



Healthy Cleanse

Feel healthier in 7 days.

Helps your body detoxify naturally*

Promotes healthy digestion*

Promotes immune system function*

Improves nutrient absorption

Increases energy levels*

Improves sleep*

Preliminary Study Results showed an average weight loss of 6.8 lbs and 1.62 inches, plus increased focus, energy, and improved sleep quality**

*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.

**Based on a 7-day pilot study conducted by a medical doctor, two nutritionists, and three Shaklee Distributors, under the supervision of Shaklee Medical Affairs.

Step 1: Preparation

Set a date to begin the Healthy Cleanse program.

Optional: Find someone who will partner with you in the program.

Start reducing your consumption of coffee, soft drinks, alcohol, fatty or high-starch foods, and refined sugars.

Stock up on raw vegetables and fruits, organic whenever possible.

Choose a follow-up program to continue your health journey:

Weight-loss goal

Healthy nutrition

Supplementation

Step 2: Start the Healthy Cleanse

Be prepared to GRAZE ALL DAY—Pack vegetables and fruits for convenience.

Eat every 2 hours.

Eat raw fruits/vegetables all day.

Drink at least 6–10 glasses of water each day.

In the evening: eat a salad with half an avocado and full-fat dressing.

In addition to the Healthy Cleanse supplements, you may continue to take all your regular Shaklee supplements.



TIPS

Prepare baggies of raw fruits and veggies each evening.

Do 30 minutes of light weight-bearing exercise each day.

Strive for 7–8 hours of sleep each night.

If you have unmanageable hunger during the 7 days, a serving of protein in the form of a shake or steamed/broiled fish or chicken is permissible.

HEALTHY CLEANSE SUPPLEMENTS	A.M.	P.M.	BEDTIME
 Optiflora® Probiotic Complex	1	1	-
 Alfalfa Complex	5	5	-
 Liver DTX® Complex <i>(take with meals)</i>	1	2	-
 Herb-Lax®	-	-	2 tablets, with a glass of water

OPTIFLORA® PROBIOTIC COMPLEX to help promote healthy intestinal activity and good digestive health*

LIVER DTX® COMPLEX to help maintain normal liver function. Key ingredients help maintain bile flow, an integral part of digestion, and protect the liver from toxins*

ALFALFA COMPLEX to help provide a wide variety of nutrients, including calcium, phosphorus, vitamins, chlorophyll, and bioflavonoids

HERB-LAX® to encourage a mild cleansing action to aid the body's natural processes*

	FOODS TO EMBRACE	FOODS TO AVOID
	<p>Eat unlimited fresh veggies—raw, lightly steamed, or sautéed in 1-2 tablespoons of olive oil.</p> <p>Leafy vegetables such as:</p> <p>Kale, broccoli, spinach, Swiss chard, mustard green, collard greens, all kinds of lettuce, watercress, bok choy.</p> <p>Asparagus, carrots, celery, Jicama, summer squash, bell peppers, cucumber, leeks, radishes, green beans, mushrooms, eggplant.</p> <p>Starchy vegetables, no more than one serving per day. Winter squash, sweet potatoes, yams, turnips, rutabagas, beets.</p>	<p>Corn, potato and not more than one starchy vegetable a day.</p> <p>Canned vegetables.</p>
	<p>Fruits: Berries, apples, peaches, tomatoes, cherry tomatoes, apricots, papaya, nectarines, cantaloupe are low-sugar options.</p> <p>Limit bananas to one half per day. Avocado to one half to one per day.</p>	<p>High-sugar fruits such as cherries, grapes, figs, lychees, mangoes, pineapple, pears, watermelon.</p> <p>Dried fruits or fruit juice.</p>
	<p>Beverages: Non-caffeinated green or herbal teas, filtered water, fresh vegetable juices. It is best to eat whole fruits/vegetables.</p> <p>If you normally consume coffee, we advise you decrease by 50% or substitute with Shaklee energizing Tea—max 2 cups per day</p>	<p>Alcohol, soda, fruit juices, energy drinks, caffeinated beverages.</p>

	FOODS TO EMBRACE	FOODS TO AVOID
	<p>Fats: Extra virgin olive oil=1–2 tablespoons for salad dressing or for sautéing.</p> <p>For a great salad dressing: olive oil and fresh lemon juice, and for added taste—a splash of balsamic vinegar.</p> <p>Optional—add fresh or dried herbs for added taste.</p>	<p>Avoid all other oils or fats and commercial salad dressings.</p>
	<p>Condiments: All herbs and spices—fresh and dried.</p> <p>Pepper</p> <p>Veggies can be dipped in mustard, or fresh salsa—see recipes at http://go.shaklee.com/naturally/</p>	<p>Salt, ketchup, relish, BBQ sauce, soy sauce, mayonnaise.</p>
	<p>Sweetener: Stevia</p>	<p>Refined sugars, added sugars including agave, honey and maple syrup or artificial sweeteners.</p>

Step 3: Day 8 and After

Congratulate yourself on completing the program!

Continue eating plenty of fresh vegetables and fruits as you introduce other healthy foods back into your diet. Spicy foods should be added slowly.

Shaklee Members may visit [MyShaklee.com](https://www.MyShaklee.com), MyS180 tab, for recipes and other information and tips. You must be a Shaklee Member to access [MyShaklee.com](https://www.MyShaklee.com).

Transition to one of the following nutritional plans to help you feel healthier every day:

TO CONTINUE YOUR WEIGHT-LOSS JOURNEY:



SHAKLEE 180 STARTER KIT

Contains everything you need for your first 2 weeks of the Shaklee 180® program. Powered by Leucine® with clinically tested products to help you burn fat, not muscle.

OR

FOR ONGOING NUTRITIONAL SUPPORT:



VITALIZING PLAN

Advanced nutrition for daily health. Combines the clinically supported Vitalizer™ multinutrient pack with the Life Energizing Shake™ for a healthier, more energized you.



Healthy Cleanse is the first step to a healthier you.

SPEAK TO YOUR SHAKLEE DISTRIBUTOR FOR OTHER OPTIONS.

Recommended Use of the
Healthy Cleanse program: 1 to 2
times per year.

What do you do with the left- over supplements?

You may use Optiflora® Probiotic Complex, Alfalfa Complex, and Liver DTX® Complex daily following the 7-day Healthy Cleanse to help support healthy digestion.* **After the Healthy Cleanse, Herb-Lax® is recommended for occasional use only—not for daily use.**

CAUTION: This program 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 the Healthy Cleanse program with your physician before starting.