PURE CLEANSE 8 DAY FLUSH 8 TOTAL DETOXIFICATION SYSTEM





Pure Cleanse Detoxification System

Pure Cleanse [™] has been designed to systematically remove harmful toxins, chemicals and pollutants from your body with gentle yet powerful herbs and plant extracts from around the world.

Pure Cleanse ANF ™ is the only detoxification system which cleanses the body of toxins absorbed through the external environment as well as toxins released by internal organs. Both types of toxins can decrease immunity, increase feelings of sluggishness and cause digestive problems, bloating and disease.

EATING DURING YOUR CLEANSE

During the detoxification process you should be eating 3 small meals and 2 meal replacements shakes per day* each meal should be spread over a 3-4 hour period.

*Whey Factor 1 Pro-Plete by Pureline Nutrition is Recommended

Meals should consist of 100% organic vegetables, lean sources of protein and moderate amounts of complex carbohydrates.

Try to eliminate dairy, red meat, high sugar juices, and processed foods during the 8 day detoxification period.

DETOX FLUIDS

It is recommended to consume a minimum of 1/2 to a full gallon of spring water daily while detoxing. Hot teas and all natural vegetable juices are also recommended.

EXERCISE

It is recommended that you do 30-45 minutes of cardiovascular exercise daily while using the Pure Cleanse System.

RESULTS

Noticeable results including; weight loss, reduced bloating, and increased energy and vitality will be noticeable within the first 3-4 days.



During the detoxification protocol you will not only rid your body of harmful toxins but also essential micro-nutrients, vitamins and minerals. Supplementing with 1 tablet of **UltradexTM** daily or a more potent multivitamin/mineral formula is highly recommended during the 30 day detoxification program.



8 DAY FLUSH

Pure Cleanse Aloe, Nopal & Flax

Morning: 2 Capfuls Evening: 2 Capfuls

Pure Cleanse ANF will be used for the first 8 Days as an immediate flush of the system. The flush is gentle and will help detoxify the blood stream, liver and kidneys. Pure Cleanse ANF can be used continuously for digestive health and overall wellness.

CLEANSE

Pure Cleanse Colon Complex

Morning: 1 Capsules Before Bed: 1 Capsule

Pure Cleanse Capsules will be started in combination with the Pure Cleanse ANF. The capsules will be taken everyday for 30 days to help ensure a complete body detoxification. After 30 days on the capsules you will take 30 days off. It is recommended that a detoxification and cleanse be completed every 3-4 months.

