy, such as soy milk or tofu</li> <li>Peanuts or peanut butter</li> <li>Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy</li> </ul> |
| Days<br>3 and 4   | Days<br>5 to 7   | <b>Preparation Phase 2</b><br>1 Serving, or _____ Servings†<br><b>Follow Dietary Plan</b> |  |
| Days<br>5 to 10   | Days<br>8 to 14  | <b>Detoxification</b><br>1 Serving, or _____ Servings†<br><b>Follow Dietary Plan</b>      | <b>During this phase of the plan:</b> <ul style="list-style-type: none"> <li>Use any of the foods in the <b>FOODS TO EAT/DRINK</b> list above, except <b>eliminate all animal products from the diet</b> (fish, chicken, turkey, and lamb).</li> <li>Avoid all of the foods in the <b>FOODS TO AVOID</b> list above.</li> </ul>  |
| Days<br>11 and 12 | Days<br>15 to 17 | <b>Completion Phase 1</b><br>1 Serving, or _____ Servings†<br><b>Follow Dietary Plan</b>  | <b>During this phase of the plan:</b> <ul style="list-style-type: none"> <li>Use any of the foods in the <b>FOODS TO EAT/DRINK</b> list above, including <b>the animal products</b> (fish,** chicken, turkey, and lamb).</li> <li>Avoid all of the foods in the <b>FOODS TO AVOID</b> list above.</li> </ul>   |
| Days<br>13 and 14 | Days<br>18 to 21 | <b>Completion Phase 2</b><br>1 Serving, or _____ Servings†<br><b>Follow Dietary Plan</b>  |  |

†As directed by your healthcare professional.

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## ***To Your Health***

- The **CLEARVITE™ Basic Program** is a cleansing (detoxification) regimen to support health and vitality.\*
- **CLEARVITE™** formulas use a blend of targeted phytonutrients, vitamins, minerals, and amino acids to support the intestines, liver detoxification, and sugar metabolism.\*
- **CLEARVITE™** formulas are intended to support a normal blood sugar balance in healthy individuals.\*
- **CLEARVITE™** formulas include a protein/amino acid complex intended to reduce temporary blood sugar fluctuations typically occurring between meals.\*



**TO BE DISPENSED BY HEALTHCARE PROFESSIONALS.**

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