

THORNE



10-Day Detox Protocol



Overview

Many of the body's systems, including the digestive system, carbohydrate metabolism, cardiovascular system, and immune system can be adversely affected as a direct result of our diets. Allergies and exposure to toxins in food, water, and the environment are being increasingly recognized as major contributing factors to health problems.

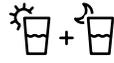
The Thorne 10-Day Detox Protocol is designed to help your body detoxify by providing nutrients and botanicals essential to support efficient cleansing.* The program also gives your body a “break” from potential allergens that can be consumed on a regular basis, as well as alcohol, caffeine, and refined sugars.

✓ Note: To get the best results during the 10-day protocol, the consumption of potentially allergenic and toxic foods in your diet will be reduced.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Program Protocol

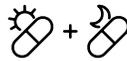
MediClear® (Original, Plus, or SGS)



1 serving (2 scoops)
twice daily

- ✓ Provides well-absorbed green tea phytosome to support weight management*
- ✓ Contains milk thistle for added liver support*
- ✓ Use as part of a comprehensive detoxification program*

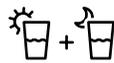
FloraSport 20B™



1 capsule
twice daily

- ✓ Helps maintain a healthy balance of GI flora*
- ✓ Positive results from a randomized, placebo-controlled trial
- ✓ In individually-sealed blister-packs for humidity and temperature control

FiberMend®



1 serving (1 scoop)
twice daily (can be mixed in MediClear shake)

- ✓ Soluble fiber blend: mixes easily in water or preferred beverage
- ✓ Well-tolerated: no bloating, cramping, or gas production
- ✓ Promotes regularity*



Stay hydrated

Begin your day with 16 oz.
of water & drink water
throughout the day

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MediClear Shake Recipes



Super green

Ingredients

- 2 scoops** MediClear® or MediClear-SGS® Vanilla
- 1 handful** Spinach or kale
- 1/2** Banana (fresh or frozen)
- 1 tbsp** Almond butter
- 10 oz** Water or coconut water

Orange creamsicle

Ingredients

- 2 scoops** MediClear (Original, Plus, or SGS Vanilla)
- 1 peeled** Seedless orange
- 4-6** Ice cubes
- 8-10 oz** Vanilla coconut milk (MediClear or MediClear Plus®) or unsweetened coconut milk (MediClear-SGS vanilla)

For a **chocolate-orange shake**, use MediClear-SGS chocolate

Piña colada

Ingredients

- 2 scoops** MediClear (Original, Plus, or SGS Vanilla)
- 2 oz** Coconut milk (plain)
- 6 oz** Pineapple juice
- 4 oz** Ice or cold water

Cocoa berry

Ingredients

- 2 scoops** MediClear-SGS Chocolate
- 1 handful** Berries of choice (fresh or frozen) or cherries
- 4-6** Ice cubes
- 10 oz** Water, unsweetened almond milk, or unsweetened coconut milk

Chocolate-almond delight

Ingredients

- 2 scoops** MediClear-SGS Chocolate
- 1 small** Banana
- 1 tbsp** Almond butter
- 4-6** Ice cubes
- 10 oz** Water

For a **creamier shake**, use frozen banana (broken into pieces)



✓ **Note:** One serving of MediClear, MediClear Plus, or MediClear-SGS equals two scoops.

Foods to eat & avoid

Fruits

Eat citrus (except grapefruit), pineapple, apples, apricot, avocado, banana, berries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, plums, etc. — fresh, unsweetened dried, frozen, or canned fruit — limit unsweetened fruit juices

Avoid grapefruit (can alter detoxification enzyme function for up to 72 hours), sweetened fruits, and sweetened fruit juice

Vegetables

Eat arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, Brussels sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, mushrooms, okra, green peas, radishes, squash, sweet potatoes, taro, turnips, yams, zucchini, etc. — all fresh raw, steamed, grilled, sautéed, roasted, or juiced

Avoid corn, tomato, tomato sauce, and any creamed vegetables

Meat & fish

Eat fish (salmon, halibut, trout, sole, mahi mahi, cod), chicken, turkey, lamb, and wild game (venison, buffalo, elk, etc.) — organic when possible.

Avoid tuna and swordfish, shellfish, beef, pork, cold cuts, hot dogs, sausage, and canned meats

Breads & starches

Eat rice (white, brown, sushi, wild), potatoes, oats (gluten-free), quinoa, millet, tapioca, amaranth, and buckwheat

Avoid corn, plus all gluten-containing products including wheat, spelt, kamut, barley, and rye

Legumes

Eat all legumes including peas and lentils (except soybeans) — beans provide an excellent source of protein

Avoid soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins





✓ Nuts & seeds

Eat all nuts except peanuts – almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc. – whole or as nut butter

Avoid peanuts, peanut butter, and peanut oil

✓ Dairy

Eat milk substitutes such as rice milk, oat milk, coconut milk, almond or other nut milk, and egg substitutes

Avoid milk, cheese, cottage cheese, cream, butter, yogurt, ice cream, non-dairy creamers, soy milk, and eggs

✓ Beverages

Drink filtered or distilled water, decaffeinated tea, decaffeinated green tea, herbal tea, pure fruit juices, and mineral water

Avoid sodas and soft drinks (including sugar-free), alcoholic beverages, sweetened fruit juice, coffee, tea, and any other caffeinated beverages

✓ Fats

Eat unrefined virgin oils such as olive oil, flaxseed, coconut, sunflower, sesame, walnut, hazelnut, and pumpkin seed

Avoid margarine, butter, shortening, any processed or hydrogenated oils, peanut oil, mayonnaise

✓ Sweeteners

Eat brown rice syrup (gluten-free), chicory syrup, stevia, blackstrap molasses, monk fruit, pure maple syrup, honey, and evaporated cane juice sugar

Avoid white / refined sugar, high fructose corn syrup, and corn syrup

✓ Spices & condiments

Eat vinegars (except grain source), wasabi, mustard, horseradish, pesto (cheese free), and all spices

Avoid ketchup, relish, soy sauce, BBQ sauce, chutney, etc.

✓ **Note:** Avoid any foods in the “foods to eat” list that you know you’re allergic to.

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