

## WHAT'S INCLUDED IN THIS KIT

### **Antioxidant:**

This product contains some of the most powerful antioxidants found in nature! These antioxidants enhance the immune system and reverse the damage caused by free radicals.

### **Body Purifier:**

This potent supplement helps purify the blood stream, cleanse the lymphatic system, and relieve congestion and mucus. Body Purifier may also be used to strengthen the immune system when it becomes compromised.

### **Liquid Calcium:**

Calcium facilitates healing from many health conditions and promotes optimal health.

### **Multivitamin/Multimineral:**

Multivitamin/Multimineral provides 100% nutrition to fill any gaps in the diet and promotes full-body health.



Contact Us For More Information



## IMMUNE BOOST KIT

Strengthen your immune system  
and build resistance



Solutions4<sup>™</sup>  
NATURAL CLINICAL HEALTH

## HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Immune Boost Kit is designed to revitalize your body and fortify it against sickness and disease. This incredible kit will work to boost your immune system, which is a vital component to sustaining good health and fighting off illness.



# IMMUNE BOOST KIT

## ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Immune Boost Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness 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.

### 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 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

## INSTRUCTIONS

### Antioxidant:

Take two in the morning.

### Body Purifier:

Take two in the morning and two in the afternoon.

### Liquid Calcium:

Take two in the afternoon.

### Multivitamin/Multimineral:

Take one in the afternoon.

### Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake.

### Solutions4 Daily Essentials:

Take one packet daily.

## TIPS FOR SUCCESS

### Cleanse First:

For best results, we recommend using the Solutions4 7-Day Cleanse Kit before using the Immune Boost Kit. Detoxing the body helps eliminate any issues going on in your diet, cleans up your lymph nodes, rejuvenates your immune system, and creates an ideal environment for the powerful effects of the Immune Boost Kit.

## OTHER SUGGESTED PRODUCTS

### Solutions4 Intestinal Cleanser:

This product helps to improve the function of the stomach, liver, and intestines by increasing the absorption of vital nutrients and decreasing the absorption of toxins.

### Solutions4 Probiotic Blend:

Gut health is essential to healing! This high-quality probiotic contains 10 billion friendly microbes that can improve immune function, and encourage healthy cell renewal.

**Solutions4**  
NATURAL CLINICAL HEALTH



## WHERE TO GO FROM HERE

### Maintain Your Progress with the Solutions4 Wellness Kit:

To retain your results from the Immune Boost Kit (and stave off any relapse) be sure that 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.

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.

## EATING GUIDELINES

If you're eating foods that put undue stress on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these dietary guidelines:



### RECOMMENDED:

**Organic dark leafy greens and brightly colored vegetables**  
**Organic fruits**  
**Organic eggs and poultry**  
**Wild-caught fish**  
**Unrefined, cold-pressed olive oil and coconut oil**  
**Organic butter**



### ACCEPTABLE:

**Whole grains and legumes** (rice, quinoa, lentils, beans, etc.)  
**Non-organic fruits and vegetables**  
**Non-organic poultry and eggs**  
**Farm-raised fish**  
**Organic, grass-fed red meat**  
**Refined olive oil and coconut oil**  
**Unrefined natural sweeteners:**  
 (honey, pure maple syrup, agave, etc.)



### OFF LIMITS:

**Dairy products**  
**Refined vegetable oils**  
**Refined grains, flours, and sugars**  
**Processed foods, fast foods and junk foods**  
**Alcoholic or caffeinated beverages**  
**Artificial sweeteners**  
**Large amounts of red meat**