

## SUPPLEMENTS TO RECOMMEND FOR THE 21 DAY DETOX

The Easy Step Program (see brochure) is divided into three sections to allow for a comprehensive detoxification and is referred to below as the 'Full Detox'.

The 'Basic Detox' maintains the dose as described in the basic format below, but also follows all dietary recommendations. This is suitable for someone requiring a more modest level of detoxification support.

### BASIC DETOX

PRODUCT	DOSE	FREQUENCY	RRP	21 DAYS
<b>Nutriclear (836g) Or</b>	2 scoops	Twice a day	£45.65	£91.30
<b>Nutriclear S (836g)</b>	2 scoops	Twice a day	£42.26	£84.52
<b>Whey Protein (454g)</b>	2 scoops	In the morning	£30.80	£30.80
<b>Livotrit Plus (180)</b>	2 tablets	Three times a day	£17.39	£17.39
<b>Beta-TCP (180)</b>	2 tablets	Three times a day	£23.48	£23.48
<b>Approx Total</b>				<b>£164</b>

### FULL DETOX

PRODUCT	DOSE	FREQUENCY	RRP	21 DAYS
<b>Nutriclear (836g) Or</b>	2 scoops	Twice – five a day	£45.65	£182.60
<b>Nutriclear S (836g)</b>	2 scoops	Twice - five a day	£42.26	£169.04
<b>Whey Protein (454g)</b>	2 scoops	In the morning	£30.80	£30.80
<b>Livotrit Plus (180)</b>	2 tablets	Three times a day	£17.39	£17.39
<b>Beta-TCP (180)</b>	2 tablets	Three times a day	£23.48	£23.48
<b>Approx Total</b>				<b>£255.27</b>

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## GUT SYMPTOMS – DETOX – ADD THESE 3 PRODUCTS

PRODUCT	DOSE	FREQUENCY	RRP	21 DAYS
<b>IPS (90)</b>	2 capsules	Three times a day – 20-30 mins before meals	£21.74	£43.48
<b>Bromelain Plus CLA (100)</b>	1-2 tablets	Three times a day – with meals	£16.53	£16.53
<b>Bio Doph-7 Plus (60)</b>	1 capsule	With each meal	£25.79	£51.58
<b>Total</b>				<b>£111.59</b>

## OXIDATIVE STRESS – DETOX – ADD THESE 2 PRODUCTS

PRODUCT	DOSE	FREQUENCY	RRP	21 DAYS
<b>BioProtect (270)</b>	2 capsules	Twice a day – with meals	£54.78	£54.78
<b>Lipoic Acid (60)</b>	2 capsules	Twice a day – with meals	£17.39	£34.78
<b>Total</b>				<b>£89.56</b>

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**When ordering the Basic or Full supplements a FREE patient Easy Step Program booklet will be sent with your order.**

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