# **Comprehensive** Cleansing Program™

LIFESTYLE GUIDE

Biocidin Botanicals®



Biocidin Botanicals®

Disclaimer: This information is not intended as a substitute for professional medical advice, diagnosis, or treatment. We make no health claims regarding our product lines. Statements about our products have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure, or prevent any disease.

## We're here for you!

You yearn for a healthy body and lifestyle. We're here to help empower you to achieve it! Get ready to tap into the wisdom and benefits of botanicals and the natural world as you begin your cleanse. We're excited to take this two-month journey with you. Thank you for trusting us.



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Photo by Alison Gamel

# There's a lot to look forward to

A comprehensive microbial cleanse can be the first step towards a healthier you. Your body will benefit from the deep restorative process happening on the inside. And with your ongoing commitment to a healthy lifestyle, you could also see changes on the outside!

**Some people who use the Comprehensive Cleansing Program™ – paired with a healthy diet and lifestyle – say they experience:**

- Reduced bloating*
- Improved digestion*
- Balanced moods*
- Increased energy*
- Healthy elimination*
- Sharpened mental clarity*
- Improved body comfort*

# It's all about balance

MICROBIAL RESTORATION FOR A DEEPER CLEANSE

**Both inside and out, your body is host to a wide variety of microorganisms.** The skin, ears, sinus, mouth, reproductive tract, and gut all have different communities of microbes. Maintaining the right balance of flourishing microorganisms in your gut and throughout your body is key.

But we live in a world where toxic overload is common. In addition to the toxins you inhale or ingest from the outside world, known as exotoxins, you are also exposed to toxins produced inside your body – endotoxins.







**The goal of a microbial cleanse is to reduce the production of endotoxins and support the elimination of both internal and external toxins.** Restoring balance to the microbiome does just that and offers a variety of other benefits, including:

- Helping to digest food
- Supporting the absorption of vitamins and nutrients
- Helping balance blood sugar
- Assisting in balancing hormones
- Playing a role in immune defense
- Aiding detoxification
- Supporting a healthy inflammatory response

The **Comprehensive Cleansing Program™** offers natural solutions for microbial balance and health. Based on a synergistic process, five of our laboratory-tested, clinically researched supplements go to work in your body to **REMOVE, DETOX, RESTORE,** and **DEFEND.** The program also includes toothpaste from our **SMILE** category to support your oral microbiome.

# REMOVE

CLEAR AWAY OBSTACLES

Entrenched biofilms and unwanted organisms can create obstacles that require outside assistance. That's where Biocidin®, our certified organic botanical blend, 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 and are well-supported by modern research.

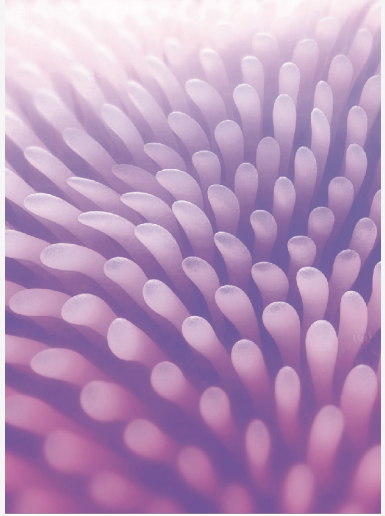




# RESTORE

## 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 encourages microbial diversity in your microbiome. It offers provisions that allow your body to establish balance. The probiotics in Proflora® 4R have been shown to produce beneficial byproducts, including vitamin K2 and the enzyme nattokinase (think heart health!).* All in just one capsule a day, now with 33% more spores!








# RESTORE

## BRING BALANCE AND HEALING

In the midst of everyday stressors, adaptogenic plants can help your body adapt and find balance. Biotonic®, which contains 90% organic botanicals, is an adaptogenic formula that can be taken daily to support healthy digestion and provide your adrenals and liver with nutritional support. The addition of Artemisia strengthens microbial balancing activity in Biotonic® and promotes a healthy inflammatory response.*

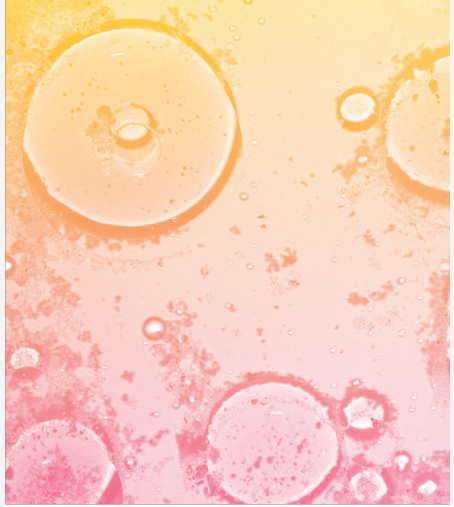




# DEFEND

## OPTIMIZE RESILIENCE

In the face of novel microbes, or if the body is weakened, we need to call in the troops. Throughout the ages, Olive Leaf has been trusted by healers. It naturally addresses unwanted organisms, bringing additional force to oppose biofilms and support immune function.* That's why Olive Leaf Extract is the main ingredient in Olivirex®. Additional select botanicals open channels to support the kidneys, lymphatics, and liver – driving the Olive Leaf where the body needs it most while ushering out toxins. Together, your body and botanicals bolster defenses to co-create optimal resilience.



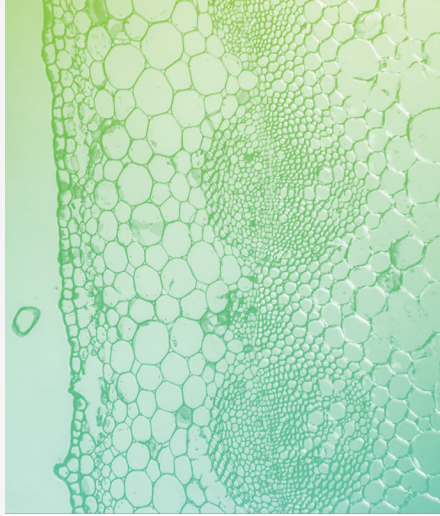





# SMILE

## PROMOTE ORAL HEALTH

When it comes to oral care, plaque is a universal challenge. It contributes to bad breath, that uncomfortable fuzzy feeling on teeth, and can negatively impact overall health. Scientifically speaking, plaque is a biofilm. That's why we created our Dentalcidin® Oral Microbiome Toothpaste. A one-of-a-kind toothpaste with a systemic reach and demonstrated activity that clears away unwanted oral microbes and plaque (biofilms). Brush daily with Dentalcidin® to support oral microbiome balance and overall health.* Bonus – you'll love your fresh breath and brighter smile.





# How to use the Comprehensive Cleansing Progam™

Ready to get started? You'll find detailed instructions in the pages that follow. Follow them for two months for the five products in your program, plus the toothpaste.

If you're highly sensitive, please consult your healthcare practitioner for guidance tailored to your specific needs.



## With Biocidin® and Olivirex®, start small then slowly increase

When using products like Biocidin® and Olivirex® that support microbial balance, it's important to start slow. It's not uncommon to experience brief and mild symptoms early on – headache, upset stomach, joint pain, bowel irregularities, or fatigue.

These are known as Herxheimer reactions and are normal. They show the cleanse is working, but also indicate that you are cleansing more quickly than you are clearing. To avoid more severe reactions, don't attempt to detox too quickly.

**Start your protocol using the smallest recommended serving size. Then slowly increase to the maximum.** Follow the instructions for the Biocidin® formula included in your program and for Olivirex®. If you experience any difficulty, reach out to your healthcare practitioner.

**Scan here to learn more about Herxheimer reactions**

TITRATION INSTRUCTIONS

# Program with Biocidin® Liquid




**Biocidin®** Liquid: Take on an empty stomach 20 minutes before meals. Begin with 1 drop twice daily. Add 1 drop to each serving until you have reached 12 drops twice a day.

| DAY 1 | | DAY 2 | | DAY 3 | | DAY 4 | | DAY 5 | | DAY 6 | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| AM | PM | 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 | 6 drops | 6 drops |

| DAY 7 | | DAY 8 | | DAY 9 | | DAY 10 | | DAY 11 | | DAY 12+ | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM |
| 7 drops | 7 drops | 8 drops | 8 drops | 9 drops | 9 drops | 10 drops | 10 drops | 11 drops | 11 drops | 12 drops | 12 drops |



TITRATION INSTRUCTIONS

# Program with Biocidin® Capsules




**Biocidin®** Capsules: Take on an empty stomach 20 minutes before meals. Begin with one capsule daily and gradually increase to 2 capsules twice daily. See chart below.

Because of the nature of liquid encapsulation, each bottle supports a 55.5-day program, which is adequate for a successful microbial cleanse.

| | AM | PM |
|---|---|---|
| WEEK 1 | 1 capsule | – |
| WEEK 2 | 1 capsule | 1 capsule |
| WEEK 3 | 2 capsules | 1 capsule |
| WEEK 4+ | 2 capsules | 2 capsules |

TITRATION INSTRUCTIONS

# Program with Biocidin® LSF




**Biocidin®** LSF: Take on an empty stomach 20 minutes before meals. Start with 1 pump per day and gradually increase to up to 4 pumps twice per day, as tolerated. Hold under tongue for 30 seconds before swallowing. See chart below.

| | AM | PM |
|---|---|---|
| WEEK 1 | 1 pump | 1 pump |
| WEEK 2 | 2 pumps | 2 pumps |
| WEEK 3 | 3 pumps | 3 pumps |
| WEEK 4+ | 4 pumps | 4 pumps |



TITRATION INSTRUCTIONS

# Olivirex®




**Olivirex®:** Take 1 capsule daily and gradually increase to up to 2 capsules twice daily. Best if taken on an empty stomach (at least 20 minutes before meals or 2 hours after eating). Can be taken with Biocidin®. If digestive upset is experienced, take with food. See chart below.

| | AM | PM |
|---|---|---|
| WEEK 1 | 1 capsule | – |
| WEEK 2 | 1 capsule | 1 capsule |
| WEEK 3+ | 2 capsules | 2 capsules |

# Comprehensive
## Cleansing Program™




Complete Broad-Spectrum Support for Microbial Balance*



# Product Usage Guide

Listed below is a quick reference for product usage. Remember to follow titration instructions for the Biocidin and Olivirex. Serving sizes are general recommendations and may be adjusted based on your healthcare provider's preference.

| NOTE: You will use only one of these three<br>REMOVE | AM<br>On a empty stomach 20 minutes before meals | PM<br>On a empty stomach 20 minutes before meals | On an Empty Stomach<br>1-2 hours away from food, supplements, and/or medication |
|---|---|---|---|
| **Bio**cidin® Liquid | 12 drops | 12 drops | |
| **Bio**cidin® Capsules | 2 capsules | 2 capsules | |
| **Bio**cidin® LSF<br>DETOX | 4 pumps | 4 pumps | |
| **G.I.** Detox+®<br>DEFEND | | | 2 capsules |
| **Oliv**irex®<br>RESTORE | 2 capsules | 2 capsules | |
| **Pro**flora®4R | 1 capsule any time | | |
| **Bio**tonic®<br>SMILE | 20 drops 2-3 times daily prior to meals | | |
| **Dental**cidin® | Brush with Dentalcidin® Oral Microbiome Toothpaste 2 times daily | | |



# Lifestyle Guide

**THE HEALTH YOU SEEK INVOLVES THE WHOLE PERSON.**

This comprehensive 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. Because the health you seek involves the whole person.

For the best results, go all in! Commit to following the proven nutrition, movement, sleep, stress management, and community guidelines in this booklet. Experience even more of the health benefits you desire!



# Nutrition

To protect and enhance the restorative healing occurring during your **Comprehensive Cleansing Program™**, pay attention to what you put in your body. The right diet will support your cleanse!

The foods you choose (rich in prebiotics, probiotics, phytonutrients, and healthy fats) will help your body maintain a well-balanced, flourishing microbial environment. **Our clinical team recommends eliminating gluten, dairy, sugar, and alcohol during your cleanse.**



# Here are some suggestions for optimizing your nutrition:

**Fill up on prebiotic foods.** These include apples, asparagus, bananas, cocoa, eggplant, flaxseed, garlic, honey, artichokes, jicama, 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.

**Include probiotic-rich foods.** Fermented foods such as sauerkraut, kimchi, natto, kombucha, and kefir are rich in probiotics.

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

**Eliminate gluten and dairy.** Gluten and dairy are pro-inflammatory for many people.

**Reduce or Eliminate Alcohol.** Excessive alcohol has negative effects on the microbiome and increases the workload on your liver. It is best to avoid it during a cleanse.



**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. The more real, raw or lightly cooked, and whole ingredients in your meals, the better.

**Sugar.** We all know how addictive sugar can be. Healthy alternatives – in moderation – 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.



# Sample daily menu | Breakfast

## SMOOTHIE

Morning 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 assembled some options to pack your smoothie with nutrients and benefits.

## BASE LIQUID OPTIONS

- **Brew fresh tea and add herbs:** Ashwagandha, cinnamon, lemon balm, rosemary, slippery elm, turmeric, elderberries, reishi mushroom
- **Unsweetened, 100% pure fruit juice:** Cranberry, pomegranate, cherry
- **Non-dairy alternative milk:** Almond, oat, coconut, cashew, macadamia



## ADD-INS

- **Fresh organic fruit:** Avocado, 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 seeds
- **Crushed ice:** If desired

## EXTRAS

- Flax seeds
- Chia seeds
- Hemp hearts
- Collagen powder
- Gelatin powder
- Glycine powder
- Mushroom powder




## DON'T FORGET TO TAKE YOUR G.I. DETOX+®

Mid-morning, mid-afternoon, or right before bed are all good times to take your **G.I. Detox+®**. Be sure to take it with a full glass of water at least one hour after eating. Then wait another hour before you eat again or take other supplements or medication.



# Sample daily menu | Lunch

## POWER BOWL

**Lunch is an easy time to "slip up" when trying to make healthy lifestyle 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. Here are some options to build a better salad.

## BASE

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

## TOPPINGS

- **Organic fruits:** Berries, pomegranate seeds, oranges, grapes, tomatoes, peppers
- **Organic vegetables:** Zucchini, carrots, onions, celery, squash, brussels sprouts, broccoli, cauliflower
- **Healthy fats:** Olives and avocado
- **Hemp hearts** for added protein and essential fatty acids
- **Nuts and seeds:** Sunflower seeds, pumpkin seeds, almonds, pecans

## PROTEIN

- Grilled lean, free-range, grass-fed meats
- Nuts and seeds
- Wild-caught fish such as anchovies, cod, salmon, sardines, and herring
- Organic tofu or tempeh

## DRESSING

Homemade is the 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

Learning to prepare healthy food is a skill. If you're new to it, it's going to take time to learn but it's not difficult. Having a plan and following some simple techniques makes all the difference!

# 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 and pair it with fresh veggies and a complex carbohydrate. Done!

### 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



### 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



# Movement

**Moving your body daily is an easy way to enhance your cleanse.** Exercise doesn't have to include a gym membership or exhausting workouts. Better 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 **Comprehensive Cleansing 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. You could also hire a trainer or use a fitness app. 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.

**Note**: Please consult with a healthcare practitioner before beginning a workout routine.

# Sleep

**Sleep is 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.

## HOW SLEEP SUPPORTS DETOXIFICATION

The primary function of the gallbladder is to release bile to help break down and absorb fats. Bile also binds to fat-soluble toxins and ushers them out of your body through the stool. Getting into a good sleep routine and going to bed early is a great way to support these vital functions.

**The liver is the main detoxifying organ in the body, and its power hours are from 1 am to 3 am.** Keeping late-night hours will interrupt your circadian rhythm and interfere with your body's built-in supports for detoxification.

## 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.



# Stress management

So you're on track with your **Comprehensive Cleansing 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.

## STRESS MANAGEMENT IS KEY FOR MAINTAINING MIND, BODY, AND SOUL.

**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 through your 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 – especially if 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're failing. It shows that you are brave and practice self-care.

**Cultivate Joy.** Do something each day that brings you joy and peace, like a gratitude journal, walking in nature, playing with loved ones - or whatever brings you into your heart.



# Community

Doing life with other people is so important. Make cultivating community a priority in your life. **We all need love, respect, connection, and touch to thrive.**

## HERE ARE SOME SUGGESTIONS FOR GROWING YOUR COMMUNITY:

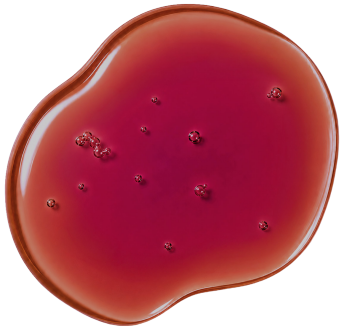
**Connect with old friends.** Pick up the phone. Meet for coffee. Invite someone over. Nothing replaces face-to-face, spoken conversation. Make it a point to truly connect.

**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 60 days you could feel a lot different!



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

Feeling good after 60 days?
Consider a bi-yearly detox with the 30-day **Bioclear® Microbiome Detox Program.**

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

We always recommend finding 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.








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