



# CLEARVITE™ Program

## A Systemic Nutritional & Detoxification Support Program\*

### Introduction

The CLEARVITE™ Program is an essential part of a nutritional plan designed by your healthcare professional to support your health.\* A better understanding of the function of the CLEARVITE™ Program will assist you in using the program more effectively.

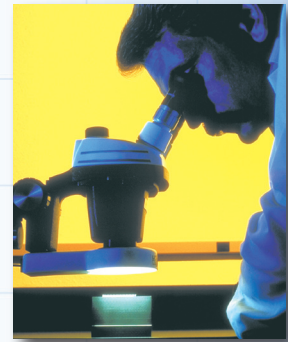
Every day, millions of molecules from different compounds enter our bodies through voluntary ingestion or involuntary exposure. These chemicals come from foods, beverages, medicines, food additives, personal care products, and numerous other sources. While the human body has excellent built-in mechanisms to cleanse itself of these pollutants, it is unable to completely eliminate them. As a result, the body slowly accumulates pollutants, until it is affected by them.

Studies over the last two decades have illustrated how toxins can affect body function. Specifically, some of these studies have shown that toxins affect different classes of cytochrome P450 enzymes. These enzymes are part of the liver's biotransformation process. They help turn both exogenous toxins (from external sources) and endogenous undesired metabolites (from internal sources) into water-soluble compounds that can be excreted through bodily fluids. When toxins disrupt the enzymes' activity, it can reduce the liver's capacity to properly detoxify.

Supporting the body's detox mechanisms with the right nutrients can be helpful in maintaining health and wellness.\* The CLEARVITE™ Program is an essential part of a nutritional plan designed by your healthcare professional to support your detox needs.\* Through this informational brochure, we hope to provide you with a better understanding of the function of the CLEARVITE™ Program, which can assist you in using the program more effectively.

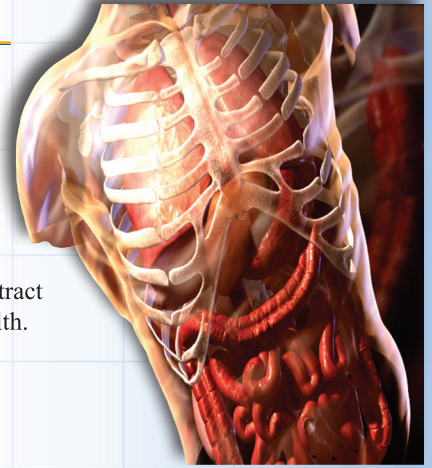
Advancements in the fields of chemistry, biochemistry, biology, etc, have made substantial contributions to the health and well-being of humankind. However, with the advancement of science and industrialization, numerous foreign and toxic chemicals have been produced and released into living environments. These foreign chemicals are known as "xenobiotics." Xenobiotics also include over-the-counter and prescription drugs. Numerous research scientists have demonstrated that xenobiotics are among the major causes of many acute and chronic health problems that have become widespread in Western society in recent decades. Reduction of these compounds may support normal biological processes and health.

The poor nutritional habits of the Western world are due to the limited number of healthy foods being used in the daily diet. In addition, a variety of other factors related to our stressful modern life has increased the number of allergy problems tenfold in the last few decades. Most of the symptoms produced as a result of the accumulation of toxins are very similar to allergies. Toxicities and food allergies may produce discomforting symptoms. These may include poor digestion, gas, bloating, heartburn, headaches, fatigue, chronic mild infections, hormone imbalances, etc.



## Detoxification

Cleansing the body from the accumulated xenobiotics is known as “detoxification.” Most toxins are subjected to numerous chemical changes to be prepared for elimination from the body. This natural biotransformation process, which occurs primarily in the liver, is called “detoxication.” The goal of these detoxication reactions is to transform chemicals that are fat soluble into water-soluble compounds. Water-soluble compounds can then be eliminated through the kidneys, skin, or gallbladder (in urine, sweat, or bile, respectively). Bile secretion is one of the body’s major detoxication methods. Once the liver has detoxified xenobiotics and other toxins, the resulting compounds are delivered either to the biliary or circulatory system to be excreted into either the GI tract or kidneys, respectively. A detoxification program may be extremely beneficial to support good health.



## CLEARVITE™ Program

The CLEARVITE™ Program is a cleansing (detoxification) regimen.\* Certain nutritional factors play extremely important roles in the cellular cleansing process. The body’s natural detoxifying ability may deteriorate if these nutrients are lacking at the cellular level. In addition, certain botanicals and botanical extracts may support cell strength and maximize the processes involved in detoxication reactions. The CLEARVITE™ Program is designed to provide the nutritional compounds and botanical extracts that support the body’s ability to neutralize and expel toxins.\*



CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) incorporate high-quality vitamins, minerals, and cofactors, such as vitamins C and B6. The protein source of CLEARVITE-SF™ (K24) is derived from rice, which generates a superior-quality hypoallergenic (having little likelihood of causing an allergic response) protein. The protein source of CLEARVITE-PSF™ (K84) is derived from yellow peas, which also provides a top-quality hypoallergenic protein.\* In addition, both CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) use other lipotropic (supporting the breakdown and utilization of fat) nutrients; herbal compounds that support bile formation, secretion, and elimination; and numerous nutritional cofactors and botanical extracts that support detoxication reactions.\*

## CLEARVITE-SF™ and CLEARVITE-PSF™ Ingredients: Functionally Specific

CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) include key cofactors that support the detoxication process.\* These vitamins and minerals are selected from the highest-quality, most-soluble, and most-biologically available forms that may assist their absorption and assimilation.\* A number of amino acids—such as N-acetyl L-cysteine, taurine, glycine, L-lysine, and L-glutamine, which support a variety of detoxication reactions—are included in these formulas.\* Strong antioxidants, such as vitamin A as beta-carotene, have been combined in these formulas to support the liver and biliary system.\* Digestive enzymes—such as amylase, cellulase, glucanase, and protease—have been added to support nutrient digestion and absorption.\* Additional herbal and nutritional compounds—such as Jerusalem artichoke, marshmallow, gamma oryzanol, rutin, hesperidin, evening primrose oil powder, and medium chain triglycerides, have been incorporated into these formulas—each for science-based reasons—to make these products more effective.\*

- The CLEARVITE™ Program is a cleansing (detoxification) regimen to support health and vitality.\*
- CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) are nutritional, hypoallergenic protein powders used in the CLEARVITE™ Program.\*
- CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) provide nutritional compounds and botanical extracts that support the body’s natural abilities to neutralize and expel toxins.\*
- CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) incorporate very high-quality vitamins, minerals, and cofactors, such as vitamins C and B6.
- CLEARVITE-SF™ (K24) is an excellent source of an antioxidant (vitamin A as beta-carotene).

# How to use CLEARVITE-SF™ and CLEARVITE-PSF™:

CLEARVITE-SF™ (K24) and CLEARVITE-PSF™ (K84) are the most effective when used according to the program provided in the charts. The body's accumulated toxins are mostly imbedded in different tissues, especially in fat and connective tissues. To remove these toxins from the system, they first need to be mobilized (released from their adhesion points). Then, they can enter into the detoxification pathways. After the detoxification reactions, the resulting compounds enter into the excretion routes and are released from the body. Toxin mobilization and detoxification are slow processes and require sufficient time to become fully effective. Based on the evaluation of your health and physical condition, your healthcare professional may recommend other products to be used prior to, in conjunction with, or after the use of CLEARVITE-SF™ (K24) or CLEARVITE-PSF™ (K84). Such products are designed to better prepare you for the detoxification process. They may help you detoxify gently, leaving behind cells that are well-nourished with plenty of stored nutritional cofactors to continue the process. It is most important that you follow the dietary and other recommendations made by your healthcare professional to get the best results. First-time users of the CLEARVITE™ Program are encouraged to complete the three-week (21-day) plan. The two-week (14-day) plan is designed to be used as a follow-up plan.

## An effective detoxification program may result in:

- Healthy energy
- A feeling of well-being

To prevent any confusion or mistakes, make notes on your calendar regarding the number of servings of CLEARVITE-SF™ (K24) or CLEARVITE-PSF™ (K84) to be taken each day.

If you are on any medications, continue taking them as recommended by your healthcare professional. Only your healthcare professional can change the schedule or the dose of your medications. Inform your healthcare professional if you experience any digestive problems or other discomfort while on this program. Your primary healthcare professional should determine any deviation from the recommended plan.



## Three-Week Plan (21 Days)

Days Phases	Number of Servings	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		

## Two-Week Plan (14 Days)

Days Phases	Number of Servings	Time to Take		
		Breakfast	Lunch	Dinner
Days 1 and 2 Preparation Phase 1	1 Serving†	One Serving Before Breakfast		
Days 3 and 4 Preparation Phase 2	2 Servings†	One Serving Before Breakfast		One Serving Before Dinner
Days 5 to 10 Detoxification	3 Servings†	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 11 and 12 Completion Phase 1	2 Servings†	One Serving Before Breakfast		One Serving Before Dinner
Days 13 and 14 Completion Phase 2	1 Serving†	One Serving Before Breakfast		

†If using CLEARVITE-PSF™ (K84), use 2 scoops for each serving.

## Daily Diet Samples (organic)

Preparation Phase 1 or Completion Phase 2	Preparation Phase 2 or Completion Phase 1	Detoxification Phase
<u>CLEARVITE-SF™ (K24)</u> or <u>CLEARVITE-PSF™ (K84)</u> Before breakfast 1 Serving†	<u>CLEARVITE-SF™ (K24)</u> or <u>CLEARVITE-PSF™ (K84)</u> Before breakfast 1 Serving†	<u>CLEARVITE-SF™ (K24)</u> or <u>CLEARVITE-PSF™ (K84)</u> Before breakfast 1 Serving†
<b>BREAKFAST</b> Turkey Fruit	<b>BREAKFAST</b> Turkey bacon Green apple	<b>BREAKFAST</b> Quinoa hot cereal (found at health food stores) Mixed fruit
<b>MID-MORNING SNACK</b> A handful of raw pumpkin or sunflower seeds	<b>MID-MORNING SNACK</b> Taro chips (found at health food stores)	<b>MID-MORNING SNACK</b> Carrot sticks
<b>LUNCH</b> Salad with olive oil and lemon juice Salmon filet (wild)	<b>LUNCH</b> Salad with chicken, olive oil, and lemon juice	<u>CLEARVITE-SF™ (K24)</u> or <u>CLEARVITE-PSF™ (K84)</u> Before lunch 1 Serving†
<b>MID-AFTERNOON SNACK</b> Banana 1 oz raw nuts or nut butter <sup>◇</sup>	<b>MID-AFTERNOON SNACK</b> A handful of raw cashews <sup>◇</sup>	<b>LUNCH</b> Salad with raw nuts <sup>◇</sup> and seeds, avocados, olive oil, and lemon juice
<b>DINNER</b> Chicken breast (broiled) Steamed vegetables	<u>CLEARVITE-SF™ (K24)</u> or <u>CLEARVITE-PSF™ (K84)</u> Before dinner 1 Serving†	<b>MID-AFTERNOON SNACK</b> Dried mangos and nuts <sup>◇</sup>
<b>BEDTIME SNACK</b> Rice crackers with raw almond butter*	<b>DINNER</b> Fish** Brown rice Vegetables (raw or lightly steamed)	<u>CLEARVITE-SF™ (K24)</u> or <u>CLEARVITE-PSF™ (K84)</u> Before dinner 1 Serving†
	<b>BEDTIME SNACK</b> Hummus and cucumber	<b>DINNER</b> Baked potato Brown rice Lightly steamed vegetables
		<b>BEDTIME SNACK</b> Raw flaxseed crackers

†If using CLEARVITE-PSF™ (K84), use 2 scoops for each serving.

◇Watch for allergies, such as peanuts.

\*\*Select fish that are less prone to heavy metal contamination.

# CLEARVITE™ Program

A specific dietary plan is recommended with the CLEARVITE™ Program. This plan is known as an “elimination dietary program,” because it 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.



The caloric requirements of different individuals vary significantly. To meet your caloric and nutritional needs, you can modify the food choices in the Daily Diet Samples. Remember that each serving of CLEARVITE-SF™ (K24) includes approximately 120 calories, 12 grams of protein, and 15 grams of complex carbohydrates. Each serving of CLEARVITE-PSF™ (K84) includes 67.4 calories, 10 grams of protein, and 4.6 grams of complex carbohydrates.† The basic nutritional guidelines to follow while on this program are: *Eat according to your appetite. Do not overeat. Select the most nutritional foods (organic dark greens). Include foods that offer soluble and insoluble dietary fibers. Drink plenty of fresh water.*

 For a variety of delicious recipes using CLEARVITE-SF™ (K24) or CLEARVITE-PSF™ (K84), please visit our website, [www.clearvite.info](http://www.clearvite.info).

## The CLEARVITE™ Program

Two-Week Plan	Three-Week Plan	Servings of CLEARVITE-SF™ (K24) or CLEARVITE-PSF™ (K84)	Dietary Plan to Follow
Days 1 and 2	Days 1 to 4	<b>Preparation Phase 1</b> One Serving† Daily: Before Breakfast	<p><b>FOODS TO EAT/DRINK:</b></p> <ul style="list-style-type: none"> <li>• Fresh water (8-10 glasses a day), herbal teas, green tea, fruit juices (no sugar added), vegetable juices</li> <li>• Grain foods made from rice, millet, quinoa, buckwheat, or tapioca</li> <li>• Fresh fruits, vegetables, beans (navy, white, red, kidney, etc), peas (fresh, split, snap)</li> <li>• Fish** (not shellfish) and moderate amounts of chicken, turkey, and lamb</li> <li>• Olive oil (flaxseed oil in moderation)</li> </ul> <p><b>FOODS TO AVOID:</b></p> <ul style="list-style-type: none"> <li>• Any food that you are allergic to</li> <li>• Dairy (milk, cheese, yogurt, butter), eggs, margarine, shortening</li> <li>• Foods prepared with gluten-containing cereals like wheat, oats, rye, barley; those ingredients normally found in bread, pasta, etc</li> <li>• Tomatoes and tomato sauces, corn</li> <li>• Alcohol, caffeine (coffee, black tea, sodas)</li> <li>• Soy or products made from soy, such as soy milk or tofu</li> <li>• Peanuts or peanut butter</li> <li>• Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy</li> </ul>
Days 3 and 4	Days 5 to 7	<b>Preparation Phase 2</b> Two Servings† Daily: One Before Breakfast One Before Dinner	
Days 5 to 10	Days 8 to 14	<b>Detoxification</b> Three Servings† Daily: One Before Breakfast One Before Lunch One Before Dinner	<p><b>During this phase of the plan:</b></p> <ul style="list-style-type: none"> <li>• Use any of the foods in the <b>FOODS TO EAT/DRINK</b> list above, except <b>eliminate all animal products from the diet</b> (fish,** chicken, turkey, and lamb).</li> <li>• Avoid all of the foods in the <b>FOODS TO AVOID</b> list above.</li> </ul>
Days 11 and 12	Days 15 to 17	<b>Completion Phase 1</b> Two Servings† Daily: One Before Breakfast One Before Dinner	<p><b>During this phase of the plan:</b></p> <ul style="list-style-type: none"> <li>• Use any of the foods in the <b>FOODS TO EAT</b> list above, including <b>the animal products (fish,** chicken, turkey, and lamb)</b>.</li> <li>• Avoid all of the foods in the <b>FOODS TO AVOID</b> list above.</li> </ul>
Days 13 and 14	Days 18 to 21	<b>Completion Phase 2</b> One Serving† Daily: Before Breakfast	

†If using CLEARVITE-PSF™ (K84), use 2 scoops for each serving.

\*\*Select fish that are less prone to heavy metal contamination.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Apex Energetics™ products are intended for nutritional use and health maintenance only and should not replace or delay the use of any medication.

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