

# NutriClean Programme

Nutri Advanced NutriClean Programme offers a 14 day approach to address a vast array of health issues using the right supplements and targeted food plan. It is advocated that a therapeutic detox can help cleanse the body, increase vitamin and mineral absorption, reduce symptoms of toxicity, clear the skin and aid weight loss while improving cellular health and mitochondrial function.

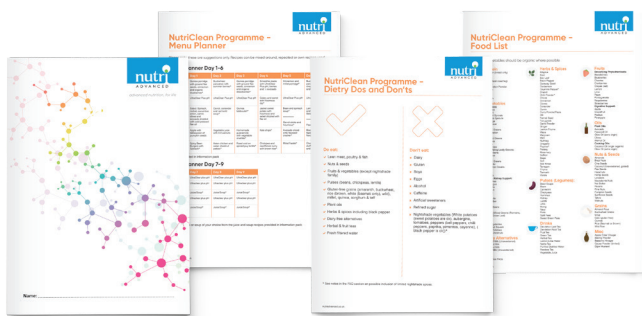
## What is involved?

The programme uses a specific supplement regime and a low allergenic food plan. Prior to the programme commencing you will receive the required 5 supplements and an information pack that are needed to carry out the programme.

## Information Pack Contents:

- ✓ An 'allowed foods' food list
- ✓ Lifestyle tips
- ✓ Recipes
- ✓ Menu planners
- ✓ Quick and easy meal ideas
- ✓ Easy cheats
- ✓ Shopping list
- ✓ Supplement protocol
- ✓ FAQs

The programme is divided up into sections. On days 1-6 and days 10-14, you consume 3 meals and 2 snacks (1 to include a serving of UltraClear Plus pH). Days 7-9 are liquid only days where you consume 3 servings of UltraClear Plus pH and unlimited juices/soups.



## Measuring your success

So you can track your progress, you will have the opportunity to fill in a workbook at different stages. Prior to the beginning of the programme you will take a few simple measurements including weight, height, BMI and waist to hip ratio. These will be taken again at the end. A medical symptoms questionnaire (MSQ) will also be filled in at these times. A toxin exposure questionnaire should be filled in prior to the beginning of the programme. You will be invited to make notes on changes you have noticed or how you are generally feeling as the programme progresses. At the end of the programme, the workbook should be handed back to your practitioner where the results can be discussed.

## Example menu ideas:

	Day 1	Day 7	Day 10
<b>Breakfast</b>	Quinoa porridge with ground flax seeds, cinnamon & organic blueberries	UltraClear plus pH	Buckwheat pancakes with summer berries
<b>Snack</b>	UltraClear Plus pH	UltraClear Plus pH	UltraClear Plus pH
<b>Lunch</b>	Lemon chicken & thyme salad	Summer fruits juice - Beetroot & Butternut Squash Soup	Quinoa tabbouleh
<b>Snack</b>	Homemade hummus with vegetable crudites	UltraClear Plus pH	Avocado sliced onto flaxseed crackers
<b>Dinner</b>	Roast cod on spiced puy lentils	Green alkalizer juice - Ginger and turmeric spiced carrot soup	Turkey burgers with side salad

## How much does it cost?

The retail price is £148.37 and this includes the information pack and all supplements.

For more information on this programme, contact your practitioner. If you would like to purchase the programme you can contact Nutri and speak with a member of our customer services team. Your practitioner can order the programme (including supplements) on your behalf or you can use our patient direct ordering service. Please remember to have your practitioners' details to hand.

For more **research tools** or **information on our products**



call our dedicated technical team on  
**0800 212 742** (opt 3)



or visit our online **Nutrition Library** at  
**nutriadvanced.co.uk**