

WHAT'S INCLUDED IN THIS KIT

14 Essential Greens:

Each stick-pack mixes with water to provide your body with the vitamins, minerals, and antioxidants that nourish your body and energize your mind. We've packed in a potent blend of greens like spinach, kale, kombu seaweed, and spirulina. Each time you drink your Essential Greens, you'll know your body is getting 100% nutrition.

14 Power-Cleansing Detox Packets:

These easy-to-use supplement packets make it simple for you to detoxify the all-natural way. These packets contain herbs that facilitate your body's natural cleansing process and fiber designed to deep-clean your digestive system. Each packet contains supplements intended to purify the blood stream, cleanse the lymphatic system, strengthen the immune system, increase the absorption of vital nutrients, and more! Each time you use a Power-Cleansing Detox Packet, you'll scrub toxins and waste from your digestive tract, leaving you feeling cleaner, lighter, and more energetic.

AFTER YOU FINISH YOUR CLEANSE:

Once you have completed your cleanse, you'll want to maintain your results (and stave off any relapse) by making sure you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in this incredible kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.

Contact Us For More Information



7-DAY CLEANSE KIT

Detoxify your body for improved health



HOW THIS KIT WILL BENEFIT YOU

The Solutions4 7-Day Cleanse Kit is formulated to help rid your body of the toxins that contribute to poor health and weight gain. This kit will also activate your body's natural fat-burning hormones, reduce your cravings, and help your stomach return to its normal size. For convenience, the kit contains easy-to-use herbal supplements and stick-pack beverages that make it simple for you to keep up with a busy lifestyle. When you complete the 7-Day Cleanse Kit, you'll have more energy, a clearer complexion, and the confidence you need to move forward and continue making positive changes in your life!



Solutions4
NATURAL CLINICAL HEALTH

7-DAY CLEANSE KIT

INSTRUCTIONS

Essential Greens:

Drink two stick-packs daily. Mix each stick with six to eight ounces of water.

Power-Cleansing Detox Packets:

Take two packets daily, one in the morning, and one in the afternoon.

EATING GUIDELINES

Using this kit, you'll combine all-natural herbal supplements with a diet designed to maximize your body's healing potential. The first two days are "prep days" designed to clean up your diet and ensure that you get maximum results throughout the remainder of your cleanse. For days three, four, and five, you'll drink liquids-only, which aids in detoxification and gives your body a rest from digesting solid foods so it can heal. On days six and seven, you'll transition off of the liquid-only cleanse by eating the same types of food that you ate on days one and two. Don't worry about getting too hungry – with the juice and the supplements -- your body will have everything it needs. There's no better way to kick-start your body's natural healing potential.

DAY 1 & 2

Organic dark leafy greens and brightly colored vegetables
One serving (per day) of organic fruit
Unrefined, cold-pressed olive and coconut oil
Fresh vegetable juices
Optional:
Solutions4 Cardio Health Essentials
Solutions4 Daily Antioxidant Essentials
Solutions4 Nutritional Shake

DAY 3, 4 & 5 LIQUID ONLY

Fresh vegetable juice
Detox Lemonade (see recipe below)
Solutions4 Essential Greens
Optional:
Solutions4 Cardio Health Essentials
Solutions4 Daily Antioxidant Essentials
Caffeine-free, unsweetened herbal tea

DAY 6 & 7

Organic dark leafy greens and brightly colored vegetables
One serving (per day) of organic fruit
Unrefined, cold-pressed olive and coconut oil
Fresh vegetable juices
Optional:
Solutions4 Cardio Health Essentials
Solutions4 Daily Antioxidant Essentials
Solutions4 Nutritional Shake

RECIPES

Detox Lemonade Recipe – For Women
3/4 cups fresh lemon juice - about 6-7 lemons
4 cups distilled water
*1/3 cup pure maple syrup

Detox Lemonade Recipe – For Men
3/4 cups fresh lemon juice - about 6-7 lemons
4 cups distilled water
*1/2 cup pure maple syrup
*May add more (to meet their higher calorie needs).

Combine all ingredients. Mix well.
Recipe makes one bottle.
Prep time 2 minutes; Serves 2

FREQUENTLY ASKED QUESTIONS

What If I Get Hungry and Don't Have Energy?

If you find that you are always dealing with hunger pangs and have little energy, we recommend increasing your intake of the lemonade mixture or vegetable juice. You may also supplement with the Solutions4 Appetite Appeaser, which is designed to stabilize blood sugar levels and reduce your appetite naturally.

Why Lemons?

Lemons rid excess toxins from the cells of the body and assist in overall pH balance.

Why Pure Maple Syrup?

Pure maple syrup contains many minerals and vitamins that provide the body with energy. It is also a balanced, natural sweetener and does not cause an insulin response.

Why Distilled Water?

Distilled water is pure, which means that it contains no chemicals or bacteria that would interfere with the cleansing process. It also helps to remove toxins from the body.

Why Don't I Feel Well While Cleansing?

If you aren't feeling well while cleansing, you may be experiencing a healing crisis. A healing crisis is a natural reaction that occurs when the body is cleansing. It is simply the process of your body healing and ridding itself of toxins.

What if I'm Cleansing to Lose Weight?

If you are looking to lose weight, we recommend replacing one to two meals per day with the Solutions4 Nutritional Shake after you complete the 7-Day Cleanse Kit. You would also benefit by using our incredible Solutions4 Weight Loss Starter Kit.

OTHER SUGGESTED PRODUCTS:

Solutions4 Appetite Appeaser:

This incredible supplement satiates the appetite naturally to promote a healthy weight. The Appetite Appeaser keeps you feeling full and reduces nervous tension! It helps balance blood sugar levels and assists in breaking down and dissipating excess fat from around the heart and other vital organs. It increases your production of "fat burning" hormones, while also increasing energy levels naturally.

Solutions4 Cardio Health Essentials:

This stick-pack beverage delivers enormous healing benefits in just one serving. With nitric oxide, L-arginine, L-citrulline, and CoQ10, this formula supports the entire circulatory system. Healthy circulation is an integral component of our healing regimen.

Solutions4 Daily Antioxidant Essentials:

Each serving of this delicious beverage has essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to function at its very best! Use this stick-pack beverage to enhance your results and maintain a lifetime of good health.

Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

Solutions4 Sipper Bottle:

This bottle is designed for the lemonade detox drink. Each bottle comes with lines indicating how much lemon juice, maple syrup, and water to add to the bottle.