

## Be prepared to GRAZE ALL DAY on this Cleanse

pack vegetables and fruit for convenience and eat something every 2 hours

### Foods to Embrace on Cleanse

- Unlimited fresh veggies (raw, lightly steamed, or lightly steamed or sautéed in 1-2 tablespoons of olive oil (including asparagus, carrots, celery, Jicama, zucchini, bell peppers, cucumber, leeks, radishes, green beans, mushrooms, eggplant)
- Leafy green vegetables such as: kale, broccoli, spinach, Swiss chard, mustard greens, collard greens, all kinds of lettuce, watercress, bok choy
- Starchy vegetables (but no more than one serving per day: winter squash, sweet potatoes, turnips, rutabagas, beets)
- Low-sugar fruit: berries, apples, peaches, tomatoes, apricots, papaya, nectarines, cantaloupe. (Limit bananas to 1/2 per day and avocado to 1 half to one per day.
- Beverages: green or herbal teas, filtered water, fresh vegetable juices. If you normally consume coffee, substitute with Shaklee 180 Energizing Tea (maximum 2 cups per day)
- Fats: extra-virgin olive oil (1-2 tablespoons for salad dressing or for sautéing) - Optional: add fresh or dried herbs for added taste.
- Condiments: use pepper and all herbs & spices - fresh & dried. Veggies can be dipped in mustard or fresh salsa.
- Sweetener: stevia
- Protein: 1-2 servings of protein per day. One serving of protein equals:
  - ◇ 1-2 scoops of Shaklee Life Shake Mix or Soy Protein with water & fruits & vegetables
  - ◇ or 4 ounces of grilled chicken breast, fish or Shellfish
  - ◇ or 1-2 hard-boiled eggsWhen possible, use organic or free-range chicken or wild-caught fish.

### Foods to Avoid on Cleanse

- Corn and potato ... do not eat more than one starchy vegetable a day
- Canned vegetables
- High-sugar fruit: cherries, grapes, figs, mangoes, pineapple, pears, watermelon
- Dried fruit or fruit juice
- Alcohol, soft drinks, fruit juices, sugary energy drinks, caffeinated beverages
- Commercial oils or fats and salad dressings
- Salt, ketchup, relish, BBQ sauce, soy sauce, mayonnaise
- Refined sugars, added sugars, including agave, honey and maple syrup, and artificial sweeteners
- All dairy
- All other protein (except those listed in "embrace" column).
- Nuts ... especially roasted, salted/flavored nuts
- All grains
- All beans and pulses (split peas, lentils, legumes) and all soy (tofu, tempeh, miso, edamame, soy milk) ... except what is listed under protein in the "embrace" column.
- All candy, commercial energy bars, junk food, chips, etc.

**CLEANSING is an ESSENTIAL  
STEP to a Healthier Life!**



**Disclaimer:** The content of this literature has been gathered from Natural Health Consultants across the country. It is not published by Shaklee Corporation. The information is not intended to prescribe, diagnose, or replace care by a health practitioner. The recommendations are not provided or published by Shaklee Corporation.

Shaklee

# Healthy Cleanse



**Increase your  
FOCUS & ENERGY,  
and FEEL HEALTHIER  
IN 7 DAYS!**

## FIVE Benefits of “The Healthy Cleanse”

1. Support healthy digestion
2. Help jump-start weight loss
3. Help increase focus and energy
4. Help with hunger management
5. Help improve sleep quality

The Healthy Cleanse combines  
FOUR Shaklee supplements  
with a supporting diet plan  
to help you  
**“feel healthier in 7 days”.**

- **Optiflora Probiotic DI**... to help promote healthy intestinal activity and good digestive health.
- **Liver DTX Complex**... to help maintain normal liver function. Key ingredients help maintain bile flow, in integral part of digestion and protect the liver from toxins.
- **Alfalfa Complex**... helps provide a smorgasbord of nutrients that support cleansing and alkalizing the blood.
- **Herb-Lax**... to encourage a mild cleansing action in the liver, blood, & lymph system and aid the body's natural processes.

## THE SHAKLEE DIFFERENCE



The power of nature,  
unleashed by science.  
**Safe. Proven. Guaranteed**

At Shaklee, we are committed to innovating through science and looking to nature for the answer that can provided healthier lives. We ensure the highest quality and safety standards - conducting over 100,000 quality tests per year to ensure our products are safe for you and your family.

### In a 30-day pilot clinical study:

- 80% of participants experienced **improved energy levels** and **decreased cravings**
- 72% of participants felt improvements in **hunger management**
- 60% of participants felt improvements in **mood**
- 74% of participants felt improvement in **quality of sleep** and **clarity of thinking**

Will you lose weight and /or inches on  
“The Healthy Cleanse”?

The average weight loss is a little over 6 pounds and an inch around the waist.

## The Healthy Cleanse will not interfere with your normal work day

For continuing nutritional support to help you feel healthier every day **during and after** your Healthy Cleanse, choose from one of the following plans:

- **Vita-Lea**
- **Shaklee Essential Plan**
- **Shaklee Vitalizing Plan**
- **Shaklee Life Plan**
- **Shaklee 180 Turnaround Kit**





### After the Cleanse:

After the cleanse, many people choose to follow maintenance cleansing:

1. Eat a healthy diet
2. Ideal to take both Optiflora Pearl and Optiflora DI every day, OR can rotate, 3 days of one, 4 days of the other one.
3. Many continue with 6-10 Alfalfa (or more), because they love how it supports their digestion/absorption and also acts like an anti-inflammatory.
4. Many continue with at least 1 DTX daily because they have learned the benefit of supporting their liver health
5. Many continue with 1 + Herb Lax at night

**Many people love what the cleanse does for them, so they choose to follow it ...**

one week of every month  
one week of every two months  
one week of every three months

SUPPLEMENT	A.M	P.M	BEDTIME	Other Tips
 <b>Optiflora DI</b>	1	1		Eat at least every 2 hours  Drink at least 6-10 glasses of water each day  Do 30 minutes of light weight-bearing exercise each day  Strive for 7-8 hours of sleep each night
 <b>Alfalfa Complex</b>	5	5		
 <b>DTX Complex</b> - take with meal	1	2		
 <b>Herb-Lax</b>			Take 2 tablets with 1 glass of water	