



REPAIR & CLEAR™ PROGRAM

Introduction

In the last few decades, poor nutritional habits, stressful lifestyles, infections, and chemical exposures have caused significant health problems in our society. While these factors have a significant impact on the population's health, certain steps can be taken to support health and wellness. These include aiding two of the body's key functions: digestion and detoxification.

The **REPAIR & CLEAR™** Program targets both of these functions through a specific diet regimen and nutritional supplements. Designed with a basic or comprehensive option, this 6-week program provides the nutritional compounds and botanical extracts that support healthy detoxification, as well as the flavonoids, antioxidants, plant sterols, glycoproteins, and saponins to support healthy digestion.

Liver Support Phase

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, and numerous other sources. Our body slowly accumulates these chemicals until it reaches a point of self-destruction.

Cleansing the body from the accumulated chemicals, or toxins, is known as "detoxification." To do this, the toxins are first subjected to numerous chemical changes—that transform them from fat-soluble to water-soluble compounds—to be prepared for elimination from the body. Detoxification has shown to be extremely beneficial to support good health. The removal of toxins from the system helps the organs' ability to better absorb nutrients and aid healthy biological functions.

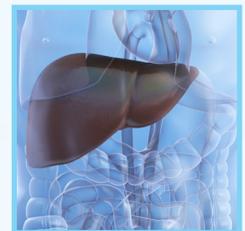
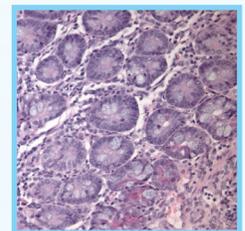
The **CLEARVITE®** Program is a cleansing (detoxification) regimen designed to provide the nutritional compounds and botanical extracts that support the body's ability to neutralize and expel toxins.

Intestinal Support Phase

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. Once food is eaten, the digestive system releases enzymes to break it down into small particles so they can be absorbed by the intestinal mucosa. The tight junctions between intestinal mucosal cells allow for the absorption of tiny digested food particles.

When the digestive tract mucosa is inflamed due to environmental stress factors, the tight junctions of the intestinal mucosa are compromised, as they become widened and permeable to large, undigested compounds, toxins, and bacteria. This is also known as "leaky gut." The intestinal immune system then reacts against these large compounds, promoting an exaggerated immune response. This creates a cycle of further intestinal inflammation and greater loss of intestinal barrier integrity. This self-promoting cycle becomes difficult to unwind unless aggressive dietary and lifestyle strategies are employed.

The **REPAIRVITE®** Program is a comprehensive regimen designed to support mucosal membrane integrity and health. It consists of a restricted dietary program (to remove inflammatory triggers) and targeted nutritional supplements that are necessary for several days to support the health of intestinal membranes.



REPAIR & CLEAR™ PROGRAM

REPAIR & CLEAR™ Program Chart

The REPAIRVITE® Formula:

REPAIRVITE® (K60) is formulated to provide key nutrients to support digestive health. It contains scientifically researched nutrients, such as flavonoids, antioxidants, plant sterols, glycoproteins, and saponins.

The ingredients in **REPAIRVITE® (K60)**—including L-glutamine and deglycyrrhizinated licorice extract—support the health of the intestinal lining as it relates to nutritional balance. In addition, slippery elm extract and marshmallow extract have a high mucilage content that soothes and supports the intestines. Aloe vera extract and Spanish moss provide phyto extracts to support healthy gastrointestinal motility and healthy secretion of digestive enzymes, while marigold extract provides natural compounds that may support intestinal comfort.

The CLEARVITE® Formula:

CLEARVITE®-SF (K24) provides key cofactors necessary in the detoxification process. These vitamins and minerals are selected from the highest quality, most soluble, and most biologically available forms to ensure their absorption and assimilation.

A number of amino acids, such as N-acetyl L-cysteine and glycine—which are necessary for a variety of detoxification reactions—are included in the formula. Strong antioxidants, such as quercetin, herbs, and herbal extracts, have been combined to support healthy liver cells and healthy bile solubility.

Additional herbal and nutritional compounds—such as Jerusalem artichoke, hesperidin, and rutin—have been incorporated to make this product one of the most effective on the market.

Basic 6-Week Plan

Week 1

Baseline Support for a Healthy Anti-inflammatory Response Mechanism

TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
No Dietary Restrictions

Weeks 2 and 3 Intestinal Support Phase

REPAIRVITE® (K60) 1 serving twice a day
STRENGTIA® (K61)† 2 capsules twice a day
GI-SYNERGY®-SM (K83)† 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Intestinal Permeability Dietary Restriction

Weeks 4, 5, and 6 Liver Support Phase

CLEARVITE®-SF (K24) Use servings from CLEARVITE® 3-Week Program
HEPATO-SYNERGY™ (K69) 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Five-Stage Dietary Program from CLEARVITE® 3-Week Program

Comprehensive 6-Week Plan

Week 1

Baseline Support for a Healthy Anti-inflammatory Response Mechanism

TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
NITRIC BALANCE®-SM (K82) 1 serving twice a day
GLUTATHIONE RECYCLER®-SM (K81) 2 capsules twice a day
No Dietary Restrictions

Weeks 2 and 3 Intestinal Support Phase

REPAIRVITE® (K60) 1 serving twice a day
STRENGTIA® (K61)† 2 capsules twice a day
GI-SYNERGY®-SM (K83)† 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Intestinal Permeability Dietary Restriction

Weeks 4, 5, and 6 Liver Support Phase

CLEARVITE®-SF (K24) Use servings from CLEARVITE® 3-Week Program
HEPATO-SYNERGY™ (K69) 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Five-Stage Dietary Program from CLEARVITE® 3-Week Program

† This product is intended for nutritional use and health maintenance only and should not replace or delay the use of appropriate medications, such as antibiotics or other drugs, for any condition.

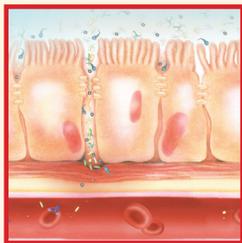
REPAIR & CLEAR™ PROGRAM

INTESTINAL SUPPORT PHASE

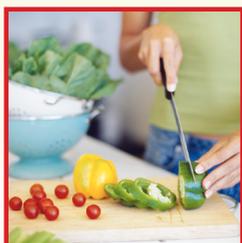
The **REPAIRVITE®** Program requires a strict diet necessary for supporting intestinal membrane health. The dietary restrictions are not caloric (not based on the quantity of food), so you are allowed to eat whenever you are hungry. However, you must only eat from the list of allowed foods. The goal of the dietary program is to remove certain known dietary triggers that may cause intestinal inflammation and to provide the nutrients necessary to support healthy intestinal microflora. The dietary restrictions include sugary foods and starchy carbohydrates that promote intestinal yeast overgrowth, inflammatory proteins (dairy, gluten, etc.), inflammatory lectins, and alcohol.



You are allowed to eat foods with a high fiber content, such as vegetables and low glycemic fruits. You can also eat foods with healthy essential fatty acids, such as olives, olive oil, and fish.* Eating foods that are fermented will also support the health of the intestinal microflora, as will proteins, such as meats, that are not inflammatory.



You should make a strong attempt to eat frequently to maintain stabilized blood glucose levels. **You should never be hungry during the REPAIRVITE® Program.** However, you may have urges to eat foods on the restricted list that must be avoided.



The complete avoidance of restricted foods cannot be overemphasized. Even small snacks or bites of the inflammatory foods can create an immune reaction in the intestinal membranes. You must stay hydrated and drink plenty of water.



Weeks 2 and 3 Intestinal Support Phase Dietary Plan

Foods to Eat

Most Organic Vegetables: including anise, artichoke, asparagus, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chives, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes, water chestnuts, watercress, yams, zucchini.

Fermented Foods: including kimchi, kombucha tea, pickled ginger, sauerkraut, unsweetened coconut yogurt.

Meats: including beef, chicken, fish,* lamb, turkey. Fish should be ocean caught with a low mercury content. Swordfish, most tuna, and king mackerel are very high in mercury. Select hormone-free and antibiotic-free chicken, turkey, and lamb. Select beef that is grass fed, hormone free, and antibiotic free.

Low Glycemic Organic Fruits: including apples, apricots, avocados, berries, cherries, grapefruit, grapes, lemons, oranges, peaches, pears, plums.

Coconut: including coconut butter, coconut cream, coconut milk, coconut oil, unsweetened coconut flakes, unsweetened coconut yogurt.

Noodles: brown shirataki yam noodles (sold in Asian grocery stores).

Herbs and Spices: including basil, black pepper, cilantro, coriander, cumin, garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, sea salt, thyme.

Other: apple cider vinegar, herbal teas, olive oil, olives.

Foods to Avoid

Sugars: including agave, candy, chocolate, corn syrup, fructose, high fructose corn syrup, honey, maple syrup, molasses, sucrose.

High Glycemic Fruits: including bananas, canned fruits, dried fruits, mango, pineapple, raisins, watermelon.

Grains: including amaranth, barley, buckwheat, bulgur, corn, couscous, kamut, millet, oats, quinoa, rice, rye, spelt, wheat, wheat germ.

Nuts and Seeds: including almonds, peanuts, sunflower seeds, sesame seeds.

Gluten-Containing Compounds: including barbecue sauce, binders, bouillon, brewer's yeast, cold cuts, condiments, emulsifiers, fillers, chewing gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, nondairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein.

Dairy Products and Eggs: including butter, cheeses, cow milk, creams, frozen desserts, goat milk, margarine, mayonnaise, sheep milk, whey, yogurt (except coconut).

Soy: including edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu.

Fungi: edible fungi and mushrooms.

Alcohol: all alcohol.

Beans and Legumes: including black beans, lentils, peanuts, peas, pinto beans, soybeans.

Nightshade Foods: including eggplant, paprika, peppers, potatoes, Tabasco® sauce, tomatillos, tomatoes.

Other: canned foods, coffee, processed foods.

**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.

REPAIR & CLEAR™ PROGRAM

LIVER SUPPORT PHASE

CLEARVITE®-SF (K24) is most effective when used according to the program provided in the charts. 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. To support the body's detox processes, first-time users of the **CLEARVITE®** 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.



An effective detoxification program results in:

- Healthy energy
- A cheerful, positive mood
- Minimized minor aches and pains
- Physical comfort



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.



Weeks 4-6 Liver Support Phase Dietary Plan

3-Week Plan	Servings of CLEARVITE®-SF (K24)	Dietary Plan to Follow
Days 1 to 4	Preparation Phase 1 1 serving daily: 1 before breakfast	<p>Foods to eat/drink:</p> <ul style="list-style-type: none"> ■ Fresh water (8-10 glasses a day), herbal teas, green tea, fruit juices (no sugar added), vegetable juices ■ Grain foods made from rice, millet, quinoa, buckwheat, or tapioca ■ Fresh fruits, vegetables, beans (navy, white, red kidney, etc.), peas (fresh, split, snap) ■ Fish* (not shellfish) and moderate amounts of chicken, turkey, and lamb ■ Olive oil (flaxseed oil in moderation) <p>Foods to avoid:</p> <ul style="list-style-type: none"> ■ Any food that you are allergic to ■ Dairy (milk, cheese, yogurt, butter), eggs, margarine, shortening ■ Foods prepared with gluten-containing cereals like wheat, oats, rye, barley; those ingredients normally found in bread, pasta, etc. ■ Tomatoes and tomato sauces, corn ■ Alcohol, caffeine (coffee, black tea, sodas) ■ Soy or products made from soy, such as soy milk or tofu ■ Peanuts or peanut butter ■ Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy
Days 5 to 7	Preparation Phase 2 2 servings daily: 1 before breakfast 1 before dinner	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, except eliminate all animal products from the diet (fish, chicken, turkey, and lamb). ■ Avoid all of the foods in the Foods to avoid list above.
Days 8 to 14	Detoxification 3 servings daily: 1 before breakfast 1 before lunch 1 before dinner	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, including the animal products (fish,* chicken, turkey, and lamb). ■ Avoid all of the foods in the Foods to avoid list above.
Days 15 to 17	Completion Phase 1 2 servings daily: 1 before breakfast 1 before dinner	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, including the animal products (fish,* chicken, turkey, and lamb). ■ Avoid all of the foods in the Foods to avoid list above.
Days 18 to 21	Completion Phase 2 1 serving daily: 1 before breakfast	<p><i>*Select fish that are less prone to heavy metal contamination.</i></p>

Health statements in this brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

For nutritional and health maintenance purposes only.