Bioclear®
Microbiome Detox Program

LIFESTYLE GUIDE



Biocidin Botanicals®

Welcome

CONGRATULATIONS!

You crave a healthy life. We're here to empower you to achieve it. As you tap into the wisdom and benefits of botanicals and the natural world, we are excited to journey with you.

Now let's get started!



Biocidin Botanicals

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Nutrition, sleep, stress management, and community guildelines for the best results

LEARN MORE!





The first step toward a healthier you!

You have a lot to look forward to as you start your cleanse. Your body will benefit from the deep restorative process happening on the inside. And, with your ongoing commitment to some of the tips in our lifestyle guide, you could also see visible changes on the outside!

Some people who detox annually with the Bioclear® Program and adopt a healthy lifestyle say they experience:

- Glowing Skin*
- Weight Loss*
- Reduced Bloating*
- Improved Digestion*
- Balanced Moods*
- Increased Energy*
- Healthy Elimination*
- Sharpened Mental Clarity*
- Reduced Food Cravings*

A different kind of cleanse*

When it comes to your health, Microbes Matter Most®. Microorganisms make up 57% of your body's total cell count. And most of those reside in your gut microbiome.

The Bioclear® Program focuses on microbial health, clearing the way for efficient detox. When the microorganisms in your digestive tract are well-supported and in balance, they do a variety of things for you:

- Digest food
- Play a role in immune defense
- Support the use of vitamins
- Help hormonal balance
- Absorb nutrients
- Help balance blood sugar
- Help detoxification
- Support a healthy inflammatory response

And more!



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

It’s all about balance

The right balance of flourishing microorganisms in your gut microbiome. That’s the key. But we live In a world where toxic overload is common. What you need is integrated botanical solutions for microbial health. And that’s our genius! It has been for over 35 years.

The Bioclear® Program is based on a synergistic process focused on your gut microbiome. Three of our laboratory-tested, clinically researched supplements go to work in your body to REMOVE, DETOX, and RESTORE.



REMOVE

CLEAR AWAY OBSTACLES

Entrenched biofilms and unwanted organisms can create an obstacle that requires outside assistance. That's where Biocidin®, our signature, proprietary formula comes in. It's a great-tasting, synergistic blend of botanical extracts and essential oils. It targets your entire GI tract – dismantling and clearing irritants, unwanted microbes, and biofilms while enhancing beneficial organisms.* This allows your body's innate restorative ability to go to work.

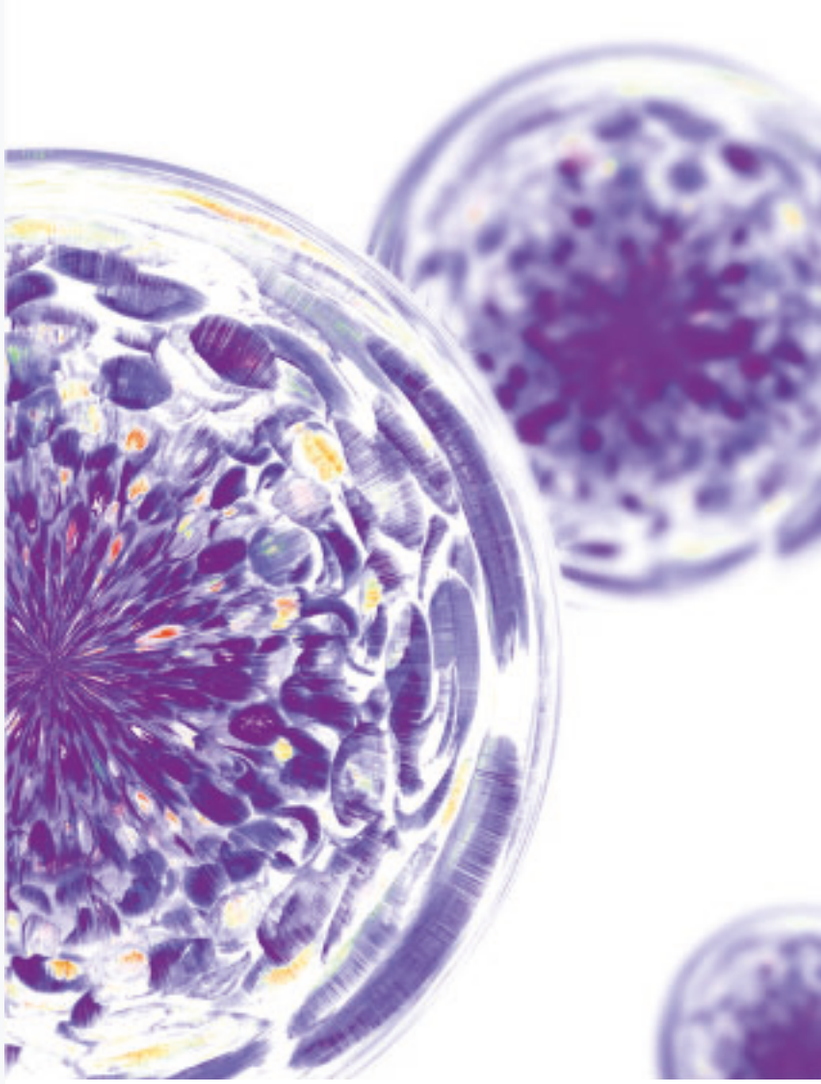




DETOX

INTERCEPT AND ELIMINATE TOXINS

How can you make toxin removal safe and even comfortable? As Biocidin® does its cleansing work, the gentle, comprehensive binders in G.I. Detox+® intercept unwanted microbial byproducts and clear them through elimination in the stool.* This step is essential for microbial balance. It's also key to your comfort as you progress through your cleanse! The binding agents in G.I. Detox+® have long been used in traditional medicine. They are also well-supported by modern research.

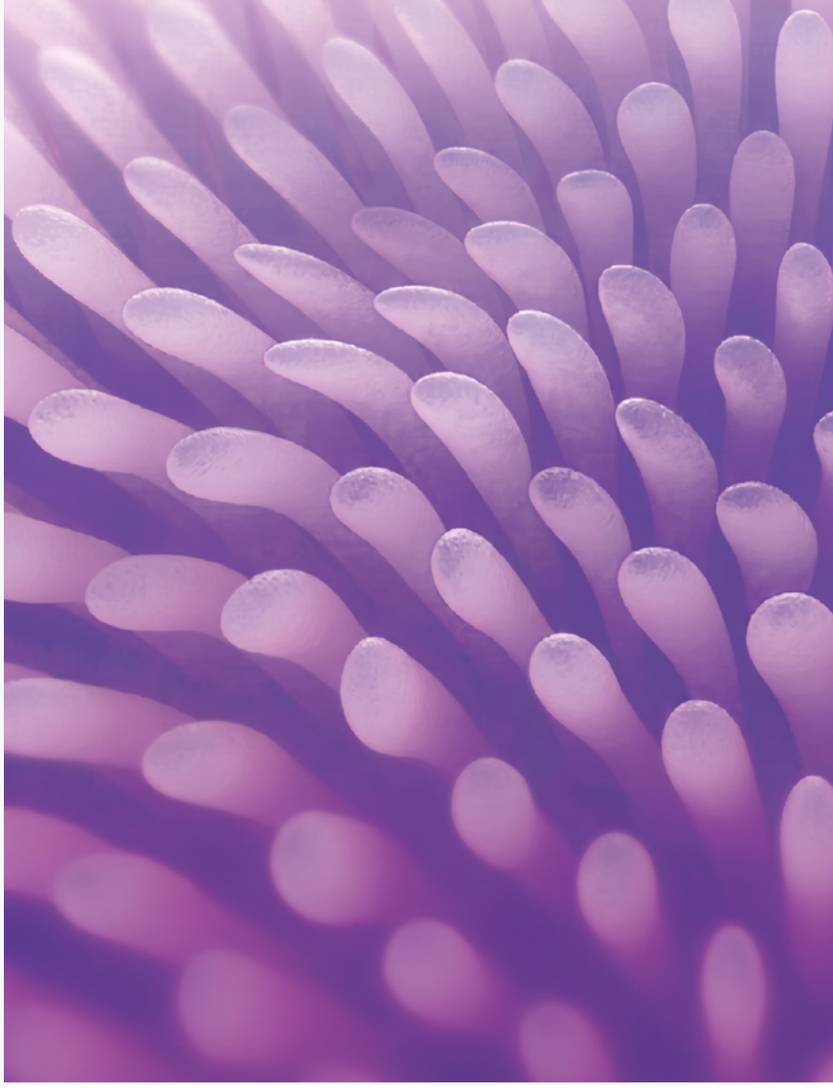




RESTORE

BRING BALANCE AND HEALING

Undesirable microbes create imbalances, even disorder. The effort to restore harmony requires ongoing renewal – and that's where our botanicals and nutrients come in. Not just for your cleanse, but for every day, Proflora®4R is key to encouraging microbial diversity in your microbiome. To offer provisions that allow your body to establish balance. Proflora®4R also produces beneficial byproducts, including vitamin K2 and the enzyme nattokinase (think heart health).* All in just one capsule a day!





How to use the Bioclear® Microbiome Detox Program

Follow instructions for the Biocidin® formula included in your program.

Program with Biocidin® Liquid: **PAGE 11**

Program with Biocidin® Capsules: **PAGE 12**

Program with Biocidin® LSF: **PAGE 13**

What to know before you begin

Biocidin®

Start Slow

When using a product like Biocidin® that supports microbial balance, it's important to start slow. Brief and mild symptoms early on – headache, upset stomach, joint pain, bowel irregularities, or fatigue – are normal and show the cleanse is working! To avoid a more severe reaction, don't attempt to detox too quickly.

That's why you'll start your protocol using the smallest recommended serving size and slowly increase to the maximum. If you experience any difficulty, reach out to your healthcare practitioner.

G.I. Detox+®

Timing is important

Take your G.I. Detox+® with a full glass of water **1-2 hours away from food, supplements, and/or medication**. Mid-morning, mid-afternoon, or right before bed are all good times.

INSTRUCTIONS

Program with Biocidin® Liquid



Biocidin® Liquid

Take AM/PM on an empty stomach
20 minutes before meals

DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
1 drop	1 drop	2 drops	2 drops	3 drops	3 drops	4 drops	4 drops	5 drops	5 drops

DAY 6		DAY 7		DAY 8		DAY 9		DAYS 10+	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
6 drop	6 drop	7 drops	7 drops	8 drops	8 drops	9 drops	9 drops	10 drops	10 drops



Proflora® 4R

1 capsule daily. Take with a meal.



G.I. Detox+®

2 capsules daily. Take on an empty stomach at least 1-2 hrs away from food, supplements, and/or medication.

Check off the days to track your progress!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

INSTRUCTIONS

Program with Biocidin® Capsules



Biocidin® Capsules

Take AM/PM on an empty stomach
20 minutes before meals

DAYS 1-4		DAYS 5-8		DAYS 9-12		DAYS 13+	
AM	PM	AM	PM	AM	PM	AM	PM
1 cap	0	1 cap	1 cap	2 caps	1 cap	2 caps	2 caps

Because of the nature of liquid encapsulation, **each bottle supports a 28.5-day program**, which is adequate for a successful cleanse.



Proflora® 4R

1 capsule daily. Take with a meal.



G.I. Detox+®

2 capsules daily. Take on an empty stomach at least 1-2 hrs away from food, supplements, and/or medication.

Check off the days to track your progress!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	

INSTRUCTIONS

Program with Biocidin® LSF



Biocidin® LSF

Take on an empty stomach 20 minutes before meals. Hold under tongue for 30 seconds before swallowing. May be added to water.

DAYS 1-4		DAYS 5-8		DAYS 9-12		DAYS 13+	
AM	PM	AM	PM	AM	PM	AM	PM
2 pumps	0 pumps	2 pumps	2 pumps	4 pumps	2 pumps	4 pumps	4 pumps



Proflora® 4R

1 capsule daily. Take with a meal.



G.I. Detox+®

2 capsules daily. Take on an empty stomach at least 1-2 hrs away from food, supplements, and/or medication.

Check off the days to track your progress!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Lifestyle Guide

This cleanse is more than a natural supplement regimen. It recognizes and celebrates the innate complexity of YOU. The interconnectedness of your body, mind, and spirit. **The glowing health you seek involves the whole person. And for the best results, go all in!** Commit to following the proven nutrition, sleep, movement, stress management, and community guidelines in this booklet. Experience even more of the healthy life you desire.

Nutrition

To protect and enhance the restorative healing occurring during your Bioclear® Microbiome Detox Program, pay attention to what you put in your body. **The right diet will supercharge your cleanse!**

The foods you choose to eat (prebiotic, rich in phytonutrients, healthy fats) will help to maintain a flourishing, well-balanced microbial environment. During your cleanse, our clinical team also recommends eliminating or minimizing gluten, dairy, and sugar.



Here are some suggestions for optimizing your nutrition:

Fill up on prebiotic foods. These include apples, asparagus, bananas, cocoa, eggplant, garlic, honey, artichokes, legumes, onions, peas, and whole grains.

Eat the rainbow! Aim for four or five different colors on your plate at each meal to ensure you incorporate various phytonutrients.

Focus on healing fats. Beyond olive and coconut oil, consider walnuts, cashews, nut butters, flax, hemp, and chia seeds, wild-caught fish, and avocados.

Eliminate gluten and dairy. Gluten and dairy are pro-inflammatory for many. Eliminate them for four weeks to see if they are causing you more harm than good.

Shop the perimeter. Remember that fresh, unprocessed food is generally located around the perimeter of most grocery stores.

Eat in. The best meals are those you prepare yourself – not boxed dinners or overly processed foods in packages.

Sugar. We all know how addictive sugar can be. Healthy alternatives are honey or maple syrup. Dark chocolate (>72%) is a great way to satisfy that sweet craving, too!

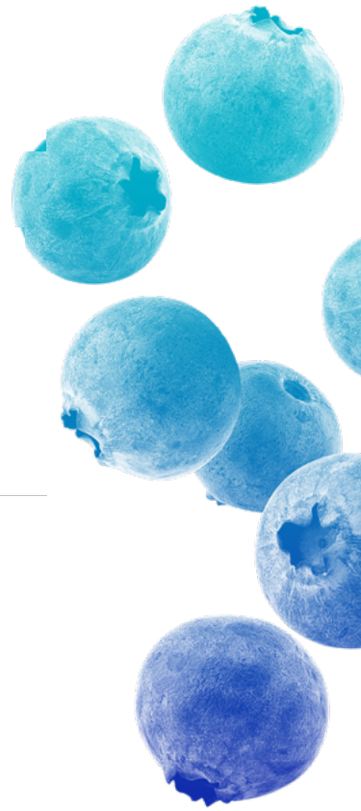
Focus on lean, free-range, grass-fed meats. Maintain adequate protein intake at each meal. Pair it with fresh vegetables, fruits, and whole, gluten-free grains.

Enjoy a Biotonic® break! Our adaptogenic elixir is a blend of botanicals inspired by two ancient Chinese formulas. One for immune support and one to support Qi (vital force). Add Biotonic® to sparkling water or herbal tea and enjoy daily.

Sample daily menu

BREAKFAST

Once you've taken your Biocidin®, it's time to make breakfast. Breakfast is a great time to incorporate a smoothie into your day. It's an easy way to make "food as medicine" with nutritious and delicious ingredients. We've put together some options to keep your smoothie game strong and packed with benefits.



BASE LIQUID OPTIONS:

- **Brew fresh tea and add herbs:** ashwagandha, cinnamon, lemon balm, rosemary, slippery elm, turmeric, elderberries
- **Unsweetened, 100% pure fruit juice:** cranberry, pomegranate, cherry
- **Unsweetened nut milk:** almond, oat, coconut, cashew, macadamia

ADD-INS:

- **Fresh, organic fruit:** banana, berries, mango, peach, apple, pineapple, pear
- **Fresh, organic vegetables:** beet, cucumber, avocado, dark leafy greens, mint leaves
- **Protein:** grass-fed collagen, nut butter, dairy-free yogurt, hemp, pumpkin-seed protein
- **Crushed ice:** if desired

EXTRAS:

- Flax Seeds
- Chia Seeds
- Hemp Hearts
- Mushroom Powder

Sample daily menu

LUNCH

Lunch is an easy time to "slip up" when trying to make healthy changes. You're often working, short on time, or in a hurry. You may be tempted to grab fast food. But lunch really can be simple. Salads are full of nutrients and easy to prep ahead of time, so you're ready for the entire week. We have shared some options to build a better salad – and without the fuss!

BASE:

- Organic, pre-washed greens
- Organic quinoa to make a "power bowl"

TOPPINGS:

- **Organic fruits:** berries, pomegranate seeds, oranges, grapes
- **Organic vegetables:** zucchini, carrots, peppers, avocado, onions, celery, tomatoes, squash, Brussels sprouts, broccoli, cauliflower
- **Hemp hearts** for added protein and essential fatty acids.
- **Olives**

PROTEIN:

- Grilled lean, free-range, grass-fed meats
- Nuts and seeds
- Grilled wild-caught fish
- Organic tofu or tempeh

DRESSING:

Homemade is healthiest and can be so simple. Three parts oil to one part vinegar is a good rule of thumb. Adjust to your taste. Make ahead, so it's ready to add at lunchtime.

- Organic olive or avocado oil
- Vinegar or lemon juice
- Fresh garlic, salt, cracked pepper
- Fresh herbs, if desired
- A bit of honey, if desired

Sample daily menu

DINNER

Your evening meal doesn't have to be fancy or complex. Continue your focus on whole foods and balanced protein/fats/carbs, and you're set. An easy way to keep this simple is to pick your preferred protein, pair it with fresh veggies and a complex carbohydrate. Done!

ORGANIC VEGGIES:

- Stir-fry a variety in a bit of coconut or avocado oil and seasoning
- Grill them along with your protein
- Bake them with a bit of olive oil and seasoning
- Air fry them for a quick, crisp option

PROTEIN:

- Wild-caught fish
- Lean, grass-fed, hormone-free poultry or meat
  - Grilled, steamed, sauteed, baked
- Organic tofu or tempeh

COMPLEX CARBOHYDRATES:

- Baked sweet potato
- Organic quinoa
- Organic whole grain rice
- Gluten-free multigrain toast or roll



Sleep

Sleep is easily one of the most important things you do each day. Your body runs on an "internal clock." These circadian rhythms are 24-hour cycles, running in the background to carry out essential functions and processes. Irregular sleep disrupts this cycle and can lead to whole-body dysfunction. Also, did you know that every hour you sleep before midnight is like giving your body two hours of sleep? The converse is true for every hour you are awake after midnight.

Here are some suggestions for better sleep:

Follow a consistent sleep schedule. Train your biological clock – go to sleep and rise at the same time each day.

Create a bedtime routine. Do things in the same order each night. This will help train your circadian rhythm.

Avoid caffeine. Try not to consume caffeinated beverages and foods after noon.

Establish an exercise curfew. Complete exercise at least three hours before bedtime.

Turn off electronics. Keep electronic devices out of the bedroom and avoid screen time two hours before bed.

Keep the peace. Avoid anxiety-provoking activities and conversations close to bedtime.

Assess your sleeping space. Make sure your environment is conducive to quality sleep – no lights, a sound machine if necessary, and room temp not too hot or cold.

Encourage slumber. Read a book or spend some time meditating to help you fall asleep.

Movement

Moving your body daily is an easy way to enhance your cleanse. Exercise doesn't have to include a fancy gym or exhausting workouts. Alternatives are to focus on weight training, yoga, or even brisk walks that get your heart rate up. Stressing your body too much with demanding workouts can lead to adrenal exhaustion, weight gain, and hormonal imbalance – the opposite of what you were aiming for when you decided to do the Bioclear® Program!

Here are some suggestions for how to get moving:

Do what you love. Focus on movement you enjoy.

Start simple. Try bodyweight exercises, going for walks or bike rides, or yoga.

Find a workout buddy. Having a partner can help keep you motivated and accountable.

Hire a trainer. This is especially helpful if you're tired of doing the same things over and over or if you need added motivation.

Add weight training. Lifting weights stimulates your muscles to continually burn glycogen throughout the day, helping with weight management and insulin resistance.



Stress management

So you're on track with your Bioclear® Program and balancing your microbiome. You're eating nutrient-rich foods, getting restorative sleep, moving more – but your stress level is maxed out. It's time to take control! **Stress management is pivotal to maintaining a balance of the mind, body, and soul.** We have so many demands in our day-to-day life that we truly have to make self-care, breathing, and stress management part of our routine. By paying attention to our needs, emotions, reactions, and physical being, we can learn to control how we respond to specific stressors.

Cultivate self-awareness. Pay attention to how your body, mind, and emotions respond to various situations and learn from them. This will allow you to react more positively the next time you face that particular stressor.

Practice deep breathing. Here's an easy way to get started.
Inhale throughyour nose for 4. Hold for 4. Exhale through your mouth for 4.
Repeat this pattern for 2-3 minutes.

Turn it off! Shut off the news and stop scrolling your social media feeds – especiallyif what you are exposing yourself to is causing distress.

Maintain a good sleep/wake schedule. That circadian rhythm we discussed earlier is incredibly important to help balance your neurotransmitters. That, in turn, enables you to control your emotions and ward off anxiety/depression.

Ask for help. Many of us struggle to reach out for assistance. Asking for help does not mean you are failing. It shows you are brave and practice self-care.

Community

Doing life with other people is so important.
You need love, respect, connection, and touch to thrive.
Make cultivating community a priority.

Here are some suggestions for growing your community:

Back to the "good old days." Pick up the phone. Meet for coffee. Invite someone over. Nothing replaces face-to-face, spoken conversation. Make it a point to truly connect.

Find like-minded people. Search out local groups with interests you share. It's an easy way to get involved and find others who value and enjoy the same things you do.

Volunteer. Find a non-profit or community organization that does good work and jump in to help. Friendships are forged when you work with others on a common cause.



Just think, in a short time, you could feel a lot better!

Let that thought fuel you as you do the work and experience this restorative process.



Feeling good as you finish your detox? Keep going! It's safe to complete a second time, and it can deepen the effects of the cleanse.

The lifestyle guidelines can be followed indefinitely, and we recommend it. You'll find it contributes to lasting wellbeing.

You can also choose to complete the **Bioclear® Microbiome Detox Program** twice a year.

We always recommend enlisting an integrative, functional medicine, or naturopathic doctor to guide and support you.

Email us at questions@biocidin.com for a list of practitioners who know and work with our products.

Bioclear®

Microbiome Detox Program

Supports Detox by Reestablishing Microbial Balance*



A different kind of cleanse



biocidin.com

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