



ClearVite® Program

A Systemic Nutritional & Detoxification Support Program

Introduction

The ClearVite® 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® Program will assist you in using the program more effectively. The following discussion will provide you with sufficient information and answer many of the questions regarding the ClearVite® Program.

Every day, millions of molecules from different compounds enter our bodies through voluntary or involuntary ingestion. These chemicals come from foods, beverages, medicines, food additives, personal care, and numerous other sources. Whenever a system (either living [humans, animals] or mechanical [machines]) becomes polluted, normal functioning is affected. Excessive pollution in a system may result in malfunctioning or serious degeneration. You may have had this experience with your car. Every so often, you need to change the oil, air filter, etc., to keep the system clean so the car will run more efficiently and last longer. That is why when your car's engine needs repair, the mechanic first cleans the engine before attempting to fix it. It is always easier to repair a clean system than a polluted one. If you are not successful in fixing a polluted system, you are never sure if it is the system or the pollution that is causing the problem.

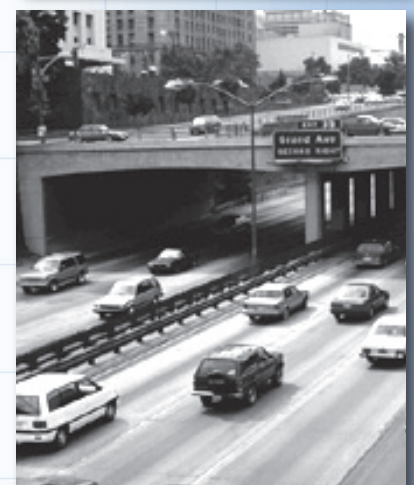
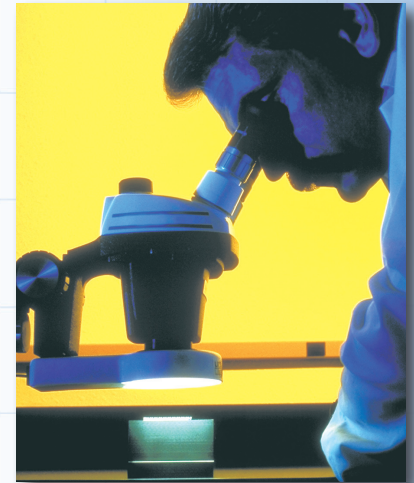
Every working system produces pollution as a result of normal functioning. Some of the pollutants produced within living systems are eliminated through naturally built-in processes.

*No living system has the ability
to rid itself of all pollutants.*

As a result, the system can slowly accumulate pollutants to a point of self-destruction. The human body is no different from any other system. It has excellent built-in mechanisms to cleanse itself from pollutants, but the system is not perfect.

Advancements in the fields of chemistry, biochemistry, biology, etc., have made substantial contributions to the health and well-being of mankind. However, with the advancement of science and industrialization, numerous foreign and toxic chemicals have been produced and released in living environments. These foreign chemicals are known as "xenobiotics." Xenobiotics also include over-the-counter and prescription drugs. Numerous research scientists have demonstrated that xenobiotics are among the major causes of many acute and chronic health problems that have become widespread in Western society in recent decades. These compounds, if not cleared from the system, can interfere with normal biological processes and become hazardous to one's health. The body's accumulation of these toxic substances can produce a variety of distressful symptoms and medical conditions.

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 the number of allergy problems tenfold in the last few decades. Most of the symptoms produced as a result of the accumulation of toxins are very similar to allergies. Mild toxicities and food allergies will produce very discomforting symptoms, such as poor digestion, gas, bloating, heartburn, headaches, fatigue, chronic mild infections, hormone imbalances, etc.



For more information, please visit
www.clearvite.info

Detoxification

Cleansing the body from the accumulated xenobiotics is known as “detoxification.” Most of these toxins are subjected to numerous chemical changes to be prepared for elimination from the body. The major detoxification reactions take place in the liver. The goal of these 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 detoxification methods. Once the liver has detoxified xenobiotics and other toxins, the resulting compounds are delivered to the gallbladder to be excreted with bile into the digestive system and eliminated in feces. Detoxification has shown to be extremely beneficial to support good health. The removal of these toxins from the system supports the organs’ ability to better absorb nutrients and supports healthy biological functions. This, in turn, supports a healthy healing process.



ClearVite® Program

The ClearVite® Program is a cleansing (detoxification) regimen. Certain nutritional factors play extremely important roles in the cellular cleansing process. The body’s natural detoxifying ability will deteriorate if these nutrients are lacking at the cellular level. In addition, certain botanicals and botanical extracts have been shown to strengthen the cells and maximize the processes involved in detoxification reactions. The ClearVite® Program is designed to provide the nutritional compounds and botanical extracts that support the body’s ability to neutralize and expel toxins.



ClearVite®-SF (K24) is an excellent source of very high quality vitamins, minerals, and cofactors. Its protein source is derived from rice, which generates a superior quality hypoallergenic (having little likelihood of causing an allergic response) protein. In addition, ClearVite®-SF (K24) provides other lipotropic (supporting the breakdown and utilization of fat) nutrients; herbal compounds that support healthy bile formation, secretion, and elimination; and numerous nutritional cofactors and botanical extracts that support detoxification reactions. Long-term practical experiences by outstanding clinicians and scientists have been employed to design ClearVite®-SF (K24). Methodical scientific procedures have been used to analyze biochemical reactions and functional organic disorders stemming from chronic environmental and biological toxicities. Each ingredient in the product has been extensively investigated by different scientists for its effect and functionality on supporting biochemical reactions in the liver and different detoxification pathways.

ClearVite®-SF (K24) Ingredients: Functionally Specific

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, taurine, glycine, and L-glutamine, which are necessary for a variety of detoxification reactions, are included in the formula. Strong antioxidants, such as quercetin, herbs, and herbal extracts (including milk thistle seed extract), have been combined in the formula to support healthy liver cells and to support healthy bile solubility. Lysine has been added to further support healthy amino acid balance in rice protein. Digestive enzymes—such as protease, cellulase, gluconase, and amylase—have been added to support nutrient digestion and absorption. Additional herbal and nutritional compounds, such as Jerusalem artichoke, marshmallow, gamma oryzanol, rutin, hesperidin, evening primrose powder, and medium chain triglycerides, have been incorporated into this formula—each for very specific, scientifically supported reasons—to make this product one of the most effective on the market.

- The **CLEARVITE®** Program is a cleansing (detoxification) support regimen to enhance health and vitality.
- **CLEARVITE®-SF (K24)** is a nutritional, hypoallergenic protein powder used in the **CLEARVITE®** Program.
- **CLEARVITE®-SF (K24)** provides the necessary nutritional compounds and botanical extracts that support the body’s natural abilities for neutralizing and expelling toxins.
- **CLEARVITE®-SF (K24)** is an excellent source of very high quality vitamins, minerals, and cofactors.
- **CLEARVITE®-SF (K24)** is the result of long-term practical experiences by outstanding healthcare professionals and scientists.

ALSO AVAILABLE IN CHOCOLATE-RASPBERRY FLAVOR:

CLEARVITE®-CR (K36)

How to use ClearVite®-SF:

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. Based on the evaluation of your health and physical condition, your healthcare professional may recommend other products to be used prior to, in conjunction with, or after the use of ClearVite®-SF (K24). Such products are designed to better prepare you at the cellular level 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® 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

To prevent any confusion or mistakes, make notes on your calendar regarding the number of servings of ClearVite®-SF (K24) to be taken each day.

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.

Number of Servings of ClearVite®-SF (K24) to be Taken:

Three-Week Plan (21 Days)

Days Phases	Number of Servings of ClearVite®-SF (K24)	Time to take		
		Breakfast	Lunch	Dinner
Days 1 to 4 Preparation Phase 1	1 Serving	One Serving Before Breakfast		
Days 5 to 7 Preparation Phase 2	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 8 to 14 Detoxification	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 15 to 17 Completion Phase 1	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 18 to 21 Completion Phase 2	1 Serving	One Serving Before Breakfast		

Two-Week Plan (14 Days)

Days Phases	Number of Servings of ClearVite®-SF (K24)	Time to take		
		Breakfast	Lunch	Dinner
Days 1 and 2 Preparation Phase 1	1 Serving	One Serving Before Breakfast		
Days 3 and 4 Preparation Phase 2	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 5 to 10 Detoxification	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 11 and 12 Completion Phase 1	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 13 and 14 Completion Phase 2	1 Serving	One Serving Before Breakfast		

Daily Diet Samples (organic)

Preparation Phase 1 or Completion Phase 2	Preparation Phase 2 or Completion Phase 1	Detoxification Phase
ClearVite®-SF (K24) Before breakfast 1 Serving	ClearVite®-SF (K24) Before breakfast 1 Serving	ClearVite®-SF (K24) Before breakfast 1 Serving
BREAKFAST Turkey Fruit	BREAKFAST Turkey bacon Grapefruit	BREAKFAST Quinoa hot cereal (found at health food stores) Mixed fruit
MID-MORNING SNACK A handful of raw pumpkin or sunflower seeds	MID-MORNING SNACK Taro chips (found at health food stores)	MID-MORNING SNACK Carrot sticks
LUNCH Salad with olive oil and lemon juice Salmon filet (wild)	LUNCH Salad with chicken, olive oil, and lemon juice	ClearVite®-SF (K24) Before lunch 1 Serving
MID-AFTERNOON SNACK Banana	MID-AFTERNOON SNACK A handful of raw cashews	LUNCH Salad with raw nuts* and seeds, avocados, olive oil, and lemon juice
DINNER Chicken breast (broiled) Steamed vegetables	ClearVite®-SF (K24) Before dinner 1 Serving	MID-AFTERNOON SNACK Dried fruit and nuts*
BEDTIME SNACK Rice cakes with raw almond butter	DINNER Fish** Brown rice Vegetables (raw or lightly steamed)	ClearVite®-SF (K24) Before dinner 1 Serving
	BEDTIME SNACK Dried apricots (unsulphured)	DINNER Baked potato Brown rice Lightly steamed vegetables
		BEDTIME SNACK Rice cakes with raw almond butter

*Watch for allergies, such as peanuts.


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

ClearVite® Program

A specific dietary plan is recommended with the ClearVite® 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 dietary plan has been provided here.



The caloric requirements of different individuals vary significantly. Each individual, to meet his/her caloric and nutritional needs, should modify the Daily Diet Samples. Remember that each serving of ClearVite®-SF (K24) provides approximately 120 calories, 12 grams of protein, and 15 grams of complex carbohydrates. 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. Drink plenty of fresh water.*



For a variety of delicious recipes using ClearVite®-SF (K24), please visit our website, www.clearvite.info.

The ClearVite®-SF Program

Two-Week Plan	Three-Week Plan	Servings of ClearVite®-SF (K24) to be Taken	Dietary Plan to Follow
Days 1 and 2	Days 1 to 4	Preparation Phase 1 One Serving Daily: Just 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 3 and 4	Days 5 to 7	Preparation Phase 2 Two Servings Daily: One Before Breakfast One Before Dinner	
Days 5 to 10	Days 8 to 14	Detoxification Three Servings Daily: One Before Breakfast One Before Lunch One 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 11 and 12	Days 15 to 17	Completion Phase 1 Two Servings Daily: One Before Breakfast One 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 list above, including the animal products (fish,** chicken, turkey, and lamb). • Avoid all of the foods in the FOODS TO AVOID list above.
Days 13 and 14	Days 18 to 21	Completion Phase 2 One Serving Daily: Just Before Breakfast	

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

Statements in this flyer have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.