

CLEAN[®]

guide for
INTEGRITY



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mid-am and mid-pm

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

1 teaspoon

May gradually increase
to 1 tablespoon.

2 to 8 oz water

Select water amount you
tolerate best.

* May be used with Beta glucan
for additional intestinal repair

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!
e. support@cleanprogram.com p. 888.497.8417 w. cleanprogram.com