



TAKE ALL 3
AM CAPSULES
(1 PACKET)
FIRST THING IN
THE MORNING
ON AN EMPTY
STOMACH



TAKE ALL 3
PM CAPSULES
(1 PACKET)
JUST BEFORE
YOU GO TO
BED FOR
THE NIGHT

DIET & LIFESTYLE GUIDELINES





WHAT IS THRIVE 10-DAY TOTAL DETOX?

THRIVE 10-Day Total Detox is metabolic detoxification at its finest!

This dual AM/PM concept and formula is intended to assist the body in the removal of toxins and heavy metals. The secret to this system is the cleansing and detoxification pattern.

The AM formula was formulated to assist in releasing and cleansing toxins and heavy metals from the body. The PM formula was created to further assist in detoxifying and removing these newly released toxins and metals. THRIVE 10-Day Total Detox is recommended every 90 days for best results and nutrient absorption.

WHY DO PEOPLE NEED TO DETOX?

THRIVE 10-Day Total Detox is ideal for anyone who wants to improve their: **weight management[†], gut health[†], energy & stamina[†], mental clarity[†], nutrient absorption[†], rest[†], overall mood and more![†]**

Users are encouraged to follow the diet and lifestyle guidelines (below) for maximum results.[†]

RECOMMENDED USE AND TIPS:

- > Users of the 3-Step THRIVE Experience regimen are encouraged to skip step 1 (m/w capsules) and step 2 (shake) while on 10-Day Total Detox for proper results and absorption of the detox formula. Step 3 (a DFT product) may still be used.
- > Drink 60–100 ounces of filtered water or mineral water each day.
- > Reduce caffeine intake. Feel free to use THRIVE Activate, Pure, DFT and Thirst IC to keep energy levels up.
- > Greatly reduce sugar intake and sugary beverages.
- > Eliminate dairy substitute.
- > Try to follow diet guidelines (below) as closely as possible for all 10 days. It makes a huge difference in releasing toxins to be detoxified.
- > Maintain high levels of fiber daily. Use THRIVE Restore for fiber supplementation or eat adequate vegetables daily for fiber.
- > Minimize prolonged or strenuous exercise while on this program.
- > Do not take THRIVE Biotic or Balance while on the 10-day program.
- > THRIVE 10-Day Total Detox is recommended every 90 days for maximum results.

RECOMMENDED DIET GUIDELINES:

- > Eliminate animal proteins for 10 days.
- > For protein, eat only fish or legumes/plant-based proteins.
- > Eat fruits and vegetables for fiber, snacks and side items.
- > Spices, condiments, oils and fats are fine.
- > Eat only white rice instead of other starches or grains.
- > Eliminate nuts and seeds.
- > Drink tea with low caffeine levels or decaf coffee, without sweetener and without dairy alternative.
- > You may experience hunger at first, but that tends to dissipate. If you feel fatigued, make sure you're getting enough calories from food options listed above. Eat as much of those listed foods as you would like.
- > After day 10, slowly reintroduce foods/beverages you would normally consume, but were eliminated during the 10-day detoxification period.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.