# 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

MediClear-SGS™

Serving Size: Two Level Scoops (51 g)
Servings Per Container: 21

| Two Level Scoops (51 g) Contain: | | % DV |
|---|---|---|
| Calories | 190 | |
| Calories from Fat | 45 | |
| Total Fat | 5 g | 8%* |
| Saturated Fat | 2 g | 10% |
| Trans Fat | 0 g | ** |
| Cholesterol | 0 mg | 0%* |
| Total Carbohydrate | 10 g | 3%* |
| Sugars | 5 g | ** |
| Dietary Fiber | 1 g | 4%* |
| Protein | 20 g | 40%* |
| Vitamin A (3,000 IU from Beta Carotene 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 (70 IU from Mixed Tocopherols and 50 IU from d-Alpha Tocopherol) | 120 IU | 400% |
| Thiamin (as Thiamin HCl) | 12 mg | 800% |

| Two Level Scoops (51 g) Contain: | | % DV |
|---|---|---|
| Riboflavin (as Riboflavin 5'-Phosphate Sodium) | 5 mg | 294% |
| Niacin (30 mg as Niacinamide and 8 mg as Niacin) | 38 mg | 190% |
| Vitamin B6 (as Pyridoxal 5'-Phosphate) | 10 mg | 500% |
| Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)† | 300 mcg | 75% |
| Vitamin B12 (as Methylcobalamin) | 50 mcg | 833% |
| Biotin | 150 mcg | 50% |
| Pantothenic Acid (as Calcium Pantothenate) | 50 mg | 500% |
| Calcium (as Calcium Citrate) | 300 mg | 30% |
| Magnesium (as Magnesium Citrate) | 150 mg | 38% |
| Zinc (as TRAACS® Zinc Bisglycinate Chelate)†† | 10 mg | 67% |
| Selenium (as L-Selenomethionine) | 70 mcg | 100% |
| Manganese (as TRAACS® Manganese Bisglycinate Chelate)†† | 1.5 mg | 75% |
| Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†† | 100 mcg | 83% |

| Two Level Scoops (51 g) Contain: | | % DV |
|---|---|---|
| Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)†† | 50 mcg | 67% |
| Sodium (as Sodium Chloride and Sodium Citrate) | 200 mg | 8% |
| Potassium (as Potassium Citrate) | 100 mg | 3% |
| Proprietary Blend††† | 25.53 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 | ** |
| Milk Thistle extract (fruit) (*Silybum marianium*) *Silybum standardized to Silymarin 65%* | 250 mg | ** |
| Taurine†††† | 110 mg | ** |
| Methyl Sulfonyl Methane (MSM) | 100 mg | ** |

| Two Level Scoops (51 g) Contain: | | % DV |
|---|---|---|
| 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 Bororganic™ Boron Glycinate Complex)††††††† | 100 mcg | ** |
| Lutein (from Aztec Marigold extract (flower) *(Tagetes erecta)*) | 60 mcg | ** |
| Vanadium (as Vanadium Citrate) | 50 mcg | ** |

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

Other Ingredients: Flavors, Evaporated Cane Juice Sugar, Rice Bran, Stevia extract (leaf) (Rebaudioside A 97%). Contains ingredients derived from soy (phytosomes).
Suggested Use: For adults and children 12 or more years of age. Mix one serving (two scoops) with 10 ounces of cold water, vegetable or fruit juice, rice milk, or nut milk as recommended by your health-care 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. † This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. †† This product uses Albion's TRAACS® Chromium Nicotinate Glycinate Chelate, Manganese Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion Laboratories International, Inc. ††† VegaLite, Thorne's trade name for proprietary pea / rice protein blend. †††† Added Amino Acids. ††††† This product uses Indena S.p.A.'s green tea phytosome (Greenselect®), 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. 5,725,895. The use of this product is protected by U.S. Patent Nos. 5,968,505 and 5,968,567. trueBroc is a trademark of Brassica Protection Products LLC. ††††††† This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion Laboratories International, Inc.

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### Supplement Facts

FiberMend®

Serving Size: Two Level Scoops (5.5 g)
Servings Per Container: 30

| Two Level Scoops (5.5 g) Contain: | | % DV |
|---|---|---|
| Calories | 45 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 0% |
| Total Carbohydrate | 9 g | 3%* |
| Dietary Fiber | 7 g | 28%* |
| Soluble Fiber | 6 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.

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. †† ResistAid This product uses Larch Arabinogalactan (ResistAid™). ResistAid is a registered trademark of Lonza. †††This product uses Indena S.p.A.'s green tea phytosome (Greenselect®). Greenselect is a registered trademark of Indena S.p.A.

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D.TOX

Vanilla

DETOXIFICATION
PROGRAM

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# D.TOX℠

## DETOXIFICATION PROGRAM

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

LIFE TIME
FITNESS

Vanilla

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

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## 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.