



# cleanse 10 DAY CLEANSE PROGRAM

10 Day Cleansing Instructions and Guidelines

AdvoCare  
Cleanse  
Support

HERBAL CLEANSE



SPARK



OMEGAPLEX



10 Tips for  
Cleansing  
Success

**Dietary suggestions that may enhance your results:**

**Eat More:**

- 1 Veggies: salads during the day and steamed at night will scrub your system
- 2 Fruit: fibrous and low glycemic choices (apples, grapefruit, berries)
- 3 Healthy Fats: avocado, nuts/seeds, olives/olive oil
- 4 Clean Proteins: feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)
- 5 Clean Complex Carbs: rice, hummus, oatmeal

**Avoid or Minimize:**

- 6 Fried foods, refined sugars, corn or white starches, or bread
- 7 Wheat products: bread, crackers, etc.
- 8 Dairy: cheese, yogurt, milk, white sauces or dressing
- 9 Alcohol: you're on a cleanse. . .hold off for 10 days
- 10 Coffee or soda: drink water or SPARK

**HUNGRY?** Eat more of the suggested foods.

Example  
Eating  
Plan

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
<b>PROBIOTIC RESTORE</b> (days 4-10) 2 glasses of water with <b>FIBER DRINK</b> (days 1-3 and 8-10) and a bowl or piece of fruit 30 minutes later.	Fruit is best for cleansing. Add in 3 hard boiled eggs or oatmeal, if needed.	Salad or veggies with lean protein and a complex carbohydrate.	Nuts, seeds, raw veggies or fruit. Rice cakes with natural peanut or almond butter.	4-6 <b>OMEGAPLEX</b> Lean protein with lightly cooked vegetables, add complex carb if needed.	Fruit  <b>Bedtime (days 1-7) HERBAL CLEANSE TABLETS</b> with water.
<b>SPARK</b> Water between meals.	Water between meals.	Water between meals.	Tired? <b>SPARK</b> up! Water between meals.	Water between meals.	Water between meals.

eat

Shoot to be 80% compliant with the above suggestions so that you get the results you want.  
Please read the enclosed Herbal Cleanse packaging DAILY for specific instructions on how and when to take the cleansing, fiber and probiotic supplements - as the routine varies during the 10 day program



**Get Yourself Fully Invested Before You Begin**

Upon completing your 10 Day Cleanse, your energy should be higher and your waistline more slim - then you'll begin the 14 Day MAX Pack toning and metabolic enhancing regimen. The energy and physical transformation you experience during the MAX Pack phase will be accelerated and enhanced by your ability to be a CHAMP during the 10 Day Cleanse. Choose to be outstanding during your cleanse so that your body can live and move at its full potential.

**Optional Add-ons**



**CATALYST** Has a rapid toning effect and preserves lean muscle during times of weight loss and exercise.

**MEAL REPLACEMENT SHAKES**  
High protein, nutrient and fiber rich shake.  
**Flavors** - vanilla, chocolate and berry