Congratulations!
You’ve taken another step toward a healthier and happier you. This guide will help you know what to expect from your cleanse and provide tips to ensure your success.

SET A DATE TO BEGIN YOUR CLEANSE.
For the next 7 days you’ll eat unlimited amounts of fresh vegetables and fruit; focus on 2/3 vegetables and 1/3 fruit. Be sure to stock up on veggies and fruit and prep them so you’re ready to go. Avoid harder-to-digest foods including protein, dairy, grains, and others as noted in the chart to the right. A combination of Shaklee supplements – including the daily Vitalizer™ Vita-Strip® – will aid in jump-starting your health journey and provide clinically backed vitamins, minerals, and other nutrients.

*Preliminary study results showed an average loss of 6.8 pounds and 1.62 inches, plus increased focus and energy and improved sleep quality. Based on a 7-day pilot study conducted by three Shaklee Distributors – a medical doctor and two nutritionists – under the supervision of Shaklee Medical Affairs. This study also included Shaklee Alfalfa Complex.
Cleanse: Ready, Set, Graze!

The 7-Day Healthy Cleanse contains Shaklee supplements that will maximize your results.

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<th>AM</th>
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<tr>
<td>Vitalize™ Vita-Strip® (1)</td>
<td>DTX® Complex (1)</td>
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<td>DTX® Complex (2)</td>
<td>Herb-Lax® (2)</td>
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- Graze on vegetables and fruit all day, ideally eating at least every 2 hours and drinking lots of water. Take your morning supplements with food.
- Eat your veggies raw or steam or sauté them with a little healthy fat, such as olive or avocado oil, to get the most phytonutrients.
- Drink at least 6-10 glasses of water each day.
- Eat a large salad with full-fat dressing or a vegetable stir-fry with a starchy vegetable for your evening meal. Take your evening supplements with food.
- Take your 2 Herb-Lax tablets with a glass of water before bedtime.

Foods and Beverages to Embrace

### Vegetables:
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Celery
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Radishes
- Spinach
- Summer squash
- Swiss chard
- Watercress
- Winter squash

**Limit the following to no more than 1 serving per day:**
- Avocado (limit to 1/2-1 per day)
- Rutabagas
- Sweet potatoes
- Turnips
- Yams

### Fruits:
- Apples
- Apricots
- Bananas (limit to 1/2 per day)
- Berries
- Cantaloupes
- Nectarines
- Oranges (limit to 1 per day)
- Papayas
- Peaches
- Tomatoes

### Fats:
Healthy fat such as extra virgin olive oil or avocado oil = 1 to 2 tablespoons per day for salad dressing or sautéing.

### Condiments:
- All herbs and spices – fresh and dried.
- Veggies can be dipped in mustard or fresh salsa.

### Sweeteners:
- Stevia

‡Shaklee Canada’s complete Healthy Cleanse Program also includes Alfalfa Complex (#57100).
**Cleanse Recipe Ideas**

**Honeycrisp Apple and Kale Salad**

**Ingredients**
- 1/2 tsp. ground cinnamon
- 10 oz. kale, shredded
- 2 Honeycrisp apples, thinly sliced
- Handful pomegranate seeds
- Homemade dressing

**Dressing**
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. lemon juice
- 1 shallot, thinly sliced
- 1 Tbsp. fresh thyme leaves
- Pepper, to taste
- 1 pinch crushed red pepper flakes

**Directions**
Prep and massage kale to soften the leaves, if desired. Combine ingredients in a large bowl and toss with dressing.

**CAULIFLOWER POPCORN**

**Ingredients**
- 1 head cauliflower
- 1 Tbsp. olive oil
- Dash pink Himalayan sea salt

**Directions**
Chop cauliflower finely and lay flat on a baking sheet. Drizzle with olive oil and salt. Roast at 450 degrees F for 20–25 minutes until golden brown.

**Foods and Beverages to Avoid**

**VEGETABLES:**
Canned veggies.

**FRUIT:**
Dried fruit and coconut.

**PROTEINS:**
Meat, fish, tofu, beans.

**BEVERAGES:**
- Alcohol
- Soft drinks
- Fruit juices
- Energy drinks
- Caffeinated beverages
- Dairy and dairy alternatives (including almond, cashew, coconut, soy milks, etc.)

**FATS:**
All unhealthy oils, such as coconut oil, and commercial salad dressings.

**OTHERS:**
- Grains
- Nuts and seeds
- Processed foods

**Post-Cleanse: Feel Healthier, More Energized, More Focused!**

You’ve completed your Healthy Cleanse! What’s next?

**A Strip and a Shake a Day**

For ongoing nutritional support, continue with Vitalizer™, our clinically supported multi-nutrient strip, and start your day with Life Shake™, a healthy meal replacement, to get you ready to take on anything life throws your way.

Continue to eat plenty of fresh vegetables and fruit as you gradually introduce additional healthy foods back into your diet.

Make health and nutrition a priority by keeping up your routine every day and enjoying the benefits of a healthy lifestyle.

For more recipes, plus other information and tips, visit ca.shaklee.com.
The recommended use of the 7-day Healthy Cleanse program is one to two times per year.

**CAUTION:** this program and is not intended for use by anyone under the age of 18 or during pregnancy or breastfeeding. If you have diabetes, hypoglycemia, or any chronic health condition, and are under the care of a physician, please discuss the use of Healthy Cleanse with your physician before starting the program.

At Shaklee, we never sacrifice safety and purity for efficacy. We create safe products that do what we say they’ll do – every single time. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year.

Our products are safe, proven, and 100% guaranteed.

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(Rev. 9/19)