

**100% Herbal**

**NEW!**

Mixed Berry Flavor Fiber!

# Supreme Cleanse™

**Supports Optimal Energy Through  
Gentle Detoxification & Elimination\***

**Kit Contains:**

Deep Detox™ – 28 Liquid Phyto-Caps™

Liver Cleanse – 28 Liquid Phyto-Caps™

Rejuve Gentle Daily Fiber – 110 grams

- *Now in liquid capsules!*
- *Simple 2x per day dosing*

GAIA  HERBS

A Dietary Supplement

**Gentle Two Week Program**

# **SUPREME CLEANSE™**

## **Renew and Restore Your Body's Digestion and Elimination**

### *Balance Your Body Through Internal Cleansing*

This cleanse will permit the healthy movement of toxins from tissue storage while gently cleansing the liver and nourishing the intestines,\* two important organs necessary for optimal health. These easy to follow instructions will educate you on how to eat a whole foods diet while eliminating common allergens and irritants. Most importantly, it will enable you to give your body a rest from its normal every day digestive and detoxification tasks. This will allow your body to perform at an optimal level of elimination and cleansing.

There is an incredible healing power within each of us. When we cleanse the body and mind, we support our own healing potential. When our body has eliminated much of its toxic build up, we feel physically lighter and have a renewed sense of energy.\* For many, this is why they turn to cleansing on a seasonal basis.

### **The Five Principles of Nature Cure**

There are five basic principles of “nature cure” that are important to uphold for a healthy body and mind:

- Healthy Nerve Integrity
- Healthy Blood and Lymph Integrity
- Healthy Circulation
- Healthy Assimilation
- Healthy Elimination

So long as these principles are operating in a dynamic way within the body and mind, one will remain strong and healthy. Supreme Cleanse™ supports and promotes all five principles of nature cure and will help you in maintaining your own vitality.\*

## **When to use Supreme Cleanse™**

Seasonal and dietary influences can enhance the accumulation of waste and impurities in our bodies, causing excessive irritation and inflammation. As well, in our modern industrial society the need for eliminating toxins from the body is more important than ever. We have become separated from a life of regular vigorous exercise, fresh air, clean fresh food, sunshine and the natural environment in general. Our air, water, food, medicine, landscape, and emotions all contribute to our intake of toxins. These excesses build up and are linked to the deepening of chronic “dis-ease” as we age. Periodic cleansing is a tradition that has been practiced in different cultures all over the world for thousands of years. Therefore, it is recommended to do this 14-Day cleanse periodically to remove toxins from the body before we suffer from the consequences of long term build up.

## **Effects of Seasonal Internal Cleansing**

The broad ranging influences of this seasonal cleanse are as follows:

- Protects tissues from free-radical damage due to stress from toxins\*
- Stabilizes the mucosal lining of the gut and intestines, helping to normalize digestive function\*
- Stimulates healthy lymph circulation, allowing better elimination through the kidneys and promoting vibrant skin\*
- Reduces tissue inflammation and nerve irritation caused by excessive accumulation of toxins\*
- Supports the natural role of the liver to manage the detoxification processes\*

## **Benefits and Success Indicators of Seasonal Internal Cleansing**

- Restores normal levels of energy and vitality\*
- Improves clarity and purposefulness of mind\*
- Creates healthy digestive elimination habits\*
- Clear and radiant skin\*
- Promotes healthy nutrient use by your body\*

## **Suggestions to Enhance Benefits of Seasonal Internal Cleansing**

### **Dietary Suggestions to Assist the Body**

These suggestions are optional, but with compliance could profoundly increase the benefits of using Supreme Cleanse™

#### **Foods to Avoid**

- Products containing refined sugars
- Dairy products such as milk, cheese, and ice cream
- Chocolate
- Soda and juice that is not 100% fruit or vegetable
- Alcohol
- Breads and other refined baked goods
- Fried foods
- Wheat
- Red meats
- Shellfish and high mercury fish such as swordfish
- Soy
- Also avoid all tobacco products

#### **Foods to Favor**

- Lightly steamed vegetables and vegetable soups
- Mixed green salads
- Fresh vegetable and fruit juices
- Whole grains (brown rice, millet, oats, amaranth, quinoa),
- Garlic, onions, and ginger
- Legumes such as lentils
- Fresh broiled fish: wild salmon and sardines (high Omega 3 and low mercury)
- Fresh fruits in season
- Sea vegetables
- Herbal tea (especially green tea)

## Daily Routine Suggestions

- Begin the day by drinking a glass of warm water with fresh lemon or lime juice
- Dry skin brush entire body before bathing in the morning. Brush in the direction towards your heart to increase lymphatic blood flow
- Drink water throughout the day (consider half your body weight in ounces)
- Engage in at least 20 minutes of exercise daily
- Chew solid food well until thoroughly liquefied before swallowing
- Maintain a balanced routine of rest and activity
- Try to get more sleep than usual, between 7-9 hours per night. Take a nap if the day allows.
- Consider taking time out of your day to get a massage, read a great book, find humor in your day, take a bath by candlelight, or simply unplug your TV. Most of all, thank yourself for taking time out of your busy life to complete this cleanse, and know that you are on the path of sustaining wellness.

## Ingredients of Supreme Cleanse™

- **Rejuve Gentle Daily Fiber** – Psyllium seed husk powder (*Plantago ovata*), ChiaMax™ ground Chia seed (*Salvia hispanica*), Triphala fruit extract powder: Ayurvedic herb extract blend consisting of: (*Embllica officinalis*, *Terminalia bellerica*, *Terminalia chebula*), Marshmallow root powder (*Althaea officinalis*), Deglycyrrhizinated licorice root powder extract, (*Glycyrrhiza* spp.), Ginger rhizome powder (*Zingiber officinale*), Natural berry flavor
- **Deep Detox™** – Corydalis tubers (*Corydalis yanhusuo*), Fresh Alder bark (*Alnus serrulata*), Mayapple root (*Podophyllum peltatum*), Figwort flowering herb (*Scrophularia nodosa*), Yellow dock root (*Rumex crispus*)
- **Liver Cleanse** - Rooibos aerial parts (*Aspalathus linearis*), Turmeric root (*Curcuma longa*), Dandelion root and leaf (*Taraxacum officinale*), Milk Thistle seed (*Silybum marianum*), Black Radish root (*Raphanus sativus*), Burdock root (*Arctium lappa*), Gentian root (*Gentiana lutea*), Celandine herb (*Chelidonium majus*), Fenugreek seed (*Trigonella foenum-graecum*), Red root (*Ceanothus americanus*), Ginger rhizome (*Zingiber officinale*)

## Instructions and Daily Planner for Taking Supreme Cleanse™

**Before Breakfast:** Take 2 teaspoons of Rejuve Gentle Daily Fiber in 8-10 oz. of water about ½ hour before breakfast. Shake or stir well and drink quickly before the liquid thickens. Also ½ hour before breakfast, take two capsules of Deep Detox™ with 4-8 oz of water.

**After Dinner:** 1 hour after dinner, take two capsules of Liver Cleanse with 4-8 oz of water.

	Before Breakfast	After Dinner
<b>Rejuve Gentle Daily Fiber</b>	2 tsps.	
<b>Deep Detox™</b>	2 caps	
<b>Liver Cleanse</b>		2 caps

### Remember...

It is natural to feel some changes in your body during this program. You may notice more frequent trips to the bathroom or some initial sense of “feeling lousy.” This is natural as wastes begin to move their way out of your body. You can facilitate this by drinking plenty of water through the day. You may feel somewhat weak or tired during the first 2-3 days. This is

normal and why more sleep is encouraged. Be sure you do not over exert yourself, even if you feel greater energy and vitality. During the cleanse, your energy should be focused on facilitating a successful cleansing experience. Once complete, the benefits of this cleanse will remain with you for a long time!

### Frequently Asked Questions While Cleansing

**Q: Can I take vitamins and other supplements while cleansing? What about prescriptions?**

A: Although it would do no harm to take supplements while cleansing, it is recommended to discontinue the use of other supplements and herbs during the two week seasonal cleanse. DO NOT stop taking prescription medications, consult with your doctor before using this kit, if on medications.

**Q: Is it all right to fast while doing this cleanse?**

A: Fasting is not recommended for most people during this cleanse because it is best done under the supervision of a physician. A better approach would be to eat simple, wholesome foods consisting of fresh vegetables, fresh fruits, whole grains and plenty of water.

**Q: Will I lose weight?**

A: This is variable from individual to individual but is in a large part due to how you change your diet during the course of the cleanse and then maintain that diet following the cleanse.

**Q. Are there any side effects that I should expect?**

A: Side effects are rare, although some people may notice a little bloating initially while others may feel a little nauseous or have headaches. These experiences result from the movement of toxins and the activities of the liver to clear them from the body. If these symptoms are excessive then simply reduce the dose to 1/4 of the recommended dose and gradually build the dose to the full dose as the program becomes more comfortable. Be sure to drink enough water.

**Q: Can I use the cleanse for longer than recommended?**

A: Yes. There are no laxatives found in this cleanse and it is not habit forming. You can extend the cleanse for 2-4 weeks longer if you wish. Deep Detox™ is not meant to be used long term (more than 12 weeks at a time). However, Rejuve Gentle Daily Fiber provides optimal support for daily digestive health and is appropriate for long term use.

**Q: Will there be any product left over after my cleanse?**

A: You will have enough of the Deep Detox™ and Liver Cleanse for exactly the length of this cleanse – 14 days. You may have an excess amount of Rejuve Gentle Daily Fiber left over. Feel free to continue taking it daily after your cleanse since it is recommended for long term use. Rejuve Gentle Daily Fiber is also offered outside of this kit, so consider using it to help maintain your overall digestive health.\*

*\* Use only as directed. These products are not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use. Keep away from children. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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