



NATUROPATHIC TREATMENT MODALITIES

Clear Change 28 Day Program



Step1: Initial Clearing	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
Day 1	0.5 scoop, 2X/day	1 package	Eat Recommended Foods
Day 2	1 scoop 2x/day	1 package	Optional
Days 3-6	2 scoop 2x/day	2 packages	Optional
Step 2: Metabolic Detoxification	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
Days 7-13	2 scoops, 3x/day	3 packages	Optional
Step 3: Reintroduction	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
Days 14-16	2 scoops, 3x/day	3 packages	Optional
Days 17-19	2 scoops, 3x/day	3 packages	Optional
Day 20	2 scoops, 2x/day	2 packages	Optional
Days 21-28	2 scoops, 1x/day	1 packages	Optional
Days 29 & Beyond: Maintenance	Ultra Clear Renew	Clear Change Daily Essentials	Dietary Guidelines*
	You're Finished! (Can continue for ongoing nutritional support. 1 scoop/day.)	You're Finished! (Can continue for ongoing nutritional support for detoxification.)	You're Finished! (Continue to slowly introduce foods if you followed the diet.)

* Please see Metagenics food guidelines and recommended recipes in the 28-Day Program handout.

Total Scoops of Ultra Clear Renew: 117 scoops = 3 Canisters

Total Clear Change Daily Essentials: 53 packages = 2 boxes

