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.

**PROVE IT CHALLENGE™**

Kosher 7-Day Healthy Cleanse
Feel better in one week. Guaranteed.*

**GETTING READY:** **JOIN, PREP, GET EXCITED!**

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 Vita-Lea® – will aid in jump-starting your health journey and provide clinically backed vitamins, minerals, and other nutrients.

*Or your money back.

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*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 and Optiflora® Probiotic.
The 7-day Healthy Cleanse® contains Shaklee Star-K Kosher supplements that will maximize your results.

**AM**
- **Vita-Lea**® (2)
- **DTX® Complex** (1)
- **B-Complex** (2)
- **Vita-D3®** (1)
- **Chewable Cal Mag Plus** (4)

**PM**
- **DTX® Complex** (2)
- **Herb-Lax®** (2)

- 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.

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*Shaklee Canada’s complete Healthy Cleanse Program also includes Alfalfa Complex (#57110) and Optiflora® DI (#57770).
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

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 20–25 minutes until golden brown.

POST-CLEANSE: FEEL HEALTHIER, MORE ENERGIZED, MORE FOCUSED!

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

SUPPLEMENTS AND A SHAKE A DAY

For ongoing nutritional support, continue with Vita-Lea, B-Complex, Vita-D3, and Chewable Cal Mag Plus daily, 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.