

Go Detox

14-day cleansing program

**Directions for use from the creator of the program,
Dr. Albert Zehr, Ph.D. in Nutrition Science.**

Go Detox program is an effective program that cleanses the digestive system, helps detoxify the body and restore a healthy internal environment.

The program is designed to offer the most benefit with the least impact on your everyday life. For maximum effect, we suggest changes to your diet during the program to provide your body with the necessary nutrients throughout the 14-day detoxification process. This will help ensure the body's systems are functioning properly as well as normalize the vitamin/mineral balance.

Go Detox is not a weight loss program. It is a comprehensive detox and cleansing regimen. During the program, you might lose weight while cleansing the digestive system and following its dietary guidelines.

It is recommended to drink water supplemented with Coral-Mine for at least 2 weeks before starting the program. Coral-Mine is a supplement that helps restore the body's mineral balance, ensuring a simpler detoxification process. Drinking water supplemented with Coral-Mine, along with freshly-squeezed juices at all stages of the program, will improve your results, replenish your vitamin and mineral reserves and keep you well hydrated while removing slag and toxins.

RESTRICTIONS

- Under 18 y/o
- Pregnant or breast-feeding
- Allergies to any ingredients in the products
- If you suffered an acute infection within the past 5-6 months (acute respiratory viral infections, influenza, covid, intestinal infections, exacerbation of chronic diseases)
- If you have gallstones
- If you have been diagnosed with any type of cancer
- If you have a thyroid disease or are taking medications containing iodine.
- If you have specific gastrointestinal (GI) issues

Before going through the program, check the labels and nutritional facts. If you have questions, please check with your healthcare practitioner or physician.

**Stay healthy, in good shape.
Let the cleaning begin!**

Directions for use

Stage #1 Detox (days 1 to 7)	Stage #2 Purge (days 8 to 11)	Stage #3 Restore (days 12 to 14)
<p>Packet #1 Take the contents of Packet 1 twice a day — in the morning and in the evening with meals.</p> <p>Super-Flora Take 2 capsules in the morning, 30 minutes before breakfast.</p>	<p>Packet #2 Take the contents of Packet 2 twice a day — in the morning and in the evening with meals.</p> <p>Super-Flora Take 2 capsules in the morning, 30 minutes before breakfast.</p> <p>Go Detox Powder Add 1 packet of Go Detox Powder to a glass of water, unsweetened fruit or vegetable juice. Shake vigorously and drink immediately; then follow with a glass of water. Take it four times a day. While taking Go Detox Powder it is important to drink an adequate amount of water (at least 1.5 liters per day).</p>	<p>Packet #3 Take the contents of Packet 3 twice a day — in the morning and in the evening with meals.</p> <p>Super-Flora Day 1 of Stage 3 — take 2 capsules in the morning, 30 minutes before breakfast and 2 capsules before bed. Days 2-3 of Stage 3 — take 2 capsules in the morning, 30 minutes before breakfast.</p>

Foods to avoid:

- Alcoholic beverages
- Carbonated drinks
- Coffee, strong black tea, cocoa
- Juices and other drinks with added sugar
- Baked goods and pastry products, including pastry cream, whipped cream, and ice cream
- Any fried foods (french fries, fried fish, fried chicken, etc.)
- Canned foods, processed foods, instant porridges and instant soups
- Animal products (except for low-fat fish, salmon, and sugar-free dairy products), including milk and cheese
- Limit eggs (free range, organic) to once per week
- Salt and sugar

Recommended foods:

- Porridge made with water. No instant porridges
- Raw, stewed (in water), or boiled vegetables, fruits, berries and herbs, except those that cause gas and fermentation (like legumes, any kind of cabbage, potatoes, corn, turnips, radishes, daikon (mooli), apricots, watermelon, cherries, bananas, grapes, pears, melons, plums, fresh apples, spinach, garden sorrel, tomatoes, peas)
- Sugar-free dairy products with a fat content of 2.5 to 5% (not fat-free) (i.e. plain Greek yogurt)
- Dried fruits (less than 60 g per day)
- Raw and unsalted nuts (1-2 oz per day)
- Boiled, baked, steamed, or braised fish (i.e. salmon)
- Grains: buckwheat, oats, steamed rice
- Herbal teas and chicory root drinks; unsweetened almond milk
- Unroasted and unsalted seeds
- Fresh avocado
- Honey (no more than 2 teaspoons per day)
- Protein powder (2 tbsp per day, up to twice a day, total should not exceed more than 2 g of added sugar)
- Tahini (1 oz. or 30 g) up to twice per day
- Fermented foods: sauerkraut, kimchi
- Herbs and spices (without added salt or sugar), such as: turmeric, cinnamon, oregano, ginger