

DAILY MAINTENANCE PROGRAM

The Vit-Ra-Tox 7 Day Cleansing Program kit can be used on a daily basis to ensure good nutrition and proper elimination. The whole food supplements provide vitamins, minerals, enzymes and raw food, while the Cleansing Drink provides fiber and mucilage that supports normal bowel function. By taking the products once or twice a day, you can be sure that your bloodstream is properly nourished and kept clean. When the bloodstream is clean and well-nourished, every cell of the body benefits directly.

Note: When used once daily as directed here or on the bottle, the contents of a 7 Day Cleansing Program kit will last approximately 30 days.

	Immediately upon rising:	Take a Cleansing Drink
	Mid-morning or with lunch:	Take whole food supplements
<i>If taking twice daily:</i>	Mid-afternoon or with dinner:	Take whole food supplements
	Before retiring for the night:	Take a Cleansing Drink

Cleansing Drink

Items needed:

1. One bottle of #16 Detoxificant (hydrated Bentonite)
2. One bottle of #19 Intestinal Cleanser (powdered psyllium seed & husk)
3. Jar with tight fitting lid (about 12 oz. size), or hand blender
4. Juice (2-4 oz.), 100% juice, not sweetened
5. Water

Directions:

- Put 2-4 oz. of juice (about 1 inch, enough for flavor) into glass or jar.
- Add water (1/2 to 1 cup)
- Add 1 tablespoon of #16 Detoxificant and 1 heaping teaspoon of #19 Intestinal Cleanser.*
- Blend or cover jar and shake vigorously for several seconds.
- Drink quickly before jelling action starts.
- Drink another glass of water immediately.
- Wait at least 30 minutes before consuming any other food or drink (except juice or water)

* Some people prefer to take the #16 Detoxificant separately so the Cleansing Drink is not as thick. Also, the #19 Intestinal Cleanser can be added to the juice and mixed prior to addition of the #16 Detoxificant in order to make sure the psyllium dissolves completely.

Whole Food Supplements

Take the following with juice or water:

1. 4 capsules - #53 Wheat Germ Oil
2. 12 tablets - #22 GreenLife[®]
3. 2-4 tablets - #57 Natural Source Vitamin C
4. 4 tablets - #48 Whole Beet Plant Juice Tablets (available in the Deluxe kit)

Because there are no herbs, stimulants, or synthetic ingredients, these products can be taken safely on a daily basis for the rest of your life to assist in maintaining a healthy bloodstream and optimum health.