

Standard Process Inc.® Purification Program

Basic Outline & Tips

Days 1 – 7

- Take seven (7) **Cleanse** capsules 3x day with meals
- Between meals, take (3–5) **Gastro Fiber** with 12 oz. water (2x day between meals)
- Eat 60 – 70% vegetables and 30 - 40% fruits each day
- At least 1 (4 oz) serving fish or poultry per day – unless on vegetarian plan
- Drink at least 8 glasses water (8 oz each)

Days 8 – 21

- **Stop** the **Cleanse** capsules
- Take three (3) **Green Food** capsules 2x day with meals
- Continue with **Gastro Fiber** 3 (2x) day as above plus 2 – 3 shakes per day

Extra Tips

- Add ½ banana or ¼ cup orange (or other 100%) fruit) juice or stevia to sweeten shake if needed
- Clean blender and cups ASAP after shakes
- Buy large bags of frozen vegetables & fruits if pressed for time or use fresh ones.
- Add 1 scoop lean whey protein powder for even more energy
- Call me if you get constipated. Eliminations *should* be enhanced & easy on this diet
- Most people do not feel cravings on this diet. If you do, call me and we will add Gymnema

If away from home

- Mix shake with 8 oz vegetable juice (spicy V8® is interesting) or 4 – 6 oz 100% fruit juice and the rest water to make 8 oz.
- Put in a shaker & voila!
- Even better for the office, buy a \$9.95 (hand) wand mixer from Wal Mart® which goes into the glass