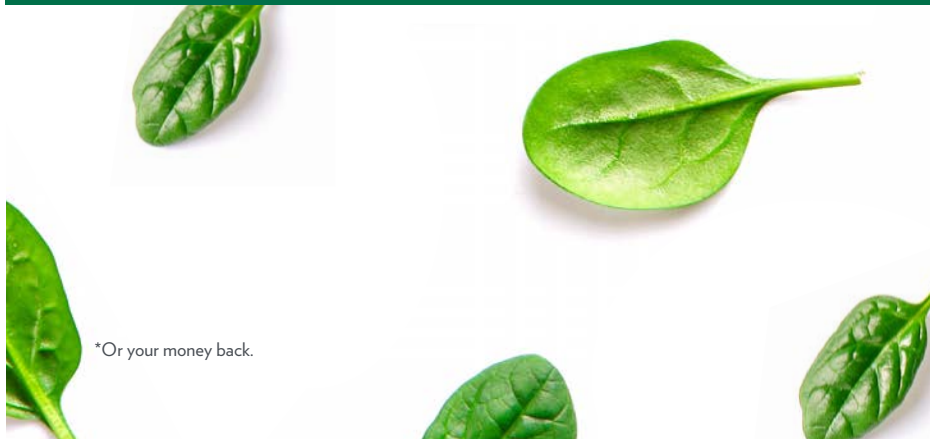




7-Day Healthy Cleanse

Feel better in one week.
Guaranteed.*

Shaklee®



*Or your money back.

Congratulations!

You've taken another step toward a healthier and happier you. This guide will help you know what to expect from your cleanse and provide tips to ensure your success.



Helps increase
focus and energy*



Helps improve
sleep quality*



Supports healthy
digestion*



Helps jump-start
weight loss*

GETTING READY: JOIN, PREP, GET EXCITED!

Set a date to begin your cleanse.

For the next 7 days you'll eat unlimited amounts of fresh vegetables and fruit; focus on 2/3 vegetables and 1/3 fruit. Be sure to stock up on veggies and fruit and prep them so you're ready to go. Avoid harder-to-digest foods including protein, dairy, grains, and others as noted in the chart to the right. A combination of Shaklee supplements – including the daily Vitalizer™ Vita-Strip® – will aid in jump-starting your health journey and provide clinically backed vitamins, minerals, and other nutrients.

*Preliminary study results showed an average loss of 6.8 pounds and 1.62 inches, plus increased focus and energy and improved sleep quality. Based on a 7-day pilot study conducted by three Shaklee Distributors – a medical doctor and two nutritionists – under the supervision of Shaklee Medical Affairs. This study also included Shaklee Alfalfa Complex.

CLEANSE: READY, SET, GRAZE!

The 7-day Healthy Cleanse[†] contains Shaklee supplements that will maximize your results.



Vitalizer™ Vita-Strip® (1)

DTX® Complex (1)



DTX® Complex (2)

Herb-Lax® (2)

- Graze on vegetables and fruit all day, ideally eating at least every 2 hours and drinking lots of water. Take your morning supplements with food.
- Eat your veggies raw or steam or sauté them with a little healthy fat, such as olive or avocado oil, to get the most phytonutrients.
- Drink at least 6–10 glasses of water each day.
- Eat a large salad with full-fat dressing or a vegetable stir-fry with a starchy vegetable for your evening meal. Take your evening supplements with food.
- Take your 2 Herb-Lax tablets with a glass of water before bedtime.

FOODS AND BEVERAGES TO EMBRACE

VEGETABLES:

Asparagus
Beets
Bell peppers
Bok choy
Broccoli
Carrots
Celery
Collard greens
Cucumber
Eggplant
Green beans
Jicama
Kale
Leeks
Lettuce
Mushrooms
Mustard greens
Radishes
Spinach
Summer squash
Swiss chard

Watercress
Winter squash

Limit the following to no more than 1 serving per day:

Avocado (*limit to 1/2–1 per day*)
Rutabagas
Sweet potatoes
Turnips
Yams



BEVERAGES:

Non-caffeinated green or herbal teas
Filtered water
Fresh vegetable juices (although best to eat whole vegetables and fruit)
Sparkling water
Unsweetened beverages
Zero-calorie beverages



FATS:

Healthy fat such as extra virgin olive oil or avocado oil = 1 to 2 tablespoons per day for salad dressing or sautéing.



CONDIMENTS:

All herbs and spices – fresh and dried.
Veggies can be dipped in mustard or fresh salsa.



SWEETENERS:

Stevia



FOODS AND BEVERAGES TO AVOID



VEGETABLES:

Canned veggies.

FRUIT:

Dried fruit and coconut.

PROTEINS:

Meat, fish, tofu, beans.

BEVERAGES:

Alcohol
Soft drinks
Fruit juices
Energy drinks
Caffeinated beverages
Dairy and dairy alternatives
(including almond, cashew, coconut, soy milks, etc.)



FATS:

All unhealthy oils, such as coconut oil, and commercial salad dressings.

OTHERS:

Grains
Nuts and seeds
Processed foods

CLEANSE RECIPE IDEAS

HONEYCRISP APPLE AND KALE SALAD

INGREDIENTS
1/2 tsp. ground cinnamon
10 oz. kale, shredded
2 Honeycrisp apples, thinly sliced
Handful pomegranate seeds
Homemade dressing

DRESSING

2 Tbsp. extra virgin olive oil
2 Tbsp. lemon juice
1 shallot, thinly sliced
1 Tbsp. fresh thyme leaves
Pepper, to taste
1 pinch crushed red pepper flakes

DIRECTIONS

Prep and massage kale to soften the leaves, if desired. Combine ingredients in a large bowl and toss with dressing.

CAULIFLOWER POPCORN

INGREDIENTS
1 head cauliflower
1 Tbsp. olive oil
Dash pink Himalayan sea salt

DIRECTIONS

Chop cauliflower finely and lay flat on a baking sheet. Drizzle with olive oil and salt. Roast at 450 degrees F 20–25 minutes until golden brown.

For more recipes, plus other information and tips, visit ca.shaklee.com.

POST-CLEANSE: FEEL HEALTHIER, MORE ENERGIZED, MORE FOCUSED!

You've completed your Healthy Cleanse! What's next?

A STRIP AND A SHAKE A DAY

For ongoing nutritional support, continue with Vitalizer™, our clinically supported multi-nutrient strip, and start your day with Life Shake™, a healthy meal replacement, to get you ready to take on anything life throws your way.

Continue to eat plenty of fresh vegetables and fruit as you gradually introduce additional healthy foods back into your diet.

Make health and nutrition a priority by keeping up your routine every day and enjoying the benefits of a healthy lifestyle.





**7 DAYS TO A
HEALTHIER,
HAPPIER YOU.**

#ShakleeCleanse

@ShakleeCanada



THE SHAKLEE DIFFERENCE™



**Our products are safe, proven,
and 100% guaranteed.**

At Shaklee, we never sacrifice safety and purity for efficacy. We create safe products that do what we say they'll do – every single time. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year.

The recommended use of the 7-day Healthy Cleanse program is one to two times per year.

CAUTION: this program and is not intended for use by anyone under the age of 18 or during pregnancy or breastfeeding. If you have diabetes, hypoglycemia, or any chronic health condition, and are under the care of a physician, please discuss the use of Healthy Cleanse with your physician before starting the program.

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