

Liver Detox Kits Order Form

Name: _____

Order DUE BY Tuesday, February 5, 2019

Kits will be delivered in class on Tuesday, February 19, 2019

We are focused on liver detoxification in February. As part of this, there will be an options to complete a provoked liver detox. This means that you will take supplements daily to support the liver and help the detoxification process. The first 2 kits on this list are different OPTIONS for a provoked liver detox. The first (Biotics Research) is 15 days long where you would drink 2 shakes per day, take 2 packets of supplements, and eat 1 meal (and any snacks you desire). The second (Pure Encapsulation), you would eat normally (RESTART) and take 1 packet of supplements each day. There is an additional supplement to add in if constipation is an issue. Everyone will receive the recommendations for foods to include in the diet to help support the liver and the detox pathways. The liver detox (either supplement kit, or just the diet) will start on Wednesday, February 20th. You do NOT have to order a kit. This is merely an option to help you reached your desired outcome for the program!

Biotics Research NutriClear® Plus (\$159.95)
15 Day Program

A science-based metabolic cleanse program that supports the body's detoxification processes. By supplying key nutrients in a delicious-tasting powder, NutriClear® Plus provides the ideal nutritional foundation for those in need of metabolic clearing, while also supporting hepatic function, energy production and intestinal balance. The formula includes easily digested, certified organic pea protein, medium chain triglycerides, added fiber and an extensive array of antioxidants. This powerful combination of micronutrients, NitroGreens®, fiber, fruit and vegetable extracts supports safe and effective detoxification. Dosage: Consume two NutriClear® Plus shakes and supplement packets per day, plus one meal and snacks that work for your schedule.

Pure Encapsulation Detox Program (\$68.80-\$107.60)
30 Day Program

- Detox Pure Pack is a convenient once-daily packet that promotes G.I. health and functionality. Detox Pure Pack offers gentle detoxification support for short-term or daily use. Dosage: 1 packet daily in AM.
- GI Fortify (optional) supports the function, microflora balance, integrity, tone, comfort, cellular health and detoxification of the gastrointestinal tract. Dosage: 1 heaping scoop in water 1x daily at lunch.

Whole Foods Gut Cleansing Program (free)
14+ Day Program

A 7 day whole food based meal plan that emphasizes daily consumption of foods that promote detoxification, including: beets, broccoli sprouts, grass-fed liver, and cruciferous vegetables.