



Detox Guide



Welcome!

Congratulations on taking this step toward greater health with the Comprehensive Detox Kit. Your healthcare provider has recommended this easy-to-follow program to assist you in eating cleaner, eliminating more efficiently, and feeling more vibrant and energetic over the course of 14 days.

Within this Detox Guide, you will find all the information you need to create an eating plan that will give your body a rest from exposure to common potential allergens in the typical Western diet, as well as alcohol, caffeine, and refined sugars. While it may be challenging to create new routines at first, the plan is flexible to your preferences and allows you to satisfy your hunger without limiting calories.

The Comprehensive Detox Kit provides hypo-allergenic protein that supplies the amino acids needed to build liver enzymes, botanicals and nutrients specifically selected to support your body's own detoxification process, and fiber to support the elimination of toxins from the body.*

While everyone has different experiences on the program, you may notice increased energy and clearer thinking; weight and fat loss; healthier digestion and elimination; clearer skin; more restful sleep and positive mood.*



Vital Detox Supplements

Vital Clear®



- ✓ Hypo-allergenic beverage mix with 29 grams of plant-based protein, vitamins and minerals to support nutrient requirements, energy levels, and detoxification pathways.*
- ✓ Key ingredients (glucomannan, cinnamon, chromium and vanadium) promote healthy blood sugar levels.*
- ✓ Specific amino acids are included to encourage normal glutathione production.*
- ✓ MCT oil from coconut facilitates fat burning to aid in the mobilization of stored toxins.*
- ✓ Curcumin, quercetin, and bioflavonoids (hesperidin & rutin) promote normal inflammatory balance.*
- ✓ Glutamine, glycine and MSM support a healthy intestinal lining and reduce gut permeability to food allergens and excreted toxins.*

Whole Fiber Fusion



- ✓ Assists with regular daily elimination, which is essential to any detoxification program.*
- ✓ Flax, Chia and Prune provide 19% of the day's fiber to help bind excreted toxins and promote regular elimination.*
- ✓ Flax and Chia also provide lignans to assist in normal hormone balance.*
- ✓ Slippery Elm and Marshmallow are soothing and support the integrity of the lining of the GI tract, to reduce permeability to food allergens and excreted toxins.*
- ✓ Probiotic Lactobacillus sporogenes helps maintain healthy intestinal flora, which aids in detoxification and elimination.*

Liver Support II



- ✓ Includes nutrients to promote detoxification, provide antioxidant support and encourage inflammatory balance.*
- ✓ Milk Thistle and Silybin support normal liver function, tissue repair, glutathione production and promote the removal of toxins from circulation.*
- ✓ Ayurvedic herb Picrorhiza supports the liver and promotes normal inflammatory response.*
- ✓ Artichoke and Dandelion are traditional liver support foods known for their antioxidant, liver protective and digestive properties.*

Detox Diet Guidelines: Foods to Enjoy

- ✓ **Beverages:** Sip filtered water throughout the day. Sparkling water, herbal tea, green tea, and fresh pressed vegetable juice are also acceptable.
- ✓ **Vegetables:** Eat plenty of fresh or frozen vegetables making sure to include leafy green vegetables (swiss chard, spinach, salad greens, beet greens), cruciferous vegetables (arugula, cauliflower, Brussels sprouts, broccoli, kale, bok choy, kohlrabi, turnips, radish, watercress), and non-starchy vegetables (asparagus, bell peppers, carrots, squash, tomatoes, celery, cucumber, snow peas, snap peas, onions, beets).
- ✓ **Fruit:** Choose fresh and unsweetened frozen fruits. Low glycemic fruits are best, such as berries (strawberries, blackberries, blueberries, raspberries), melon (cantaloupe, watermelon), apricots, oranges, apples and pears. Limit high glycemic fruits, such as bananas, grapes, figs, dates and raisins. Enjoy other fruits in moderation (ie. cherries, nectarines, peaches, plums, kiwi, mango, papaya).
- ✓ **Legumes:** Lentils and beans may be included. Cooking dried or frozen beans is preferred. If using canned beans, choose BPA free cans and rinse thoroughly.
- ✓ **Animal Protein:** Choose grassfed and organic versions of poultry, lamb, venison, and bison. Opt for wild-caught cold water fish (ie. halibut, salmon, sardines, anchovy, mahi, cod).
- ✓ **Grains:** Gluten-free whole grains, such as brown rice, quinoa, buckwheat, millet, amaranth, teff and gluten-free oats, are acceptable.
- ✓ **Fats:** Avocado, omega-3 rich fish (ie. anchovies and sardines), raw nuts and seeds. Choose cold pressed oils and stick to extra virgin olive oil, coconut oil, avocado oil, sesame oil and flaxseed oil.
- ✓ **Nuts/Seeds:** All nuts excepts peanuts; may be eaten whole or as a butter. Options include almonds, cashews, macadamia, walnuts, Brazil nuts, pecans, hazelnuts, pine nuts, pumpkin seeds, flaxseed, chia seeds, sunflower seeds, sesame seeds, and hemp seeds.
- ✓ **Non-Dairy Alternatives:** Coconut, hemp or nut milk are acceptable.
- ✓ **Sweeteners:** Limit all sweeteners and stick to stevia, xylitol, monk fruit extract and lo han.
- ✓ **Spices and Condiments:** Acceptable options include mustard, vinegar, wasabi, sea salt, soy-free miso, coconut aminos and all spices (ie. cumin, cilantro, ginger, oregano, cayenne).

Detox Diet Guidelines: Foods to Avoid

- ✗ **Beverages:** Alcohol (beer, wine, liquor), caffeine (coffee, tea, energy drinks- green tea is okay in moderation), sweet beverages (concentrated juice, soda, sweet tea).
- ✗ **Vegetables:** Avoid corn (commonly allergenic and difficult to digest). If experiencing joint pain consider eliminating night shade vegetables (ie. eggplant, peppers, tomatoes). Avoid canned and creamed vegetables.
- ✗ **Fruit:** Eliminate sweetened fruit, canned fruit, jelly and fruit juice. Limit dried fruit.
- ✗ **Legumes:** Avoid peanuts, soybeans and soy products (ie. tempeh, tofu, soymilk).
- ✗ **Animal Protein:** Eliminate conventionally raised red meat and processed meat (sausage, frankfurters, cold cuts). Avoid farm-raised fish and fish varieties that are high in toxins, such as swordfish, shark, and tilefish. Avoid eggs (whole eggs and whites).
- ✗ **Grains:** Avoid gluten-containing grains (including wheat, barley, rye, spelt, kamut, and triticale) and corn (cornmeal, popcorn).
- ✗ **Fats:** Avoid lard, shortening, hydrogenated oils and highly-refined vegetable oils, such as canola and corn oil.
- ✗ **Nuts/Seeds:** Eliminate peanuts and peanut products (ie. peanut butter and peanut oil).
- ✗ **Dairy:** Avoid all dairy, including milk, cheese, ice cream, yogurt, butter, sour cream, whey and casein.
- ✗ **Sweeteners:** Eliminate all forms of sugar and artificial sweeteners, including cane sugar, corn syrup, sucralose, aspartame and saccharin.
- ✗ **Spices and Condiments:** Avoid mayonnaise, soy sauce, ketchup, barbecue sauce, teriyaki, refined-oil based salad dressings.

Detox Program Instructions

DAYS
1 - 6

Eat: Replace 1 meal with a Vital Clear shake. Follow the Detox Diet Guidelines for meals and snacks. Hydrate adequately.

Supplements: Vital Clear: 1 shake daily. **Whole Fiber Fusion:** 1 tablespoon 2 times daily.
Liver Support II: 2 capsules twice daily.

DAYS
7 - 10

Eat: Replace breakfast and dinner with Vital Clear shakes. Follow the Detox Diet Guidelines for lunch and snacks. Hydrate adequately.

Supplements: Vital Clear: 2 shakes daily. **Whole Fiber Fusion:** 1 tablespoon 2 times daily.
Liver Support II: 2 capsules twice daily.

DAYS
11-14

Eat: Replace 1 meal with a Vital Clear shake. Follow the Detox Diet Guidelines for meals and snacks. Hydrate adequately.

Supplements: Vital Clear: 1 shake daily. **Whole Fiber Fusion:** 1 tablespoon 2 times daily.
Liver Support II: 2 capsules twice daily.

Additional support may be recommended by your healthcare provider. Supplements frequently used in combination with the Comprehensive Detox Kit include Acidophilus/Bifidobacter/FOS, GI Repair Powder, GI Repair Nutrients, NAC, Lipoic Acid, Detox Formula, and Reduced Glutathione.

Detox Tips

Nourish Well:

- ✓ Eliminate/minimize processed foods, opting for whole foods and choosing organic produce and grassfed animal products.
- ✓ Consume at least 6 servings of vegetables per day. Look for seasonal produce and experiment with new varieties.
- ✓ Drink 64 ounces of filtered water daily; infuse with lemon, lime or fresh fruit if desired.
- ✓ Eat mindfully. Pay attention to hunger cues and avoid treating food as a comfort or reward.
- ✓ Maintain balanced blood sugar by eating a balanced ratio of protein, complex carbohydrates, and healthy fats at each meal.

Live Well:

- ✓ Move daily. Incorporate moderate exercise into your daily routine. Walking, swimming and yoga are great options. Keep exercise gentle during days 7-10.
- ✓ Rest. Keep a regular sleep schedule, allowing yourself at least 8 hours in bed if possible. Practice proper sleep hygiene, by avoiding electronics at night and keeping your bedroom dark and cool.
- ✓ Promote detoxification with epsom salt baths, dry brushing, and saunas if available.
- ✓ Incorporate stress relief practices such as meditation, breathing exercises, listening to calming music and spending time in nature.

Recipes

Triple Berry Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1 serving of Whole Fiber Fusion
- 1 cup blueberries, rinsed, drained and picked over for stems
- 1/2 cup blackberries, rinsed and drained
- 1/2 cup raspberries, rinsed and drained
- Filtered water (to desired taste and consistency)

Chai Spice Banana Smoothie

Prepare Chai Spice Blend (store in an airtight container):

- 2 tsp cinnamon
- 2 tsp cardamom
- 1 tsp ground ginger
- 1 tsp ground cloves
- 1 tsp nutmeg

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1 tsp Chai Spice Blend
- 1 cup unsweetened coconut, cashew or almond milk
- 1 frozen banana
- 1 tsp vanilla

Sprinkle with cinnamon or nutmeg and serve.

Chocolate Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1 cup unsweetened coconut, cashew or almond milk
- 1 frozen banana
- 2 tsp cocoa powder
- 2 tsp vanilla
- Add ice as desired for frothiness

Greens & Berries Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1 cup unsweetened coconut, cashew or almond milk
- 1 large handful frozen baby kale or spinach
- 1/2 cup fresh or frozen mixed berries

Pumpkin Spice Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1/4 cup pumpkin puree
- 1/2 frozen banana
- 1/2 teaspoon pumpkin pie spice
- 1/2 cup unsweetened coconut, cashew or almond milk
- 1/2 cup ice cubes

Recipes

Creamy Green Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1 cup coconut water
- 1/2 avocado
- 1/2 cucumber
- 1 large handful of fresh greens (kale, spinach, chard)

Vital Colada Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Vital Clear
- 1/2 cup unsweetened coconut milk
- 1/2 cup cold water
- 1/2 cup frozen pineapple cubes
- 1/2-1 tbsp unsweetened shredded coconut

Whole Fiber Dark Chocolate Almond Smoothie

Blend the following ingredients in a high speed blender:

- 1 serving of Whole Fiber Fusion
- 1 cup unsweetened almond milk
- 1 banana
- 2 tbsp almond butter
- 1.5 tsp dark cocoa powder
- 1 cup ice

Whole Fiber Coconut Pudding

Makes 3 Servings

- 3 servings of Whole Fiber Fusion
- 1 cup unsweetened coconut milk
- 1 tsp vanilla extract
- Liquid stevia or monk fruit extract to taste

Directions: Combine all of the ingredients in a blender, and blend until smooth. Place in a sealed container and chill in refrigerator overnight. Divide into 3 servings. Top with banana slices, fresh berries or a sprinkle of cinnamon.

Whole Fiber Oatmeal

- 1/4 cup gluten-free steel cut oats cooked as directed
- 1 serving Whole Fiber Fusion
- 1 tsp coconut oil
- 1/4 cup pitted fresh cherries
- Sprinkle cinnamon



Sample Daily Menus

Below are examples of daily menus during the detox. Feel free to create your own menus catered to your personal preferences. You are encouraged to try new foods and recipes, as long as you continue to skip the “Foods to Avoid.” To reduce stress and make it easier to stick to the dietary guidelines during the week, you might consider preparing heathy snacks and freezer meals on the weekend.

Sample Menu for Days 1-6 or 11-14

Breakfast

- Chai Spice Banana Smoothie (see Recipes)
- 1 tablespoon of Whole Fiber Fusion mixed in filtered water
- 2 capsules Liver Support II

Lunch

- Arugula salad, with slivered almonds, artichoke hearts, red onion, cherry tomatoes, grilled wild salmon and olive oil and vinegar dressing
- Fresh blueberries

Snack

- Fresh, organic vegetables with hummus

Dinner

- Chicken and broccoli stir-fry over brown rice
- 1 tablespoon of Whole Fiber Fusion mixed in filtered water
- 2 capsules Liver Support II
- Drink filtered water throughout the day

Sample Menu for Days 7-10

Breakfast

- Greens & Berries Smoothie (see Recipes)
- 1 tablespoon of Whole Fiber Fusion mixed in filtered water
- 2 capsules Liver Support II

Lunch

- Southwest Lettuce Wraps- black beans, grilled chicken, avocado, and fresh salsa wrapped in romaine lettuce leaves
- Sliced honeydew melon

Snacks

- Organic apple with unsweetened almond butter
- Whole Fiber Coconut Pudding (see Recipes)

Dinner

- Chocolate Smoothie (see Recipes)
- 2 capsules Liver Support II
- Drink filtered water throughout the day

Post-Detox

Congratulations on completing the 14-day detox! With the end of the detox you may begin to re-introduce the “Foods to Avoid” back into your diet. Take it slow and introduce one food every 2 to 3 days so you can assess whether you have a reaction and determine which foods make you feel your best.

Going forward, you should carry on the healthy eating habits you have cultivated over the past 14 days, focusing on whole foods with ample vegetables. You should also continue to move daily and regularly practice stress management strategies, such as meditation or breathing exercises.

The Comprehensive Detox Kit is gentle enough to use periodically when you would like to re-focus attention on eating clean and promoting a healthy lifestyle. Some practitioners recommend following the detox protocol with each new year or biannually with the change of seasons. If you would like to continue with a gentle daily detox regimen, speak with your healthcare provider about using Vital Clear® or DeTox Formula, and the benefits of including synergistic supplements, such as our probiotic Acidophilus/Bifidobacter/FOS or Whole Fiber Fusion as needed.*



Because good health is  VITAL



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