



Clean Slim

An Integrative Detox and Fat Loss Program



Integrated Detox

- Advanced solution for general detox and liver health.
- Contains therapeutic amounts of Coloidal Silica, Organic Green Barley Grass, Organic Broccoli Sprout Powder, Magnesium Citrate and MSM (MethylSulfonylMethane) with addition of extra super foods.
- Natural Lemon/Lime flavour.



OxyCleanse

- Night Cleanse was developed to safely relieve the bloating, gas and constipation associated with an unhealthy colon.
- Night Cleanse uses time-released oxygen (through an oxidation/reduction reaction) for truly effective colon cleansing



Organic Tea - Detox Day

- 100% Natural Essential Oil Infused Herbal Tea.
- Yerba Mate, Peppermint, Corn flower Petals, Artichoke, Burdock Root, Dandelion Leaf, Lemon Grass, Oolong Green Tea, Sencha Green Tea, Orange Peel, Jasmin Buds, Celery Seeds, Raspberry Leaf



Organic Tea - Detox Night

- 100% Natural Essential Oil Infused Herbal Tea.
- Bupleurum, Chamomile, Lemon Grass, Senna, St Marys Thistle, Valeriana



Opti-Mag

- Magnesium Supplementation for Muscular Pain and Cellular Energy Production.
- Contains therapeutic dose of 5 types of Magnesium.
- Contains a Pyridoxal-5-phosphate (P5P) - an activated B6 vitamin Relieves muscular aches, pains, cramps and spasms.



OptiLife Phytoplankton

- Marine phytoplankton is a single-celled aquatic organism, or microscopic algae upon which the survival of 99% of all life forms on Earth depends. Scientists say it's more powerful than chlorella, spirulina, acai berries, fish oil, resveratrol...and virtually any other "superfood" you've ever heard about.



Betterweigh Shake

- Betterweigh Shake is a revolutionary product supporting healthy weigh loss utilizing very sophisticated combination of ingredients from the field of appetite suppression, detoxification.
- Complex Fiber blend supported by patented propriety ingredient Fabuless® and combined with highest quality Whey Proteins provides unparalleled solution to loose weight sustainably.
- Have great compliance in both Vanilla and Berry flavours even with straight water.



Biome Biotic

- Biome Biotic is a unique Pre & Probiotic Food containing 30 billion viable organisms per 3g serve optimising digestion, assimilation & elimination for Lasting Wellbeing.
- 10 Unique Strains combined for most effective colonisation of the GUT.

12 weeks Weight Management Protocol



12 WEEKS DETOX AND WEIGHT LOSS PROGRAM

\$949.00 (save \$170)

JUST \$10 A DAY, GIVES YOU:

2 KETOGENIC MEALS A DAY (BURNING FAT INSTEAD OF SUGAR)
 FULL NUTRITIONAL (VITAMIN AND MINERAL) COMPLEX
 ADVANCED DETOX INCLUDING COLON CLEANSE
 24/7 APETITE CONTROL (SUPPRESSION)

Included in the pack
Betterweigh Shakes x 7 640g Bags
Integrated Detox x 1 200g Bottle
Detox Day Tea x 2 45g Bags
Detox Night Tea x 2 45g Bags
Opti-Mag x 3 150g Bottles
OxyCleanse x 1 120 Capsules
OptiLife x 3 50ml Bottles
Biome Biotic x 1 90g Bottle



Duration	Time of day	Integrated Detox	Oxy-Cleanse	Shake	Opti-Mag	OptiLife	Detox Day	Detox Night	Biome Biotic
Week 1 and 2	Breakfast	One Teaspoon with 200ml of water							One Teaspoon added to the Integrated Detox
	Lunch								
	Dinner		4 Capsules 30 min before sleep						

For the first two weeks please apply clean healthy diet, prescribed by your healthcare practitioner based on your blood type.

Week 3 till 10	Breakfast			Two BIG Tablespoons blended with 250ml of water or almond milk	Heaped Teaspoon added to the morning shake	12 drops added to the morning shake	2 hours after the morning shake, can be taken hot or cold		
	Lunch			Two BIG Tablespoons blended with 250ml of water or almond milk		12 drops added to the morning shake			
	Dinner							Freshly brewed 30min before sleep served hot	

Real Weight Loss starts in week 3 where we replace two meals with the shakes and allow for a regular dinner. It is recommended for the dinner to be fresh and low on sugar. Also it is not recommended to eat after 7PM.

Week 11 and 12	Breakfast			Two BIG Tablespoons blended with 250ml of water or almond milk	Heaped Teaspoon added to the morning shake	12 drops added to the morning shake			One Teaspoon added to the shake
	Lunch			Two BIG Tablespoons blended with 250ml of water or almond milk		12 drops added to the morning shake			
	Dinner		4 Capsules 30 min before sleep						

Week 11 and 12 requires a bit more cleansing, hence we return to the OxyCleans to provide the intestinal sweep supported by another round of probiotics. After the week 12 you can return to the routine from week 3 till 10 or move to maintenance protocol.

Maintenance Protocol:

After achieving your desired weight please move to the maintenance program, which is very flexible and requires one meal replacement (no matter which one) Detox Tea at least three times a week and 24 drops of OptiLife providing all mineral and vitamin complex.