



Smart Cleanse™ Detoxifying Programs

There are two programs available, both of which will produce significant detoxification. The first involves a 72-hour fast of only lemon juice in water. While this can produce the deepest detox, not everyone can fast or may not prefer to fast. For these individuals we have an alternative program that may be completed along with food.

The 72-Hour Detoxification Program With Smart Cleanse

Begin by making up 2-3 quarts of distilled water with lemon juice added to taste. You may also add some honey or other sweetener for taste.

Days 1-3: Consume 2-3 quarts of the lemon water per day. Take 4 Smart Cleanse twice per day with at least 8 or more ounces of the lemon water.

Day 4: Add vegetable and fruit juices to your program (no citrus juices) Consume 4 capsules of Smart Cleanse twice per day

Day 5: Add steamed veggies Continue with the SmartCleanse

Day 6: Add fresh fruits (no citrus) Continue with SmartCleanse

Day 7: Reduce Smart Cleanse to 2 capsules twice per day this day forward. Add whole grains and cereals

Day 8: Add chicken and fish back into the diet

Day 9: Same as day 8

Day 10: Add red meats into diet if you consume them

Day 11: Stop the Smart Cleanse. You should now be consuming your full regular diet at this point. Cleanse is finished.

Alternate Detoxification For Those Who Cannot Fast

This is a 14-day program:

Days 1-3 Eliminate all concentrated proteins from the diet and consume steamed vegetables and lemon water as above. Use 4 SmartCleanse capsules twice per day

Days 4-5 Add fresh fruits and raw veggies back into diet. Continue with SmartCleanse as above.

Days 6-7: Add chicken and fish back into your diet. Continue with SmartCleanse as above.

Days 8-14: Add back all grains and other concentrated proteins normally in your diet. Reduce Smart Cleanse to 2 capsules twice per day on these days. Cleanse is finished.