

UltraClear Plus®

The UltraClear Plus 10-Day Express Detox Program

Your healthcare practitioner has recommended the UltraClear Plus 10-Day Express Detox Program.

Detoxification - the elimination of toxic wastes - has been used to promote health in cultures around the world for thousands of years. Many health problems may be associated with prolonged exposure to various toxic agents that our bodies may not be able to cleanse completely.

During periods of detoxification, certain nutrients are in increased demand to help turn toxic substances into harmless by-products for elimination from the body. UltraClear Plus is specifically formulated to assist the body with important nutrients, and is intended as a complement to an elimination diet to promote detoxification activities.

The first 5 days of the program require a gradual removal of specific groups of foods from the diet in the order indicated. At the same time, you will be slowly introducing UltraClear Plus. As you begin to eliminate foods from your normal diet, detoxifying reactions can result such as disturbances in sleep patterns, changes in body temperature, light-headedness, mood swings, headaches, joint or muscle aches, changes in gastrointestinal function, and changes in body odor or breath. These responses are usually minor and generally lessen in intensity during the program.

This is not a calorie-restricted program. Many people notice that they're initially hungry, but that tends to dissipate. Most people are able to carry on with their normal daily activities while on this program, and even experience increased energy. So relax and enjoy the process. **Let's get started!**

Day 1

ELIMINATE all:

- Refined sugars - anything with added sucrose, high fructose corn syrup, or alcohol (cakes, cookies, candies, pastries, beer, wine, liquor)
 - Caffeinated drinks (sodas, coffee, tea)
 - Artificial colorings, flavorings, and sweeteners (packaged and processed foods)
 - Flesh foods (beef, pork, lamb, poultry, fish, wild game)
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Day 2

In addition to eliminating foods listed for Day 1, **ELIMINATE** all:

- Dairy products and eggs

START UltraClear Plus - 1 scoop twice today

Day 3

In addition to eliminating foods listed for Days 1 & 2, **ELIMINATE** all:

- Gluten grains - wheat, rye, barley, spelt, kamut, oat, and corn
- NOTE: you may continue to eat quinoa, rice, millet, and buckwheat

CONTINUE UltraClear Plus - 1 scoop twice today

Day 4

In addition to eliminating foods listed for Days 1-3, ELIMINATE all:

- Remaining grains (quinoa, rice, millet, buckwheat)
- Nuts and seeds
- NOTE: You now should be eating vegetables, fruits, and legumes only

INCREASE UltraClear Plus - 2 scoops twice today

Days 5 - 7

Continue eliminating foods listed for Days 1-4, as well as legumes (beans, peas, lentils). Eat only those fruits and vegetables as listed below:

- Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, brussel sprouts)
- Raw greens (red and green lettuce, romaine, spinach, endive)
- Fresh apples and pears (whole or freshly juiced)
- Canned apple or juice (no sugar added)

INCREASE UltraClear Plus - 2 scoops 4 times today

Day 8

Gently add back fruits, vegetables, and white rice (only) to diet.

DECREASE UltraClear Plus - 2 scoops 3 times today

Day 9

Add back:

- Quinoa, millet, and buckwheat
- Legumes and nuts

FINISH last two servings of UltraClear Plus left in container (2 scoops twice today)

Day 10

Congratulations! You have successfully completed the 10-Day Express Detox Program. For maximum benefit from this program, it is important to slowly reintroduce the foods which you have not added back to your diet yet. If you suspect that you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction. If unsure about a reaction, wait until symptoms recede and eat only foods that do not cause a reaction. Then ingest the suspicious food again and take note.

Program tips:

1. Purchase organically grown produce or wash conventional produce thoroughly to remove pesticide residue.
2. During Days 5-7 you may want to curtail some of your more strenuous activities, as you may experience a decrease in energy.
3. If you get light-headed or excessively fatigued, this may be a sign of low blood sugar. Keep an apple or pear handy (allowed throughout the program) or consume a serving of UltraClear Plus.
4. For recipes ideas, see the UltraClear® and UltraClear Plus® Patient Guide, available through your healthcare practitioner.

UltraClear Plus is a medical food designed to meet the heightened nutrient needs of individuals with impaired or compromised detoxification capacity, which may be associated with health conditions such as fibromyalgia, chronic fatigue syndrome, and multiple chemical sensitivity. UltraClear Plus is a low-allergy-potential, natural rice protein formula fortified with a specific blend of vitamins, minerals, and accessory nutrients to help promote healthy, balanced detoxification. UltraClear Plus is also enriched with additional antioxidants to help protect against harmful free radicals that are generated during the detoxification process. UltraClear Plus is to be used under the direct supervision of a physician or other licensed healthcare practitioner. Do not engage in any diet supplying less than 800 calories per day.

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