

7 | VITALCLEANSE DAY KIT

WHY DETOX?

Simple...
to “Get Your Life Back!”

WOULD YOU LIKE TO IMPROVE THE ODDS OF EXPERIENCING:

- more energy?* **
- longer, more restful sleep?* **
- joint comfort?* **
- greater focus and memory?* **
- healthier looking skin?* **
- a “no-crash” detox plan?* **

MSQ Questionnaire

Aduco recommends that you complete the Medical Symptoms Questionnaire (MSQ) to assist your practitioner in recommending a detox that is right for you! Your practitioner will be guided by your responses to discuss lifestyle changes, dietary changes and dietary supplements to achieve your health goals.

Getting Started Is Simple

Use the information in this booklet, along with your practitioner’s instructions and supervision, and you will be well on your way toward accomplishing your goals!

*This information has not been reviewed by the Food and Drug Administration. These formulas are not intended to diagnose, treat, cure, or prevent any disease.
*These benefits represent a compilation of results of many patient cases. The reader may not experience and should not expect the same results as those achieved in other cases.

FORMULAS TO HELP YOU ALONG THE WAY



(VitalCleans GHI is also available in Vanilla)



DualPhase Pro is formulated to support phase I and phase II detoxification. Ellagic acid, catechins, glucosinolates, silymarin, artichoke leaf, alpha-lipoic acid, methylsulfonylmethane (MSM), N-acetyl-L-cysteine (NAC), and calcium D-glucarate support critical steps in the complex process of detoxification—a function essential to overall health and vitality. This unique formula provides activated B vitamins for enhanced bioavailability, including 5-methyltetrahydrofolate (5-MTHF) as Quatrefolic® for optimal folate utilization. DualPhase Pro provides antioxidant support to minimize the damaging effects of free radicals generated between the two phases.*

NAC Armor N-Acetyl-Cysteine (NAC) is a source of the conditionally essential amino acid L-cysteine and a precursor to the tripeptide glutathione. NAC and glutathione support antioxidant and detoxification activity in the body.*

VitalCleans GHI is a comprehensive, fructose-free, low-allergy-potential dietary protein powder designed to support gastrointestinal (GI) function and balanced detoxification. It features Vegan Protein Blend, Focal Evolve's proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, VitalCleans addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.*

*This formula is not a low-calorie dietary supplement. Please see the Supplement facts panel on the label at www.Aduco.com

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THREE IMPORTANT COMPONENTS FOR A SUCCESSFUL CLEANSE



HYDRATION

Water is essential for adequately hydrating cells and ensuring a successful cleanse. To calculate the minimum amount of water you should drink in a day, take your weight, divide it in half, and consume that number in ounces of water per day. For an example, a 150-pound person should drink 75 ounces of water daily. Check-in with your practitioner to determine the right amount of water for your individual needs.



EXERCISE

As your practitioner will tell you, exercise is an important component of a healthy lifestyle, but it is also an important component of a healthy cleanse. If you don't already have an exercise routine walking is a great place to start, you should work with your practitioner to develop one that works for you. Not only can exercise help you control weight and combat a variety of health problems, exercise can also help improve your mood and energy levels and help you get more restful sleep. However, while you are cleansing, it is recommended that you keep your exercise routine mild (such as brisk walking or light cardio) and avoid very strenuous exercise as this can hinder the success of your cleanse.



REST

Your body's cells go into "repair mode" at night, which is why it's essential to get seven to eight hours of sleep per night, especially during a cleanse. Adequate sleep can also help you fight off stress and cravings for carbohydrates and sugary foods. A sufficient, regular sleep schedule is also important for everyday health. As suggested by numerous studies, not getting enough sleep on a regular basis can negatively impact many different components of health, including increasing a person's risk of developing certain diseases. As your practitioner about a healthy bedtime routine and solutions for poor sleep.

DIETARY SUPPLEMENT SCHEDULE

FOLLOW THE SUPPLEMENT SCHEDULE BELOW UNLESS OTHERWISE DIRECTED BY YOUR HEALTHCARE PRACTITIONER

<div><div>FOCAL</div><div>—EVOLVE</div></div> <div>7 DAY DETOX</div>			
	VitalCleanse GHI Vanilla/Chocolate	DualPhase Pro	NAC Armor
Day 1	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	2 (capsules) Breakfast 2 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner
Day 2	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner
Day 3	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	3 (capsules) Breakfast 3 (capsules) Lunch 3 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner
Day 4	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	3 (capsules) Breakfast 3 (capsules) Lunch 3 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner
Day 5	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	3 (capsules) Breakfast 3 (capsules) Lunch 3 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner
Day 6	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner
Day 7	1 Shake (2 scoops) Breakfast 1 Shake (2 scoops) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner	2 (capsules) Breakfast 2 (capsules) Lunch 2 (capsules) Dinner





EASY STEPS

- 1. Choose Your Foods
- 2. Design Your Menu
- 3. Make Your Shakes

A large part of your cleanse involves eliminating certain foods from your diet that are commonly seen allergens or sensitivities or may interfere with your body's natural detoxification processes. Even though some of your favorite foods might be on this list, remember that these dietary guidelines still leave you with nutritious, tasty foods to enjoy! Cleansing your body of toxins isn't about starving yourself; it's about making small improvements in your diet to improve your health. These guidelines focus on good, whole foods, such as fresh or frozen fruits and vegetables and quality sources of protein, while eliminating those foods that could be keeping you from looking and feeling your best.

Step 1: Choose Your Foods

Depending upon the season of the year, where you live and your food budget, buying everything organic is not always realistic. To the best of your ability, try to select locally grown, organic produce; non-GMO products; grass-fed, free-range protein; and wild fish from cold, deep waters. Use the options listed in the "Eat These" column of the Modified Detox Diet (pages 8-9). If your options are limited, be aware that some non-organic produce is likely to have more pesticide residue than others. The foods contained on the table below reflect pesticide testing data from the U.S. Department of Agriculture and the Food and Drug Administration.

Buy Organic ONLY

Apples	Nectarines
Celery	Peaches
Cherry Tomatoes	Potatoes
Cucumbers	Snap Peas (Imported)
Collards	Spinach
Hot Peppers	Strawberries
Kale	Sweet Bell Peppers



OK to Buy Non-Organic

Asparagus	Mangoes
Avocados	Onions
Cabbage	Papayas
Cauliflower	Pineapple
Eggplant	Sweet Corn
Grapefruit	Sweet Peas (Frozen)
Kiwi	Sweet Potatoes

Step 2: Design Your Menu

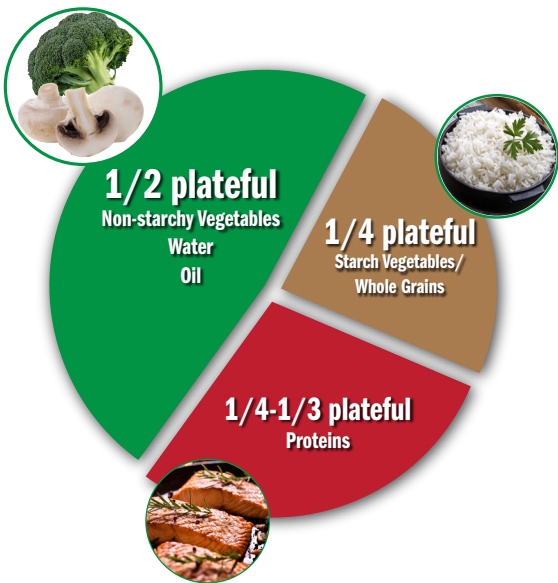
Choose foods from the “Eat These” column under the Modified Detox Diet to arrange three meals per day. You may also add the occasional snack. Unless your practitioner has made specific recommendations regarding the amount and distribution of carbohydrates, proteins, and fats for each meal, select at least one source each of protein, carbohydrate, and fat per meal. Examples of foods in each macronutrient category:

Proteins	beef, pork, poultry, fish, eggs, cheese, nuts, nut butter, beans
Carbohydrates	fruits, vegetables, grains
Fats	butter, oils, coconut, nuts, nut butters, avocado, olive oil, naturally occurring fat in protein sources

Some foods fall into more than one category because they are fairly good sources of each. Beans are not complete protein sources as they lack certain amino acids. To complete their protein content, combine beans with a grain or consume with another protein source.






Select a variety of colorful foods at each meal – your plate should look like a rainbow. Now is a great time to experiment and try new foods, and don’t forget to make use of leftovers. The goal is to try to eat a wide a variety of foods, but not just over the course of your cleanse. Try to maintain these habits for life.

HEALTHY EATING




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Modified Detox Diet

Food Group	Eat This (preferably organic) Avoid all foods of known allergy/sensitivity	Don't Eat This
Meat, Poultry, Fish, Legumes 	Poultry, lamb, rabbit, bison, venison, coldwater fish (sardines, salmon, trout, halibut, etc.), all legumes, dried peas, beans, lentils, Beef, pork, veal, cold cuts, sausage, canned meats, tuna, mackerel	Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved
Dairy Products 	Unsweetened milk substitutes such as rice, almond, coconut, hemp milk (only if not allergic/sensitive to nuts); vegan-style rice cheese; unsweetened cultured coconut milk	Milk, soy milk, goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese, casein/caseinate-containing rice cheese
Starches, Breads, Cereals 	Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, brown/wild/basmati rice, peas, or baked goods made from the above or any other gluten-free and allowed ingredients	Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, "farro", triticale, malt). Avoid soy, oats, corn, and products made from these, unless practitioner approved
Vegetables 	All vegetables (except those in the "Don't Eat " box) fresh, frozen, or freshly juiced, especially cruciferous vegetables, such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, watercress, radish, turnip, turnip greens, kohlrabi; vegetables in the Lily family such as asparagus, chives, garlic, leek, onion, shallot and yucca	Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients
Fruits 	Preferably whole and fresh or unsweetened frozen. Preferably low-glycemic, all berries, apple, plum, apricot, etc.	Sulfite-containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups

Modified Detox Diet

Food Group	Eat This (preferably organic) Avoid all foods of known allergy/sensitivity	Don't Eat This
Soups 	Clear, vegetable-based broth, homemade soups with allowed ingredients	Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten-containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient. Any soup containing MSG
Beverages 	Tea, coffee, fruit and vegetable juices, mineral water, filtered water	Milk, alcoholic beverages, soda, sweetened beverages (unless using raw honey)
Fats, Oils, Nuts 	Extra virgin olive oil, unrefined coconut oil, avocado oil, sesame seed oil, almond oil, walnut oil, sustainably-sourced palm oil, ghee, butter, unsweetened nut butters, nuts, seeds, avocado, olives, fatty fish like salmon or tuna	Margarine, shortening, corn oil, soybean oil, canola oil, commercial salad dressings, fried foods, trans fats
Sweeteners 	Raw honey, xylitol (as tolerated)	Brown sugar, commercial honey, molasses, maple syrup, agave, fructose, all artificial sweeteners
Condiments 	Herbs and seasonings; for example, basil, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory, tarragon, turmeric. Iodized Sea salt or Himalayan salt; ask your practitioner what is best for you	Soy sauce, commercial ketchup, spices with MSG added and sweeteners

To ensure optimal detoxification, be sure to stick to foods in the “Eat This” column of this modified detox diet list. These foods were chosen because they are: nutrient dense, easy to digest, non-refined, low-glycemic, have a low allergenicity and are low on the food intolerance/sensitivity spectrum, and are also free of gluten, MSG, high-fructose corn syrup, and trans/hydrogenated fats.

Step 3: Make Your Shakes

VitalCleanse GHI is a vital part of your detox program. Consume it in the amount and frequency noted, or as directed by your practitioner. To maximize your enjoyment, mix it up by trying some of the shake recipes below.

DIRECTIONS:

Blend, shake, or briskly stir two level scoops (61 grams) of VitalCleanse GHI into 8-12 ounces chilled water and consume as your breakfast or as a snack. Consume according to the schedule in this guide, or use as directed by your healthcare practitioner.

A Berry Delicious Shake

10 oz. cold, filtered water
1-2 oz. crushed ice
1 scoop VitalCleanse GHI Chocolate
5 medium frozen blackberries
5 medium frozen blueberries
7 pecans
Combine in blender; mix until smooth

Cherry Chocolate Shake

2 scoops VitalCleanse GHI Chocolate
8 frozen cherries
1 cup water
3 to 4 ice cubes
Combine in blender; mix until smooth

Chai Tea Shake

2 scoops VitalCleanse GHI Vanilla
1/2 cup liquid Chai tea
(Such as Third Street or Tazo)
1/2 cup water
5 or 6 ice cubes

Pumpkin Pie Spice/Café Shake

1 ½ cups ice and water (or cold decaf coffee)
1 scoop VitalCleanse GHI Vanilla
1/8 tsp pumpkin pie spice or to taste
Combine in blender; mix until smooth



GUIDELINES FOR SENSITIVE PATIENTS

If you are considered a reactive or “delicate” person, when following a detox program it could be due to one of a variety of reasons, including a high exposure to toxins, poor detoxification support or a genetically altered ability to detoxify. Sensitive patients are like “weather vanes.” Any gust or change in the wind may create a strong response, from foods to perfumes and household cleansers to cosmetics, because they are already overburdened.

Using the rule “**START LOW, GO SLOW**” is the best way for a sensitive person to detox. If you develop a dull headache or a gut response with the introduction of VitalCleanse GHI, you will need to take things slowly, and in small steps. These responses are *not from the product*, but rather from the **release of toxins** from your cells as your body works to eliminate them. The body wants toxic compounds to be released so that the metabolism of the cell can work as it should.

SENSITIVE PATIENTS SHOULD FOLLOW THE MODIFIED DIETARY SUPPLEMENT SCHEDULE BELOW:

<div><div>FOCAL</div><div>— EVOLVE</div></div> <div>SENSITIVE PATIENTS 7 DAY DETOX</div>			
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Day 4	1 Shake (1/2-1 scoop) Breakfast 1 Shake (1/2-1 scoop) Dinner	1 (capsule) Breakfast 1 (capsule) Dinner	1 (capsule) Breakfast 1 (capsule) Dinner
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If pregnant or lactating, please consult your healthcare practitioner before using any nutritional supplement.