

NUTRITIONAL COMPONENTS

BioCleanse Plus Functional Food - Made with rice, pea, and chlorella protein

A pleasant-tasting, comprehensive cleansing formula that provides biologically active vitamins and minerals with specialty nutrients to support detoxification. This product is a low-allergen base and serves as a balanced meal supplement during the course of the program. Product should be mixed with plain water or another approved liquid, such as almond milk.

BioCleanse Capsules (Optional)

Provide additional nutritional support that will assist the neutralization and removal of toxins and metabolic waste. May be used in conjunction with the BioCleanse Plus Functional Food.

Ultra Fiber Plus

A powdered dietary fiber supplement with soluble fiber, insoluble fiber, and freeze-dried *Lactobacillus acidophilus* to support healthy intestinal function and elimination.

Ultra Greens pH

Blends vegetables, enzymes, grasses, and blue green algae in a delicious, fruit-flavored powdered beverage.



DIETARY GUIDELINES

FOOD GROUP	ALLOWED FOODS	AVOID THESE
Dairy Products	Dairy substitutes only: rice, almond, cashew, coconut milk	Milk cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers, soy milk
Grains/Starches	Avoid all grain products on the 8-day detox. Starches such as sweet potato, yams, squash, beets, carrots	Corn (all products containing corn), gluten grains (e.g. wheat, barley, rye, spelt, kamut), white potato, oats, arrowroot, tapioca, rice, buckwheat, millet, quinoa, amaranth, teff
Protein Foods	Eat organic when possible – chicken, turkey, lamb, lentils, wild salmon, mackerel, sardines, trout, halibut	Beef, pork, cold cuts, frankfurter, sausage, canned meat, tuna, eggs, egg whites, shellfish, soy products
Vegetables	All vegetables (fresh, frozen, or juiced) except for nightshade	Creamed vegetables, nightshades (e.g. potatoes, bell peppers, tomatoes, eggplant)
Fruits	Fresh, frozen, water-packed fruit, dilute fruit juice	Undiluted fruit juice, fruit drinks, cocktails, tomatoes, strawberries, citrus fruits (e.g. orange, lemon, lime, grapefruit)
Soup	Vegetable-based broths, vegetable soups, chili soup, made with turkey or chicken	Canned or creamed soups containing gluten grains/flours Avoid high-salt soups
Beverages	Pure water, herbal teas (non-citrus, non-strawberry)	Milk, dairy-based drinks, coffee, black tea, cocoa/chocolate, alcohol, soft drinks, sweetened drinks, citrus or strawberry drinks
Fats/Oils	Olive, sesame, walnut, flax, canola, avocado, coconut	Margarine, shortening, commercial salad dressing containing trans fats, mayonnaise, butter
Nuts/Seeds	Almond, cashew, flax seed, walnut, pecans, pumpkin seed, sunflower seed, coconut Nut butters/oils/flours made from above	Peanuts, peanut butter, pistachios
Sweeteners	Xylitol, brown rice syrup, fruit sweeteners, stevia, pure maple syrup. Limit to 2 tsp per day.	Brown/raw sugar, honey, molasses, corn syrup, all artificial sweeteners (e.g. sucralose, saccharin, aspartame, etc.), all refined sugars

DETOX PHASE - SAMPLE MENU

Days 1-2	Days 3-8
Breakfast: Mix BioCleanse <i>Plus</i> (1 scoop), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 10 oz. water to desired consistency. Mixed berries (½ c.), almonds (2 Tbl.)	Breakfast: Mix BioCleanse <i>Plus</i> (2 scoops), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop), mixed berries (½ c.) in 14 oz. water to desired consistency.
Snack: BioGenesis UltraLean Spice Bar (1)	Snack: Celery sticks (5), hummus (2 Tbl.)
Lunch: Mix BioCleanse <i>Plus</i> (1 scoop) in 4 oz. water to desired consistency. Mixed green salad (1 c.), olive oil (1 Tbl.), vinegar (1 Tbl.)	Lunch: Mix BioCleanse <i>Plus</i> (2 scoops) in 8 oz. water to desired consistency. Mixed green salad (1 c.), olive oil (1 Tbl.), vinegar (1 Tbl.)
Snack: Mix BioCleanse <i>Plus</i> (1 scoop), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 10 oz. water to desired consistency.	Snack: Mix BioCleanse <i>Plus</i> (2 scoops), Ultra Fiber Plus (1 scoop), Ultra Greens pH (1 scoop) in 14 oz. water to desired consistency.
Dinner: Grilled chicken breast (3 oz.), steamed asparagus (8 pieces), cooked chopped carrots (½ c.)	Dinner: Broiled salmon (4 oz.), steamed broccoli (1 c.) tossed with garlic (1 tsp.), cooked squash (½ c.)