



# 3-Day Detox

A SIMPLE FORMULA TO CLEANSE & ENERGIZE—THE HEALTHY WAY!



FROM THE SCIENTIFIC ADVISORY BOARD TO YOU



## WHAT YOU'LL NEED BEFORE YOU GET STARTED:

**NeoLax:** Item #3632  
Stimulate and promote natural elimination

**Garlic Allium Complex:** Item #3665  
Nature's natural antibiotic to help chase out bad bacteria or parasites

**Betagard:** Item #3530  
The natural antioxidant and detoxifying formula to support healthy metabolism of toxins

**Acidophilus Plus:** Item #3524  
Probiotics to re-establish healthy intestinal flora

### DAY 1

#### Modified Fast

- Take NeoLax, Garlic Allium Complex, and Betagard as directed on their labels, along with 12-16 oz of warm liquid such as chamomile tea.
- Eat only fresh fruits & vegetables (raw or lightly steamed) throughout the day. No Bananas or commercial fruit juice.
- Try to drink 16 oz of tea or water every 1-2 hours. Coffee without sugar or dairy is also acceptable.
- Before bed, repeat NeoLax and Garlic Allium as directed.

### DAY 2

#### Modified Fast

- Repeat directions from Day 1.

### DAY 3

#### Balance & Energize

- Begin the day with Acidophilus Plus as directed to re-establish healthy intestinal flora with probiotics.
- Continue consuming liquids and now add high quality protein, such as a NeoLifeShake. Repeat for lunch also.
- For dinner eat a healthy, low-fat, high protein meal. For example, a grilled salmon fillet or chicken breast, along with some raw or steamed greens like spinach or broccoli. Include a quarter cup of low fat cottage cheese to round things out.
- Before bed repeat Acidophilus plus as directed, and continue to repeat for the following 4 days while also returning to a healthy, low-fat, high-fiber diet.

\*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.