



ClearVite®-SF

A Systemic Nutritional & Detoxification Support Program

Also Available in Chocolate Flavor

Nutrition Program

A specific dietary plan is recommended with the ClearVite®-SF detoxification program. This plan is known as an “elimination dietary program,” because the program requires that certain foods be eliminated from the daily diet while the program is in progress. To assist you with the nutritional requirements of the program, a dietary plan has been provided here.



For a variety of delicious recipes with ClearVite®-SF, please visit our website, www.clearvite.info.

Number of Servings of ClearVite®-SF to be taken: Three Week Plan (21 Days)

Days Phases	Number of Servings of ClearVite®-SF	Time to take		
		Breakfast	Lunch	Dinner
Days 1 to 4 Preparation Phase 1	1 Serving	One Serving Before Breakfast		
Days 5 to 7 Preparation Phase 2	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 8 to 14 Detoxification	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 15 to 17 Completion Phase 1	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 18 to 21 Completion Phase 2	1 Serving	One Serving Before Breakfast		

For information, please contact or visit www.clearvite.info

Daily Diet Samples (organic)

<u>Preparation Phase 1 or Completion Phase 2</u>	<u>Preparation Phase 2 or Completion Phase 1</u>	<u>Detoxification Phase</u>
<p><u>ClearVite®-SF</u> Before Breakfast 1 Serving</p>	<p><u>ClearVite®-SF</u> Before Breakfast 1 Serving</p>	<p><u>ClearVite®-SF</u> Before Breakfast 1 Serving</p>
<p><u>BREAKFAST</u> Turkey Fruit</p>	<p><u>BREAKFAST</u> Turkey Bacon Grapefruit</p>	<p><u>BREAKFAST</u> Quinoa Hot Cereal (health food store) Mixed Fruit</p>
<p><u>MID-MORNING SNACK</u> Handful of Raw Pumpkin or Sunflower Seeds</p>	<p><u>MID-MORNING SNACK</u> Taro Chips (health-food store)</p>	<p><u>MID-MORNING SNACK</u> Carrot Stick</p>
<p><u>LUNCH</u> Salad with Olive Oil/Lemon Salmon Filet (wild)</p>	<p><u>LUNCH</u> Mixed Green Salad with Chicken Olive Oil/Lemon</p>	<p><u>ClearVite®-SF</u> Before Lunch 1 Serving</p>
<p><u>MID-AFTERNOON SNACK</u> Banana</p>	<p><u>MID-AFTERNOON SNACK</u> Handful of Cashews (raw)</p>	<p><u>LUNCH</u> Mixed Green Salad with Raw Nuts* and Seeds, and Avocados Olive Oil/Lemon</p>
<p><u>DINNER</u> Chicken Breast (broiled) Steamed Vegetables</p>	<p><u>ClearVite®-SF</u> Before Dinner 1 Serving</p>	<p><u>MID-AFTERNOON SNACK</u> Dried Fruit and Nuts*</p>
<p><u>BEDTIME SNACK</u> Rice Cakes with Raw Almond Butter</p>	<p><u>DINNER</u> Fish** Brown Rice Vegetables (raw or lightly steamed)</p>	<p><u>ClearVite®-SF</u> Before Dinner 1 Serving</p>
	<p><u>BEDTIME SNACK</u> Dried Apricots (unsulphured)</p>	<p><u>DINNER</u> Baked Potato Brown Rice Lightly Steamed Vegetables</p>
	<p><u>BEDTIME SNACK</u> Rice Cakes with Raw Almond Butter</p>	<p><u>BEDTIME SNACK</u> Rice Cakes with Raw Almond Butter</p>

*Watch for allergies such as peanuts.
**Select fish which is less prone to heavy metal contamination.

The ClearVite®-SF Detoxification Protocol

Three Week Plan	Servings of ClearVite®-SF to be taken	Dietary Plan to follow
Days 1 to 4	Preparation Phase One 1 Serving Daily: Just Before Breakfast	FOODS TO AVOID: <ul style="list-style-type: none"> • Any food that you are allergic to • Dairy (milk, cheeses, yogurt, butter), eggs, margarine, & shortening • Foods prepared with gluten-containing cereals like wheat, oats, rye, barley; those ingredients normally found in breads, pasta, etc. • Tomatoes and tomato sauces, corn • Alcohol, caffeine (coffee, black tea, sodas) • Soy or products made from soy, such as soy milk or tofu • Peanuts or peanut butter • Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy
Days 5 to 7	Preparation Phase Two 2 Servings Daily: 1 Before Breakfast 1 Before Dinner	FOODS TO EAT: <ul style="list-style-type: none"> • Drink plenty of fresh water (8-10 glasses), herbal teas, green tea, fruit juices (no sugar added), vegetable juices • Grain foods made from rice, millet, quinoa, buckwheat, or tapioca • Fresh fruits, vegetables, beans (navy, white, red kidney, etc.), peas (fresh, split, snap) • Mainly fish** (not shellfish), and moderate amounts of chicken, turkey, and lamb • Use mainly olive oil and flaxseed oil in moderation
Days 8 to 14	Detoxification 3 Servings Daily: 1 Before Breakfast 1 Before Lunch 1 Before Dinner	During this phase of the plan: <ul style="list-style-type: none"> • Avoid all of the foods in the FOODS TO AVOID listed above. • Use any of the foods in the FOODS TO EAT listed above, except eliminate all animal products from the diet (including fish, chicken, turkey, and lamb).
Days 15 to 17	Completion Phase One 2 Servings Daily: 1 Before Breakfast 1 Before Dinner	During this phase of the plan: <ul style="list-style-type: none"> • Avoid all of the foods in the FOODS TO AVOID listed above. • Use any of the foods in the FOODS TO EAT listed above, including the animal products (fish**, chicken, turkey, and lamb).
Days 18 to 21	Completion Phase Two 1 Serving Daily: Just Before Breakfast	During this phase of the plan: <ul style="list-style-type: none"> • Use any of the foods in the FOODS TO EAT listed above, including the animal products (fish**, chicken, turkey, and lamb).

**Select fish which is less prone to heavy metal contamination.