

# 10-Day Detox



## Overview

The health of our brain, gut, circulation and immune systems are affected by the food we eat and our environment. Allergies and exposure to toxins in food, water, and the environment are being increasingly recognized as major contributing factors to health problems.

The 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.

## Program Protocol

### Synerclear

**Day 1 and 2** - 1 scoop Synerclear twice daily in shaker cup with water or using attached smoothie recipes

**Day 3-10** - 2 scoops Synerclear twice daily in shaker cup with water or using attached smoothie recipes

### HMF 500

1/4 tsp per day (added to NutriCleanse)

### NutriCleanse

3 tbsp in water with dinner or before bed with HMF 500 1/4 tsp

\*These statements are not intended to diagnose, treat, cure, or prevent any disease.

## Synerclear Shake Recipes

### Super Green

2 scoops Synerclear (Original or Vanilla)  
1 handful Spinach or kale  
1/2 Banana (fresh or frozen)  
1 tbsp Almond butter  
10 oz Water or coconut water

### Orange Creamsicle

2 scoops Synerclear (Original or Vanilla)  
1 peeled Seedless orange  
4-6 Ice cubes  
8-10 oz Vanilla coconut milk or unsweetened coconut milk (Synerclear Vanilla)

For a chocolate-orange shake, use Synerclear Chocolate

### Piña Colada

2 scoops Synerclear (Original or Vanilla)  
2 oz Coconut milk (plain)  
6 oz Pineapple juice  
4 oz Ice or cold water

### Chocolate-Almond Delight

2 scoops Synerclear 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)

### Cocoa Berry

2 scoops Synerclear 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



# 10-Day Detox - Foods to Eat & Avoid

## Fruits

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**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

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**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

## Nuts & Seeds

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**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

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**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

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**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

## Meat & Fish

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**Eat** salmon, halibut, sole, mahi mahi, cod, snapper, etc., chicken, turkey, lamb, and wild game (venison, buffalo, elk, etc.)

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

## Breads & Starches

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**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

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**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

## Fats

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

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

## Sweeteners

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**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

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**Eat** vinegars such as apple cider vinegar (except grain source), wasabi, mustard, horseradish, pesto (cheese free), and all spices

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