



RADO
COMPLETE NUTRITION

14 DAY DETOX

NO FASTING NO CALORIE COUNTING

RADO Nutrition 14 Day Detox is a gentle liver detox that removes built-up chemicals and harmful waste in your body.

You'll enjoy:

Weight Loss
Decreased Cellulite
Radiant Complexion
Firmer Skin
Restful Sleep
Increased Energy

Optimized Digestion
Reduced Food Cravings
Higher Mental Clarity
Reduced Allergy Symptoms
Enhanced Athletic Performance
Faster Recovery Time

WHY DETOX?

The presence of toxic chemicals in our food and environment has risen dramatically in recent history. Over time these toxins accumulate in our cells causing excess weight, cellulite, fatigue and ill health.

Food:

Artificial preservatives, flavors and colors, antibiotics, growth hormones, pesticides and sugar contribute to your toxic load.

Alcohol and Smoking:

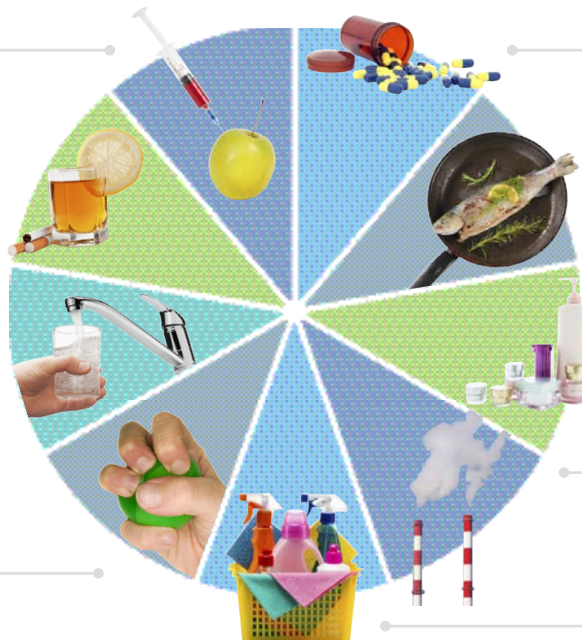
Excess alcohol damages the liver which is your primary organ for detoxification. Cigarette smoke contains over 4,000 chemicals, including 43 known cancer-causing compounds and 400 other toxins.

Water:

Unfiltered water from the tap can contain agricultural, industrial and pharmaceutical wastes in addition to chlorine, heavy metals, hormones and pesticides.

Stress:

While our bodies naturally create toxins as part of our metabolism, stress increases this toxic production, aggravating and overloading your liver's ability to detoxify.



Medication:

Many pain relievers and other over-the-counter medications stress your liver, decreasing natural detoxification.

Heavy Metals:

From car exhaust, dental amalgams and certain fish to deodorants and cookware, we are exposed to excess heavy metals daily.

Body Products:

Most body products contain a variety of cancer-causing and hormone disrupting ingredients.

Air:

Industrial emissions and car exhaust along with home air fresheners, candles and cleaning products with perfumes fill our air with toxic chemicals daily.

Household Products:

Cleaning products and carpets leave our bodies constantly exposed to harmful toxins.



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A TYPICAL DETOX DAY WILL LOOK LIKE THIS

<p>BREAKFAST</p>	 <p>Shake + Detox Caps + Green Tea + Water</p>
<p>LUNCH</p>	 <p>Real Food Meal + Salad + Water x2</p>
<p>SNACK</p>	 <p>Real Food Snack + Water x2</p>
<p>DINNER</p>	 <p>Shake + Salad + Detox Caps + Water x2</p>

Boost your daily fiber by adding 2 tsp of ground chia to any shake recipe. This detox is flexible. We recommend having your shakes at breakfast and dinner, but if you need to have your real food meal at dinner, that works too! As long as you have your detox caps and shakes twice a day, you'll be working this detox!

AVOID

ITEMS TO AVOID WHILE DETOXING

- dairy
- gluten
- soy
- corn
- alcohol
- coffee
- caffeinated teas
- sugar
- artificial sweeteners
- fatty beef & pork
- processed packaged foods
- fried foods



<p>FREE FROM:</p>	<p>Soy Eggs Yeast</p>	<p>Harsh laxatives Chemicals Additives MSG</p>	<p>Sugar Artificial Sweeteners Artificial Colors</p>
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Health Disclaimer may be found on our website: www.radonutrition.com

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