D.TOX

DETOXIFICATION PROGRAM

Inside this box, you'll find nutritional supplements and the link to unlock your full D.TOX program with access to a Health Coach.

What's more, you'll eat fresh, clean food (in addition to your supplements) to help fulfill your nutrient needs and cleanse the body.

The kit to get your body fit from the inside out.

FiberMend® Encourages optimal digestive function and elimination by promoting beneficial microflora/bacterial balance in the gut.* Supports weight management efforts and helps maintain the body's normal inflammatory response.*

MediClear-SGS™ Supporting tissue repair and regeneration, this rice and pea protein powder helps eliminate harmful substances in the body.* Added vitamins, minerals, amino acids and botanicals aid in the detoxification process and promote healing.*

Unlock full program details online. We've provided you with a link to find all the surprising clean foods you can eat, grocery shopping inspiration, and expert exercise and lifestyle guidance. Get delicious recipes and continued online access — even after you finish the program.

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

Supplement Facts

Serving Size: Two Level Scoops (53.3 g)
Servings Per Container: 20

MediClear-SGS™

Two Level Scoops (53.3 g) Contain:		% DV
Calories	145	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	8 g	3%*
Sugars	5 g	**
Dietary Fiber	2 g	8%*
Protein	23 g	46%*
Vitamin A (3,000 IU from Mixed Carotenes and 2,000 IU as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as Vitamin D3)	400 IU	100%
Vitamin E (15 IU from Mixed Tocopherols and 85 IU from d-Alpha Tocopherol)	100 IU	333%
Thiamin (as Thiamin HCl)	12 mg	800%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	5 mg	294%
Niacin (30 mg as Nicotinamide and 8 mg as Niacin)	38 mg	190%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (150 mcg as Calcium Folinate and 150 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	300 mcg	75%
Vitamin B12 (25 mcg as Adenosylcobalamin and 25 mcg as Methylcobalamin)	50 mcg	833%
Biotin	150 mcg	50%
Pantothenic Acid (as Calcium Pantothenate)	50 mg	500%
Calcium (as Calcium Citrate-Malate)	300 mg	30%
Magnesium (as Magnesium Citrate-Malate)	150 mg	38%
Zinc (as Zinc Picolinate)	10 mg	67%
Selenium (as L-Selenomethionine)	70 mcg	100%
Manganese (as Manganese Picolinate)	1.5 mg	75%
Chromium (as Chromium Chelidamate Arginate†††)	100 mcg	83%
Molybdenum (as Molybdenum Picolinate)	50 mcg	67%
Sodium (as Sodium Chloride)	64 mg	3%
Potassium (as Potassium Citrate-Malate)	300 mg	9%
Proprietary Blend††	23 g	
Pea Protein Isolate		**
Rice Protein		**
Glycine†††	1.65 g	**
Medium Chain Triglycerides (MCTs)	1.5 g	**
L-Glutamine†††	500 mg	**
L-Lysine (as L-Lysine Monohydrochloride)†††	500 mg	**
Curcumin Phytosome †††† (*Curcuma longa* extract (root) - Phosphatidylcholine complex)	400 mg	**
Quercetin Phytosome (*Sophora japonica* concentrate (leaf) - Phosphatidylcholine complex from Sunflower Lecithin)†††	250 mg	**
	110 mg	**
Methyl Sulfonyl Methane (MSM)	100 mg	**
Grape Seed Phytosome †††† (*Vitis vinifera* extract / Phosphatidylcholine complex)	50 mg	**
Green Tea Phytosome †††† (*Camellia sinensis* extract (leaf) / Phosphatidylcholine complex)	50 mg	**
Betaine Anhydrous (Trimethylglycine)	50 mg	**
N-Acetyl-L-Cysteine†††	50 mg	**
Choline Citrate	30 mg	**
Sulforaphane Glucosinolate (from Broccoli extract (seed) (*Brassica oleracea italica*)†††††	30 mg	**
Glutathione (Reduced)†††	25 mg	**
Boron (as Boron Picolinate)	100 mcg	**
Vanadium (as Vanadium Picolinate)	50 mcg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Supplement Facts

FiberMend®

Serving Size: Two Level Scoops
Servings Per Container: 30

Two Level (5.5 g) Scoops Contain:		% DV
Calories	45	
Calories from Fat	0	
Total Fat	0 g	0%
Total Carbohydrate	10 g	3%*
Dietary Fiber	9 g	35%*
Soluble Fiber	8 g	
Sugars	0 g	**
Partially Hydrolyzed Guar Gum†	8 g	**
Rice Bran	2.5 g	**
Arabinogalactan (from Larch) (*Larix spp.*) ††	300 mg	**
Pectin (from Apple)	100 mg	**
Prune Powder (fruit) (*Prunus domestica*)	50 mg	**
Green Tea Phytosome†††† (*Camellia sinensis* extract (leaf) decaffeinated / Phosphatidylcholine complex)	50 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Cocoa, Flavors, Evaporated Cane Juice Sugar, Glucose, Stevia extract (leaf) (Rebaudioside A 95%), Silicon Dioxide, Monk Fruit concentrate (fruit) (*Siraitia grosvenorii*)††††††.
Contains ingredients derived from soy (phytosomes).

Suggested Use: For adults, mix one serving (two scoops) with 10 ounces of cold water, nut milk or as recommended by your healthcare practitioner.
This product is not a medical food. It is intended to be utilized in conjunction with a complete dietary program. Do not use in diets supplying less than 600 calories per day without complete medical supervision.
Tamper Evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place. If pregnant, consult your healthcare practitioner before using this product.
†Thorne's trade name for Chromium (4 oxopiridine 2,6-dicarboxylate, arginate) is UltraChromium®. ††FingaLife, Thorne's trade name for proprietary pea / rice protein blend. †††Added Amino Acids. †††† This product uses Indena S.p.A.'s green tea phytosome (GreenselectII®), grape seed phytosome (Leucoselect®), and curcumin phytosome (Meriva®). Greenselect, Leucoselect, and Meriva are registered trademarks of Indena S.p.A. ††††† The extraction of glucosinolates from cruciferous seeds is protected by U.S. Patent No. 5,725,865. The use of this product is protected by U.S. Patent Nos. 5,968,505 and 5,968,567. ††††††is a trademark of Brassica Protection Products LLC. ††††††This product uses Tate and Lyle's Purefruit Select™ (Monk Fruit concentrate). Purefruit Select is a trademark of Tate and Lyle Ingredients Americas, LLC.

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Manufactured By: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com

D.TOX

Chocolate

DETOXIFICATION PROGRAM

Suggested Use: Mix 2 level scoops with 8-10 oz. of water or preferred beverage daily or as recommended by your healthcare practitioner.

Contains ingredient derived from soy (phytosome).

Tamper Evident: Use only if bottle is sealed. If pregnant, consult your healthcare practitioner before using this product. Store tightly sealed in a cool, dry place.
This product is unflavored and unsweetened. †This product uses Sunfiber® AG. Sunfiber AG is a registered trademark of Taiyo International, Inc.™
FiberMend® This product uses Larch Arabinogalactan (FiberAid®) TL. FiberAid is a registered trademark of Lorcin. ††This product uses Indena S.p.A.'s green tea phytosome (GreenselectII®). Greenselect is a registered trademark of Indena S.p.A.

LIFE TIME FITNESS

D.TOX℠

DETOXIFICATION PROGRAM

supplements to cleanse + real food to nourish is the healthy way to detox

Chocolate

- FiberMend®
- MediClear-SGS™ Chocolate
- Health Coaching
- Online Program

Life Time Detoxification Program

Built to support your body's detoxification system, this 2-week program helps your body cleanse, reset metabolism and eliminate toxins.

Eating real food
Our program guides you through a healthy way to detox. Not only will you be taking the included supplements, but you will be eating real food and nourishing your body too.

Health Coach
You have unlimited access to our team of certified Health Coaches, providing expert advice on nutrition and exercise, tips for healthy habits and more. It's your support, motivation and guidance, no matter where you are.

How it works

1. **Prep** — Start by eliminating big culprits and temptations for the best possible results.
2. **Detox** — Follow 2-week program with included supplements, approved foods and more.
3. **Restore** — Reintroduce certain foods and get tips for a healthier life beyond the program.