

# CLEAN<sup>®</sup> guide for BETA GLUCAN



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mid-am and mid-pm

2 to 3 times daily  
30 minutes **before or after**  
a meal or shake

## 1 tablespoon

\*May be used with Integrity for additional intestinal repair

## 2 to 8 oz water

Select water amount you tolerate best.

It is best to eat from the elimination diet or do the full CLEAN program while following this protocol. Please continue to use until canisters are empty or until digestion improves.

Read the [Keep It Clean Manifesto](#), our post-cleanse guide that suggests a variety of ways to create a CLEAN Life after you've completed your 21 day program!

Want to make some tasty meals and shakes? Visit our forums for [recipes and shake ideas](#).

Have a question? Contact us! We'd love to hear from you!  
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