

# MediClear®

10-DAY PROTOCOL

jump start detox



**THORNE RESEARCH**

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## How Does the MediClear® 10-Day Protocol Work?

Many of the body's systems, including the digestive system, carbohydrate metabolism, cardiovascular system, and immune system can be adversely affected as a direct result of our diets. Allergies and exposure to toxins in food, water, and the environment are being increasingly recognized as major contributing factors to health problems.

The 10-Day MediClear program is designed to help your body detoxify by providing nutrients and botanicals essential to support efficient cleansing.\* The program also gives your body a "break" from potential allergens that can be consumed on a regular basis, as well as alcohol, caffeine, and refined sugars.

*To get the best results during the 10-day protocol, the consumption of potentially allergenic and toxic foods in your diet will be reduced. Follow the list of "foods to eat and foods to avoid" on the back page. During days 4-7 you will not eat meat or fish because you will be getting the protein you need by consuming more of the MediClear product. Consider these four days a great opportunity to experiment with fun and delicious recipes.*



\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# 10 Day Program Instructions

Note: One serving of MediClear, MediClear Plus, or MediClear-SGS equals two scoops.

## Days 1-2

- One serving of prescribed **MediClear** product **once daily** in 8-10 ounces water or preferred beverage in the morning just before breakfast. Follow the food guidelines on the back, unless otherwise advised by your health-care practitioner.
- One serving of **MediBulk** **once daily** in 8 ounces water or preferred beverage (may be combined with **MediClear** product).
- One capsule of **FloraMend Prime Probiotic** **twice daily** with a meal.

## Day 3

- Increase to one serving of prescribed **MediClear** product **twice daily** in 8-10 ounces water or preferred beverage, just before breakfast and dinner and continue with food guidelines on the back.
- One serving of **MediBulk** **twice daily** in 8 ounces water or preferred beverage (may be combined with **MediClear** product).
- One capsule of **FloraMend Prime Probiotic** **twice daily** with a meal.

## Days 4-7

- One serving of prescribed **MediClear** product **three times daily** in 8-10 ounces water or preferred beverage before breakfast, lunch, and dinner. Remove all meat and fish from diet and continue with food guidelines on the back, unless otherwise advised by your health-care practitioner.
- One serving of **MediBulk** **three times daily** in 8 ounces water or preferred beverage (may be combined with **MediClear** product).
- One capsule of **FloraMend Prime Probiotic** **twice daily** with a meal.

## Day 8

- One serving of prescribed **MediClear** product **twice daily** in 8-10 ounces water or preferred beverage, just before breakfast and dinner. Continue with food guidelines on the back, slowly adding back meat and fish, unless otherwise advised by your health-care practitioner.
- One serving of **MediBulk** **twice daily** in 8 ounces water or preferred beverage (may be combined with **MediClear** product).
- One capsule of **FloraMend Prime Probiotic** **twice daily** with a meal.

## Days 9-10

- One serving of prescribed **MediClear** product **once daily** in 8-10 ounces water or preferred beverage, just before breakfast and continue with food guidelines on the back through the end of the program or as advised by your health-care practitioner.
- One serving of **MediBulk** **once daily** in 8 ounces water or preferred beverage (may be combined with **MediClear** product).
- One capsule of **FloraMend Prime Probiotic** **twice daily** with a meal.

## After day 10

- For continued digestive support, remain on **FloraMend Prime Probiotic** **twice daily** with food until bottle is complete.

## Components of Program

- 1 **MediClear®**, **MediClear Plus®**, or **MediClear-SGS™**
- 1 **MediBulk®**
- 1 **FloraMend Prime Probiotic®**



Drink plenty of water  
(8-10 glasses) and  
follow the program  
as directed by your  
health-care practitioner



## FOODS TO EAT

## FOODS TO AVOID

### Fruits

strawberries, citrus (except grapefruit), pineapple, apples, apricot, avocado, banana, blueberries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, plums, prunes, raspberries, etc. — fresh is best, or you can have unsweetened dried, frozen, or canned fruit, and limited unsweetened fruit juices

grapefruit (grapefruit can alter detoxification enzyme function for up to 72 hours), sweetened fruits (either in cans or frozen), and sweetened fruit juice

### Vegetables

arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, kale, mushrooms, okra, green peas, radishes, spinach, squash (summer and winter), sweet potatoes, taro, turnips, yams, zucchini, etc. — all fresh raw, steamed, grilled, sauteed, roasted, or juiced

corn, tomato, tomato sauce, and any creamed vegetables

### Starches

rice (white, brown, sushi, wild), potatoes, oats (gluten-free), quinoa (a surprisingly tasty grain, somewhat bland on its own, but served with a sauce or gravy — delicious), millet, tapioca, amaranth, and buckwheat

corn, plus all gluten-containing products including wheat, spelt, kamut, barley, and rye

### Breads & Cereals

products made from rice, oat (gluten-free), buckwheat, millet, quinoa, potato flour, tapioca, and amaranth

corn, plus all gluten-containing products including wheat, spelt, kamut, barley, and rye

### Legumes

all legumes including peas and lentils (except soybeans) — beans provide an excellent source of protein

soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins

### Nuts & Seeds

all nuts except peanuts — almonds, cashews, macadamia, walnuts, pumpkin seeds, brazil nuts, sunflower seeds, etc. — whole or as a nut butter

peanuts, peanut butter, and peanut oil

### Meat & Fish

fresh or frozen fish (except shellfish) such as salmon, halibut, sole, mahi mahi, cod, snapper, etc., (wild is better than farm-raised fish) — chicken, turkey, lamb, and wild game (venison, buffalo, elk, etc.) — organic, hormone-free is always best

tuna and swordfish, shellfish, beef, pork, cold cuts, hot dogs, sausage, and canned meats

### Dairy Products & Substitutes

milk substitutes such as rice milk, oat milk, coconut milk, almond or other nut milk, and egg substitutes

milk, cheese, cottage cheese, cream, butter, yogurt, ice cream, non-dairy creamers, soy milk, and eggs

### Fats

unrefined virgin oils such as olive oil, flaxseed, coconut oil, sunflower, sesame, walnut, hazelnut, and pumpkin seed — organic is best

margarine, butter, shortening, any processed or hydrogenated oils, peanut oil, mayonnaise

### Beverages

filtered or distilled water, decaffeinated tea, decaffeinated green tea, herbal tea, pure fruit juices, and mineral water

sodas and soft drinks (including sugar-free), alcoholic beverages, sweetened fruit juice, coffee, tea, and any other caffeinated beverages

### Sweeteners

brown rice syrup (gluten-free), chicory syrup, stevia, blackstrap molasses, fruit sweeteners such as LoHan fruit, pure maple syrup, honey, and evaporated cane juice sugar

white or refined sugar, high fructose corn syrup, and corn syrup

### Spices & Condiments

vinegars (except grain source), wasabi, mustard, horseradish, pesto (cheese free), and all spices

ketchup, relish, soy sauce, BBQ sauce, chutney, and other condiments

