



REPAIR & CLEAR™ PROGRAM

Introduction

In the last few decades, poor nutritional habits, stressful lifestyles, infections, and chemical exposures have caused significant health problems in our society. While these factors have a major impact on the population's health, certain steps can be taken to support health and wellness. These include aiding two of the body's key functions: digestion and detoxification.

The **REPAIR & CLEAR™ Program** targets both of these functions through a specific diet regimen and nutritional supplements. Designed with a basic or comprehensive option, this 6-week program offers the nutritional compounds and botanical extracts that support detoxification, as well as flavonoids, antioxidants, plant sterols, glycoproteins, and saponins to support digestion.*

Intestinal Support Phase

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. It is a long tube that starts in the esophagus and ends in the colon and rectum. Once food is eaten, the digestive system releases enzymes to break it down into small particles, so they can be absorbed by the intestinal mucosa. However, the tight junctions between intestinal mucosal cells prevent absorption of molecules and only allow the passage of very tiny particles.

When the digestive tract mucosa is inflamed due to environmental stress factors, the tight junctions of the intestinal mucosa are compromised, as they become widened and permeable to large, undigested compounds, toxins, and bacteria. This is also known as "leaky gut." The intestinal immune system then reacts against these large compounds, promoting an exaggerated immune response. This creates a cycle of further intestinal inflammation and greater loss of intestinal barrier integrity. This self-promoting cycle becomes difficult to unwind unless aggressive dietary and lifestyle strategies are employed.

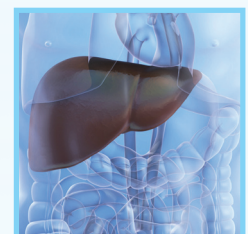
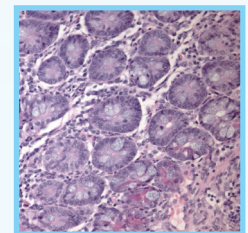
The **REPAIRVITE™ Program** is a powerful regimen designed to support intestinal health.* It consists of a restricted dietary program (to remove possible inflammatory triggers) and targeted nutritional supplements that are necessary for several days to support the intestinal membranes.* The program may need to be conducted for 30-60 days for better results.

Liver Support Phase

Every day, millions of molecules from different compounds enter our bodies through voluntary ingestion or involuntary exposure. These chemicals come from foods, beverages, medicines, food additives, personal care products, and numerous other sources. Our bodies slowly accumulate these chemicals until they reach a point of self-destruction.

Cleansing the body from the accumulated xenobiotics is known as "detoxification." Most toxins are subjected to numerous chemical changes to be prepared for elimination from the body. This natural biotransformation process, which occurs primarily in the liver, is called "detoxication." The goal of these detoxication reactions is to transform chemicals that are fat soluble into water-soluble compounds. Water-soluble compounds can then be eliminated through the kidneys, skin, or gallbladder (in urine, sweat, or bile, respectively).

The **CLEARVITE™ Program** is a cleansing (detoxification) regimen designed to provide the nutritional compounds and botanical extracts that support the body's ability to neutralize and expel toxins.



REPAIR & CLEAR™ PROGRAM

REPAIR & CLEAR™ Program Chart

The REPAIRVITE™ Formula:

REPAIRVITE™ (K60), (K63) is formulated to include key nutrients to support intestinal barrier integrity.* It includes scientifically researched nutrients, such as flavonoids, plant sterols, glycoproteins, and saponins.

The ingredients in **REPAIRVITE™ (K60)**—including L-glutamine and deglycyrrhizinated licorice extract—can support the health of the intestinal lining as it relates to nutritional balance.* In addition, slippery elm extract and marshmallow extract have a high mucilage content that is believed to soothe and support the intestines.* Aloe vera extract and Spanish moss offer phyto extracts to support gastrointestinal motility and the secretion of digestive enzymes, while marigold extract offers natural compounds that may support intestinal comfort.*

The CLEARVITE™ Formula:

CLEARVITE-SF™ (K24) and **CLEARVITE-PSF™ (K84)** include key cofactors that support the detoxification process.* These vitamins and minerals are selected from the highest-quality, most-soluble, and most-biologically available forms that may assist their absorption and assimilation.*

A number of amino acids—such as N-acetyl L-cysteine, taurine, glycine, L-lysine, and L-glutamine, which support a variety of detoxification reactions—are included in these formulas.* Strong antioxidants, such as vitamin A as beta-carotene, have been combined in these formulas to support the liver and biliary system.* Digestive enzymes—such as amylase, cellulase, glucanase and protease—have been added to support nutrient digestion and absorption.*

Additional herbal and nutritional compounds—such as Jerusalem artichoke, marshmallow, gamma oryzanol, rutin, hesperidin, evening primrose oil powder, and medium chain triglycerides—have been incorporated into these formulas—each for science-based reasons—to make these products more effective.*



Basic 6-Week Plan

Week 1 Baseline Support for the Immune System*

TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
No Dietary Restrictions

Weeks 2 and 3 - Intestinal Support Phase*

REPAIRVITE™ (K60) 1 serving twice a day
STRENGTIA™ (K61) 2 capsules twice a day
GI-SYNERGY™-SM (K83) 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Intestinal Permeability Dietary Restriction

Weeks 4, 5, and 6 - Liver Support Phase*

CLEARVITE-SF™ (K24) or **CLEARVITE-PSF™ (K84)** Use servings from CLEARVITE™ 3-Week Program
HEPATO-SYNERGY™ (K69) 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Five-Stage Dietary Program from CLEARVITE™ 3-Week Program

Comprehensive 6-Week Plan

Week 1 - Baseline Support for the Immune System*

TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
NITRIC BALANCE™-SM (K82) 1 serving twice a day
GLUTATHIONE RECYCLER™-SM (K81) 2 capsules twice a day
No Dietary Restrictions

Weeks 2 and 3 - Intestinal Support Phase*

REPAIRVITE™ (K60) 1 serving twice a day
STRENGTIA™ (K61) 2 capsules twice a day
GI-SYNERGY™-SM (K83) 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Intestinal Permeability Dietary Restriction

Weeks 4, 5, and 6 - Liver Support Phase*

CLEARVITE-SF™ (K24) or **CLEARVITE-PSF™ (K84)** Use servings from CLEARVITE™ 3-Week Program
HEPATO-SYNERGY™ (K69) 1 packet twice a day
TURMERO™ ACTIVE (K75) 5 ml (approx. 1 teaspoon) twice a day
RESVERO™ ACTIVE (K76) 5 ml (approx. 1 teaspoon) twice a day
ULTRA-D COMPLEX™ (K35) 2 teaspoons twice a day
Five-Stage Dietary Program from CLEARVITE™ 3-Week 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.*

Apex Energetics™ products are intended for nutritional use and health maintenance only and should not replace or delay the use of any medication.

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REPAIR & CLEAR™ PROGRAM

INTESTINAL SUPPORT PHASE

The **REPAIRVITE™ Program** requires a strict diet necessary for supporting the mucous membrane.* The dietary restrictions are not caloric (not based on the quantity of food), so you are allowed to eat whenever you are hungry. However, you must only eat from the list of allowed foods. The goal of the dietary program is to remove certain known dietary triggers that may cause intestinal inflammation and to provide the nutrients necessary to support the intestinal flora.* The dietary restrictions include sugary foods and starchy carbohydrates that may promote intestinal yeast overgrowth, inflammatory proteins (dairy, gluten, etc), inflammatory lectins, and alcohol.



You may eat foods with a high fiber content, such as vegetables and low glycemic fruits. You can also eat foods with healthy essential fatty acids, such as olives, olive oil, and fish.** Eating foods that are fermented may also support the intestinal flora, as will proteins, such as meats, that are not inflammatory.



You should make a strong attempt to eat frequently to maintain stabilized blood glucose levels. It is not a good idea to fast during the **REPAIRVITE™ Program**, since it may raise cortisol levels that may further compromise the intestinal mucosa. **You should never be hungry during the REPAIRVITE™ Program.** However, you may have urges to eat foods on the restricted list that must be avoided.



The complete avoidance of restricted foods cannot be overemphasized. Even small snacks or bites of the inflammatory foods can create an immune reaction in the intestinal membranes that may last for several days and compromise the successful outcome of the program. You must stay hydrated and drink plenty of water, especially if you begin eating more fiber than you are accustomed to. Hydration may help support normal bowel function as you increase fiber in your diet.

Weeks 2 and 3 Intestinal Support Phase Dietary Plan

Foods to Eat

Most Organic Vegetables: including anise, artichoke, asparagus, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chives, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes, water chestnuts, watercress, yams, zucchini.

Fermented Foods: including kimchi, kombucha tea, pickled ginger, sauerkraut, unsweetened coconut yogurt.

Meats: including beef, chicken, fish,** lamb, turkey. Fish should be ocean caught with a low mercury content. Swordfish, most tuna, and king mackerel are very high in mercury. Select hormone-free and antibiotic-free chicken, turkey, and lamb. Select beef that is grass fed, hormone free, and antibiotic free.

Low Glycemic Organic Fruits: including apples, apricots, avocados, berries, cherries, grapefruit, grapes, lemons, oranges, peaches, pears, plums.

Coconut: including coconut butter, coconut cream, coconut milk, coconut oil, unsweetened coconut flakes, unsweetened coconut yogurt.

Noodles: brown shirataki yam noodles (sold in Asian grocery stores).

Herbs and Spices: including basil, black pepper, cilantro, coriander, cumin, garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, sea salt, thyme.

Other: apple cider vinegar, herbal teas, olive oil, olives.

Foods to Avoid

Sugars: including agave, candy, chocolate, corn syrup, fructose, high fructose corn syrup, honey, maple syrup, molasses, sucrose.

High Glycemic Fruits: including bananas, canned fruits, dried fruits, mango, pineapple, raisins, watermelon.

Grains: including amaranth, barley, buckwheat, bulgur, corn, couscous, kamut, millet, oats, quinoa, rice, rye, spelt, wheat, wheat germ.

Nuts and Seeds: including almonds, peanuts, sunflower seeds, sesame seeds.

Gluten-Containing Compounds: including barbecue sauce, binders, bouillon, brewer's yeast, cold cuts, condiments, emulsifiers, fillers, chewing gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, nondairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein.

Dairy Products and Eggs: including butter, cheeses, cow's milk, creams, frozen desserts, goat's milk, margarine, mayonnaise, sheep's milk, whey, yogurt (except coconut).

Soy: including edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu.

Fungi: edible fungi and mushrooms.

Alcohol: all alcohol.

Beans and Legumes: including black beans, lentils, peanuts, pinto beans, soybeans.

Nightshade Foods: including eggplant, paprika, peppers, potatoes, Tabasco® sauce, tomatillos, tomatoes.

Other: canned foods, coffee, processed foods.

****Select fish that are less prone to heavy metal contamination.**

If you are allergic to any foods, inform your healthcare professional and avoid eating those foods during this program.

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LIVER SUPPORT PHASE

CLEARVITE-SF™ (K24) or **CLEARVITE-PSF™ (K84)** are the key formulas in this phase. They are most effective when used according to the program provided in the charts. The body's accumulated toxins are mostly imbedded in different tissues, especially in fat and connective tissues. To remove these toxins from the system, they first need to be mobilized (released from their adhesion points). Then, they can enter into the detoxification pathways.



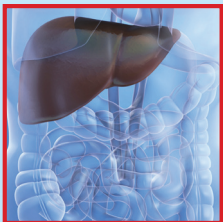
After the detoxification reactions, the resulting compounds enter into the excretion routes and are released from the body. Toxin mobilization and detoxification are slow processes and require sufficient time to become fully effective. To support the body's detox processes, first-time users of the **CLEARVITE™ Program** are encouraged to complete the three-week (21-day) plan. The two-week (14-day) plan is designed to be used as a follow-up plan.



An effective detoxification program may result in:

- Healthy energy
- A feeling of well-being

If you are on any medications, continue taking them as recommended by your healthcare professional. Only your healthcare professional can change the schedule or the dose of your medications. Inform your healthcare professional if you experience any digestive problems or other discomfort while on this program. Your primary healthcare professional should determine any deviation from the recommended plan.



Weeks 4-6 Liver Support Phase Dietary Plan

3-Week Plan	Servings [†] of CLEARVITE-SF™ (K24) or CLEARVITE-PSF™ (K84)	Dietary Plan to Follow
Days 1 to 4	Preparation Phase 1 1 serving [†] daily: 1 before breakfast	<p>Foods to eat/drink:</p> <ul style="list-style-type: none"> ■ Fresh water (8-10 glasses a day), herbal teas, green tea, fruit juices (no sugar added), vegetable juices ■ Grain foods made from rice, millet, quinoa, buckwheat, or tapioca ■ Fresh fruits, vegetables, beans (navy, white, red, kidney, etc), peas (fresh, split, snap) ■ Fish** (not shellfish) and moderate amounts of chicken, turkey, and lamb ■ Olive oil (flaxseed oil in moderation) <p>Foods to avoid:</p> <ul style="list-style-type: none"> ■ Any food that you are allergic to ■ Dairy (milk, cheese, yogurt, butter), eggs, margarine, shortening ■ Foods prepared with gluten-containing cereals like wheat, oats, rye, barley; those ingredients normally found in bread, pasta, etc ■ Tomatoes and tomato sauces, corn ■ Alcohol, caffeine (coffee, black tea, sodas) ■ Soy or products made from soy, such as soy milk or tofu ■ Peanuts or peanut butter ■ Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish, meat substitutes made from soy
Days 5 to 7	Preparation Phase 2 2 servings [†] daily: 1 before breakfast 1 before dinner	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, except eliminate all animal products from the diet (fish, ** chicken, turkey, lamb). ■ Avoid all of the foods in the Foods to avoid list above.
Days 8 to 14	Detoxification 3 servings [†] daily: 1 before breakfast 1 before lunch 1 before dinner	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, including the animal products (fish, ** chicken, turkey, lamb). ■ Avoid all of the foods in the Foods to avoid list above.
Days 15 to 17	Completion Phase 1 2 servings [†] daily: 1 before breakfast 1 before dinner	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, including the animal products (fish, ** chicken, turkey, lamb). ■ Avoid all of the foods in the Foods to avoid list above.
Days 18 to 21	Completion Phase 2 1 serving [†] daily: 1 before breakfast	<p>During this phase of the plan:</p> <ul style="list-style-type: none"> ■ Use any of the foods in the Foods to eat/drink list above, including the animal products (fish, ** chicken, turkey, lamb). ■ Avoid all of the foods in the Foods to avoid list above. <p><i>**Select fish that are less prone to heavy metal contamination.</i></p>

[†]If using CLEARVITE-PSF™ (K84), use 2 scoops for each serving.