



# 6 DAY DETOX GUIDE

M I C R O K I T



WHY DETOX?



# ...TO GET YOUR LIFE BACK!



## WOULD YOU LIKE TO IMPROVE THE ODDS OF EXPERIENCING:

- more energy?\* \*\*
- longer, more restful sleep?\* \*\*
- joint comfort?\* \*\*
- greater focus and memory?\* \*\*
- healthier looking skin?\* \*\*
- a “no-crash” detox plan?\* \*\*

---

### Getting started is simple

Use the information in this booklet, along with your practitioner’s instructions and supervision, and you will be well on your way toward accomplishing your goals!

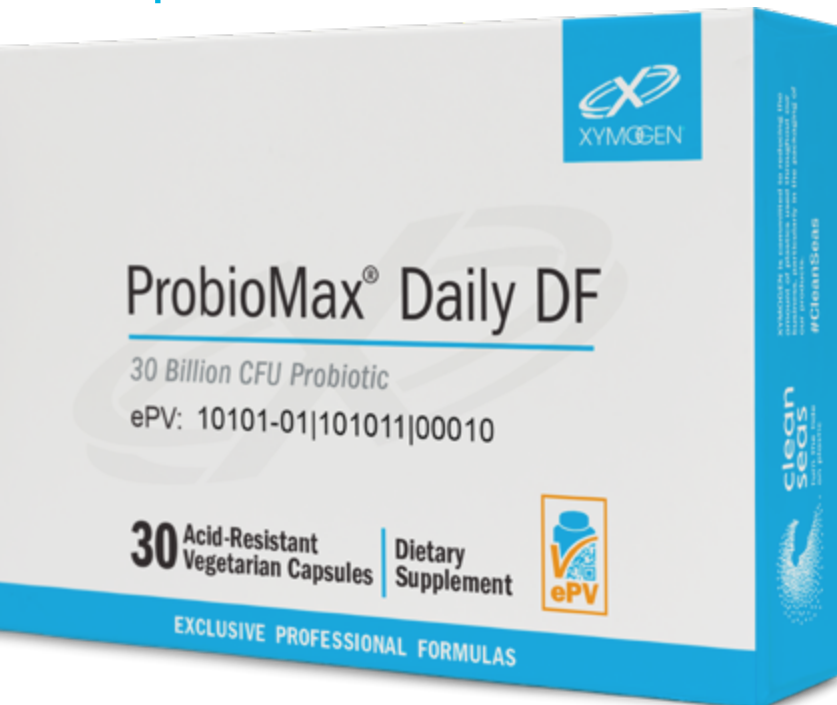
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\*These benefits represent a compilation of results of many patient cases. The reader may not experience and should not expect the same results as those achieved in other cases.

# FORMULAS TO HELP YOU ALONG THE WAY

**ProbioMax® Daily DF** is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU† per capsule. Each vegetarian capsule is sealed in nitrogen-purged aluminum blister packs to serve as protection from factors proven to compromise stability of probiotics such as heat, moisture, and oxygen. ProbioMax Daily DF provides four researched strains of beneficial bacteria, including the extensively studied HN019 strain of *Bifidobacterium lactis*. These live microorganisms have proven health benefits and well-established safety, and have been tested for epithelial cell adhesion and/or resistance to low pH.\*

† CFU = Colony-Forming Unit





**OptiCleanse® GHI Sugar- & Stevia-Free<sup>‡</sup>** is a comprehensive, monk-fruit-extract-sweetened, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features VegaPro™, XYMOGEN's proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, OptiCleanse GHI Sugar- and Stevia-Free<sup>‡</sup> addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.\*

<sup>‡</sup>This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel on the label at [www.xymogen.com](http://www.xymogen.com).

\*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.



**ColonX™** is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.\*



**Drainage** combines homeopathic liver “drainers” with homeopathic remedies that are known to support excretory function. Drainage focuses on the liver, kidney, and colon functions while addressing symptoms associated with toxicity.\*

\*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.

# THREE IMPORTANT COMPONENTS FOR A SUCCESSFUL CLEANSE

---

## Hydration

Water is essential for adequately hydrating cells and ensuring a successful cleanse. You should drink at least two quarts of water daily, preferably filtered through an absolute 1 micron water filter or by reverse osmosis for the best purity. A good rule of thumb to follow is to take your weight, divide it in half, and consume that number in ounces of water per day. So, a 150-pound person should drink 75 ounces of water daily.





---

## Exercise

As your practitioner will tell you, exercise is an important component of a healthy lifestyle, but it is also an important component of a healthy cleanse. If you don't already have an exercise routine, you should work with your practitioner to develop one that works for you. Not only can exercise help you control weight and combat a variety of health problems, exercise can also help improve your mood and energy levels and help you get more restful sleep. However, while you are cleansing, it is recommended that you keep your exercise routine mild (such as brisk walking or light cardio) and avoid very strenuous exercise as this can hinder the success of your cleanse.



---

## Rest

Your body's cells go into "repair mode" at night, which is why it's essential to get seven to eight hours of sleep per night, especially during a cleanse. Adequate sleep can also help you fight off stress and cravings for carbohydrates and sugary foods. A sufficient, regular sleep schedule is also important for everyday health. As suggested by numerous studies, not getting enough sleep on a regular basis can negatively impact many different components of health, including increasing a person's risk of developing certain diseases.



# DIETARY SUPPLEMENT SCHEDULE



## TWO DAYS BEFORE STARTING THE DIET AND SHAKES<sup>§</sup>:

1. Swallow two capsules of ColonX with water at bedtime. If your GI tract is experiencing optimal elimination, take only one capsule of ColonX with water at bedtime or as directed by your healthcare practitioner.
2. Each morning and evening, take six drops of Drainage on your tongue 10 minutes before or 30 minutes after consuming food or brushing your teeth, or as directed by your healthcare practitioner.

Note: Not often, but sometimes, the combination of ColonX and Drainage increases the frequency of bowel movements and may cause loose stools. If this occurs, reduce the ColonX dosage.

Formula	Dose	When	Notes
ColonX	2 capsules daily with water	bedtime	If good bowel regularity and stool consistency, may use 1 capsule
Drainage	6 drops twice per day	upon rising and near bedtime	Place on tongue 10 minutes before or 30 minutes after food or toothpaste

<sup>§</sup>Sensitive patients: see page 18 for specific guidelines.



## DURING YOUR CLEANSE§:

1. Continue to take one or two capsules of ColonX at bedtime as above, or as directed by your healthcare practitioner.
2. Continue to take six drops of Drainage twice per day as above, or as directed by your healthcare practitioner.
3. Upon rising or at bedtime, swallow one capsule of ProbioMax Daily DF with water, or as directed by your healthcare practitioner.
4. Consume OptiCleanse GHI Sugar- & Stevia-Free shake(s) according to the shake schedule below, or as directed by your healthcare practitioner.

Formula	Dose	When	Notes
ColonX	1-2 capsule(s) daily with water	bedtime	Dose based on bowel regularity and consistency
Drainage	6 drops twice per day	upon rising and near bedtime	Place on tongue 10 minutes before or 30 minutes after food or toothpaste
ProbioMax Daily DF	1 capsule daily with water	upon rising or bedtime	Practitioner may recommend increased dose
OptiCleanse GHI Sugar- & Stevia-Free	1-2 shakes daily	breakfast and snack	See shake schedule on page 17. May substitute for lunch or dinner protein occasionally

§Sensitive patients: see page 18 for specific guidelines.

# EASY STEPS

- Choose Your Foods
- Design Your Menus
- Make Your Shakes



A large part of your cleanse involves eliminating certain foods from your diet that commonly trigger allergies or sensitivities or that may interfere with your body's natural detoxification processes. Even though some of your favorite foods might be on this list, remember that these dietary guidelines still leave you with nutritious, tasty foods to enjoy! Cleansing your body of toxins isn't about starving yourself; it's about making small improvements in your diet to improve your health. These guidelines focus on good, whole foods, such as fresh or frozen fruits and vegetables and quality sources of protein, while eliminating those foods that could be keeping you from looking and feeling your best.

# STEP 1: CHOOSE YOUR FOODS

Depending upon the season of the year, where you live and your food budget, buying everything organic is not always realistic. To the best of your ability, try to select locally grown, organic produce; non-GMO products; grass-fed, free-range protein; and wild fish from cold, deep waters. Use the options listed in the “Eat These” column of the Modified Elimination Diet (pages 15 and 16). If your options are limited, be aware that some non-organic produce is likely to have more pesticide residue than others. The foods contained on the tables below reflect pesticide testing data from the U.S. Department of Agriculture and the Food and Drug Administration.

## Buy Organic ONLY

Apples
Celery
Cherry Tomatoes <sup>  </sup>
Cucumbers
Collards
Hot Peppers <sup>  </sup>
Kale
Nectarines
Peaches
Potatoes <sup>  </sup>
Snap Peas (Imported)
Spinach
Strawberries
Sweet Bell Peppers <sup>  </sup>

## OK to Buy Non-Organic

Asparagus
Avocados
Cabbage
Cauliflower
Eggplant <sup>  </sup>
Grapefruit <sup>  </sup>
Kiwi
Mangoes <sup>  </sup>
Onions
Papayas
Pineapple
Sweet Corn
Sweet Peas (Frozen)
Sweet Potatoes



<sup>||</sup> These foods are not included within the “Eat These” options of the Modified Elimination Diet.

# STEP 2: DESIGN YOUR MENUS

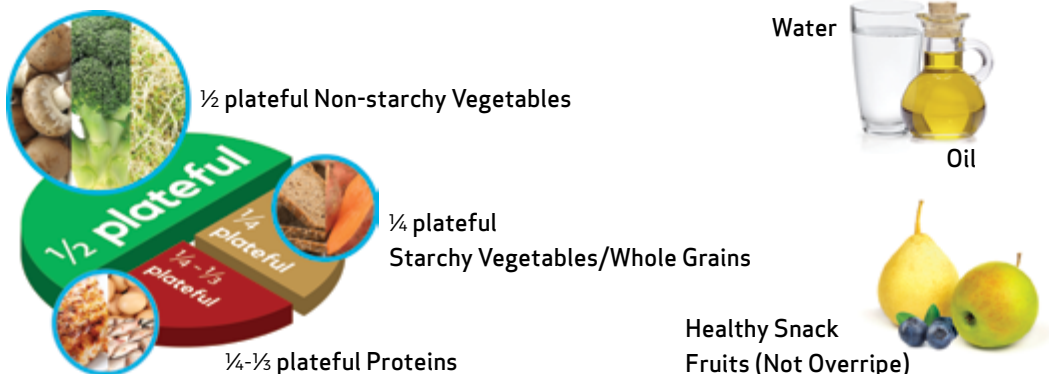
Choose foods from the “Eat These” column under the Modified Elimination Diet to arrange three meals per day. You may also add the occasional snack. Unless your practitioner has made specific recommendations regarding the amount and distribution of carbohydrates, proteins, and fats for each meal, select at least one source of protein, carbohydrate, and fat per meal. Examples of foods in each macronutrient category:

<b>Proteins</b>	animal sources, poultry or fish, eggs, nuts, nut butters, beans
<b>Carbohydrates</b>	fruits, vegetables, beans, breads, cereals, pasta, grains
<b>Fats</b>	butter, oils, coconuts, nuts, nut butters, avocados, naturally occurring fats in protein sources

Some foods fall into more than one category because they are fairly good sources of each. Beans are not complete protein sources as they lack certain amino acids. To complete their protein content, combine beans with a grain or consume with another protein source.

Select a variety of colorful foods at each meal – your plate should look like a rainbow. Now is a great time to experiment and try new foods, and don’t forget to make use of leftovers. The goal is to try to eat a wide a variety of foods, but not just over the course of your cleanse. Try to maintain these habits for life.

## HEALTHY EATING



# MODIFIED ELIMINATION DIET

Food Group	EAT THESE (preferably organic) Avoid foods that trigger allergies/sensitivities	DON'T EAT THESE
Meat, Poultry, Fish, Legumes	Poultry, lamb, rabbit, bison, venison, coldwater fish (sardines, salmon, trout, halibut, etc.); legumes, such as dried peas, beans, lentils	Beef, pork, veal, cold cuts, frankfurter, sausage, canned meats, tuna, mackerel, shellfish, and any preparations with added solution. Note: Eggs, especially whites, tend to be allergenic. Avoid eggs unless practitioner approved
Dairy Products	Unsweetened milk substitutes, such as rice, almond, coconut, hemp milk; vegan-style rice cheese; unsweetened cultured coconut milk	Milk, soy milk <sup>¶</sup> , goat milk, buttermilk, cheese, ice cream, puddings, non-dairy creamers, commercial yogurts, cream soups, creamed vegetables, soy cheese <sup>¶</sup> , casein/caseinate-containing rice cheese
Starches, Breads, Cereals	Sweet potato, yucca, taro, arrowroot, tapioca, cassava, amaranth, teff, millet, buckwheat, quinoa, brown/wild/basmati rice, beans, peas, plus any 100% whole-grain cereal or baked goods made from the above or any other gluten-free and allowed ingredients	Potatoes (other than sweet potatoes), all gluten-containing cereals, flours, or baked goods (wheat, rye, barley, kamut, spelt, farro, triticale, malt), yeast (unless practitioner approved), soy <sup>¶</sup> , oats <sup>¶</sup> , corn <sup>¶</sup> , and products made from these, unless practitioner approved
Vegetables	All vegetables (except those in the “Don’t Eat” column) fresh, frozen, or freshly juiced, especially cruciferous vegetables, such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, watercress, radish, turnip, turnip greens, kohlrabi; vegetables in the lily family, such as asparagus, chives, garlic, leeks, onions, shallots, yucca	Canned vegetables, creamed vegetables, vegetables prepared with cheese, butter sauce, or other type of sauce or prohibited ingredients, vegetables in commercially prepared casseroles, vegetables in the nightshade <sup>¶</sup> family, including eggplant, peppers, potatoes, tomatoes, tomatillos
Fruits	Preferably whole and fresh or unsweetened frozen and low-glycemic; all berries, apples, plums, apricots, etc.	Overly ripe fruit, high-glycemic fruits (pineapples, raisins, ripe bananas, dates, watermelons, etc.), highly allergenic fruits (citrus, mango), sulfite-containing or canned fruits, sweetened fruit drinks, jams, jellies, syrups

<sup>¶</sup>Many individuals requiring a gluten-free diet may tolerate oats and oat products. Use oats only if your practitioner approves. Use soy only if practitioner approved. Nightshades also include pimento and paprika; black and white pepper are not nightshades.



# MODIFIED ELIMINATION DIET

Food Group	EAT THESE (preferably organic) Avoid foods that trigger allergies/sensitivities	DON'T EAT THESE
Fats, Oils, Nuts	Extra virgin olive oil, unrefined coconut oil, butters (ghee, pumpkin, squash seed), salad dressings (made from allowed ingredients, preservative/additive free), nuts, unsweetened nut butter made from nuts to which there is not sensitivity or allergy (not > 2 tbsp per day)	Margarine, shortening, unclarified butter, refined oils, salad dressings and spreads, peanuts, nuts/nut butters prepared with extra fat and/or sugar, dry-roasted nuts
Soups	Clear, vegetable-based broth, homemade soups with allowed ingredients	Commercially prepared soups or cream soups, tomato-based soups, bouillon soups with gluten-containing grain (barley, wheat pasta, etc.) or made with any other prohibited ingredient, any soup containing MSG and/or yeast
Beverages	Unsweetened, freshly prepared vegetable juices from allowed vegetables, filtered water, caffeine/citrus-free herbal tea	Milk, coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus, fruit juices (unless practitioner approved), caffeinated herbal teas
Sweeteners	Stevia, xylitol (as tolerated), and sweeteners present in XYMOGEN's functional food shakes	Brown sugar, honey, molasses, maple syrup, agave, fructose, all artificial sweeteners
Condiments	Salt-free herbs and seasonings, such as basil, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, savory, tarragon, turmeric, iodized sea salt (if practitioner approved)	Salt, soy sauce, mayonnaise, ketchup, balsamic or rice vinegar, salsa, chili pepper, pepper flakes, paprika, cayenne

To ensure optimal detoxification, be sure to stick to foods in the "Eat These" column of this modified elimination diet list. These foods were chosen because they are nutrient dense, easy to digest, non-fermented, non-refined, low glycemic, low allergy, and low on the food intolerance/sensitivity spectrum. They are also free of gluten, nitrates, MSG, high-fructose, trans/hydrogenated fats, hormones, and antibiotics.





# STEP 3: MAKE YOUR SHAKES

The functional food shake your practitioner has recommended is a vital part of your detox plan. Consume it in the amount and frequency noted, or as directed by your practitioner. To maximize your enjoyment, mix it up by trying some of the shake recipes below.

## DIRECTIONS:

Blend, shake, or briskly stir the contents (53 g) of **OptiCleanse GHI Sugar-& Stevia-Free Vanilla Delight** into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume as your breakfast or as a snack. Consume according to the schedule in this guide, or use as directed by your healthcare practitioner.

### A Berry Delicious Shake

10 oz. cold, filtered water  
1-2 oz. crushed ice  
½ packet OptiCleanse GHI Sugar-& Stevia-Free Vanilla Delight  
5 medium frozen blackberries  
5 medium frozen blueberries  
7 pecans  
Combine in blender; mix until smooth.

### Chai Tea Shake

½ cup water  
5 or 6 ice cubes  
1 packet OptiCleanse GHI Sugar-& Stevia-Free Vanilla Delight  
½ cup liquid Chai tea (no added sweeteners)  
Combine in blender; mix until smooth.

### Cherry Vanilla Shake

1 cup water  
3 to 4 ice cubes  
1 packet OptiCleanse GHI Sugar-& Stevia-Free Vanilla Delight  
8 frozen cherries  
Combine in blender; mix until smooth.

### Pumpkin Pie Spice/Café Shake

1 ½ cups ice and water (or cold decaf coffee)  
½ packet OptiCleanse GHI Sugar-& Stevia-Free Vanilla Delight  
½ tsp pumpkin pie spice or to taste  
Combine in blender; mix until smooth.



## SHAKE SCHEDULE

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<b>Breakfast</b>	Shake	Shake	Shake	Shake	Shake	Shake
<b>Snack(opt)</b>						
<b>Lunch</b>						
<b>Snack(opt)</b>			Shake <sup>o</sup>	Shake <sup>o</sup>	Shake <sup>o</sup>	Shake <sup>o</sup>
<b>Dinner</b>						
<b>Snack(opt)</b>						

<sup>o</sup>This shake may be used at bedtime if preferred.

# GUIDELINES FOR SENSITIVE PATIENTS

If you are considered a reactive or “delicate” person, it could be due to one of a variety of reasons, including a high exposure to toxins, poor detoxification support, or a genetically altered ability to detoxify. Sensitive patients are like “weather vanes.” Any gust or change in the wind may affect them—from foods to perfumes and household cleansers to cosmetics—because they are already overburdened.\*

Using the rule “**START LOW, GO SLOW**” is the best way for a sensitive person to detox. If you develop a dull headache or a gut response with the introduction of OptiCleanse GHI Sugar- & Stevia-Free Vanilla Delight, you will need to take things slowly and in small steps. These responses are *not from the product* but rather from the *release of toxins* from your cells as your body works to eliminate them. The body wants toxic compounds to be released so that the metabolism of the cell can work as it should.\*



Sensitive patients should follow the modified dietary supplement schedule below.

**Drainage** – Six drops upon arising and six drops near bedtime is recommended for everyone. You should not consume food, or use toothpaste, during the 30 minutes before or 10 minutes after you take the dose.

**ColonX** – One or two capsules taken at bedtime allow the bowel to evacuate gently and more completely. NEVER DETOX if you are constipated. The goal is to get the toxins out. Begin taking ColonX two nights BEFORE starting OptiCleanse GHI Sugar- & Stevia-Free to ensure a functioning bowel.\*

**ProbioMax Daily DF** – Take one capsule either upon arising, before Drainage, or near bedtime for one month. If needed, you can take it for a longer amount of time. This probiotic assists in balancing your gut ecology.\*

**OptiCleanse GHI Sugar- & Stevia-Free Vanilla Delight** – The comprehensive pea/rice protein in this formula allows gentle detoxification while it supports gastrointestinal comfort and function. Free of reactive ingredients, like gluten, soy, GMOs, artificial compounds, and more, OptiCleanse GHI Sugar- & Stevia-Free can assist you in ridding your body of troublesome toxins. You can enjoy better health and vitality, while reducing your sensitivity to a toxic world. OptiCleanse GHI Sugar- & Stevia-Free started at half of a packet, one time per day, for two to five days. The increase to one half of a packet two times per day should happen after the assurance that there will be no uncomfortable detox response. Each increase should be maintained for two to five days before advancing to the higher dose. Ultimately, dosing should cap at one packet, twice per day, with the first serving as breakfast and the second as a late-afternoon snack.\*

If you experience any instance of discomfort, return to the previous dose for two days, then increase again. Stay optimistic, your patience will be well-rewarded!\*



\*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.

## What If I Want to Extend My Detox Further?

After six days on the plan, you may find that you want to extend your detox. We recommend that you seek your practitioner's approval and further guidance.

## What Would an Extended Detox Look Like?

An extended plan would look much the same as the 6-Day. Your practitioner may suggest minor tweaks to the Modified Elimination Diet. He or she will either assist you to structure a personalized shake schedule or offer you a pre-designed 12-day or 28-day schedule.

## How Often Should I Detox?

It's reasonably common practice to detox two to four times per year—usually with a change in season—but it really depends on your lifestyle. There is no reason why you can't detox more often if you feel the need to and your practitioner approves.



For more information visit: [xymo.co/mdetox](http://xymo.co/mdetox)

Or scan this code with your smart phone

## **XYMOGEN®**

Exclusive Professional Formulas  
6900 Kingspointe Parkway  
Orlando, FL 32819

Tel: 800-647-6100  
Fax: 407-445-0204

[www.xymogen.com](http://www.xymogen.com)

ISSN 1234-1010



Rev. 05/06/19

DRKMB00K