

# Bioclear™ Cleansing Program

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LIFESTYLE GUIDE

By Biocidin®



A warm, intimate photograph of a woman and a young girl. The woman, with dark hair, is smiling broadly and hugging the girl from behind. The girl, with light brown hair, is also smiling widely, showing her teeth. They are both looking towards the camera. The background is softly blurred, showing a lamp and some greenery. A large, semi-transparent white circle is overlaid on the left side of the image, containing the text.

# Welcome

## CONGRATULATIONS!

Welcome to the **Bioclear™ Cleansing Program**. You are embarking on a journey of renewal that taps into the wisdom and benefits of botanicals and the natural world. Are you excited? Nervous? We are thrilled to travel with you over the next 30 days toward a lighter, brighter you. Thank you for trusting us. Empowering you to live the healthy life you crave is our goal!

**Biocidin®**

Clinically Effective • Evidence-Based



## A Lot to Look Forward To

The benefits of a cleanse are personal, meaningful, and often visible. Good news, right? The changes you see on the outside reflect the deep restorative process happening on the inside. What can you expect? After successfully completing the **Bioclear™ Cleansing Program**, people 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, it's important to pay attention to the little things. Microorganisms make up 57% of your body's total cell count. And most of those reside in your gut microbiome. There's an average of 37 trillion microbes in your digestive tract – more than the number of stars in the Milky Way! When 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. This product is 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 30 years.

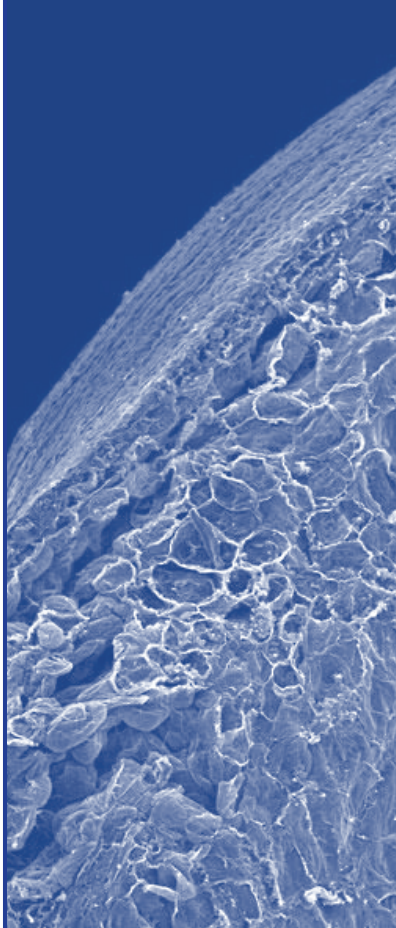
The **Bioclear™ Cleansing Program** is based on a synergistic process focused on your gut microbiome. Three of our laboratory-tested, clinically researched supplements go to work in your body to **REMOVE**, **BIND**, and **RESTORE**.



# Remove

**Clear away irritants, unwanted microorganisms, and biofilms\***

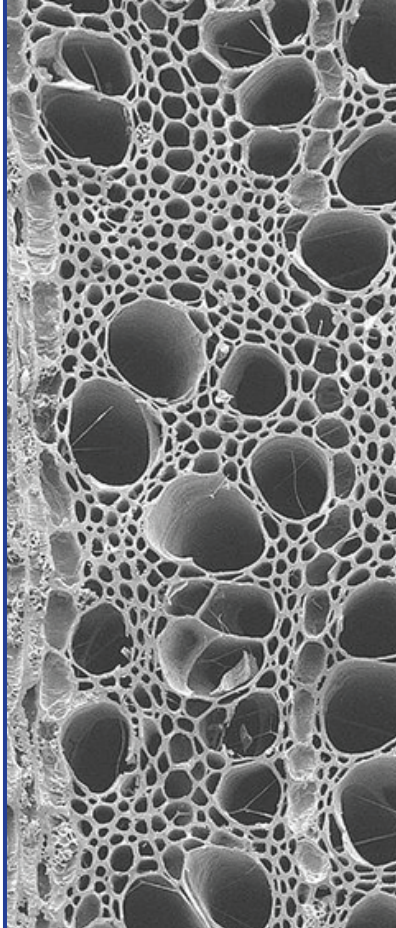
You'll begin with **Biocidin®**, our signature, proprietary formula. It's a great-tasting, synergistic blend of botanical extracts and essential oils. It targets your entire GI tract – dismantling biofilms and enhancing beneficial organisms.\* The result? Powerful support for the delicate balance of microorganisms in your microbiome.\*



# Bind

## Intercept and eliminate unwanted toxins and microbial byproducts\*

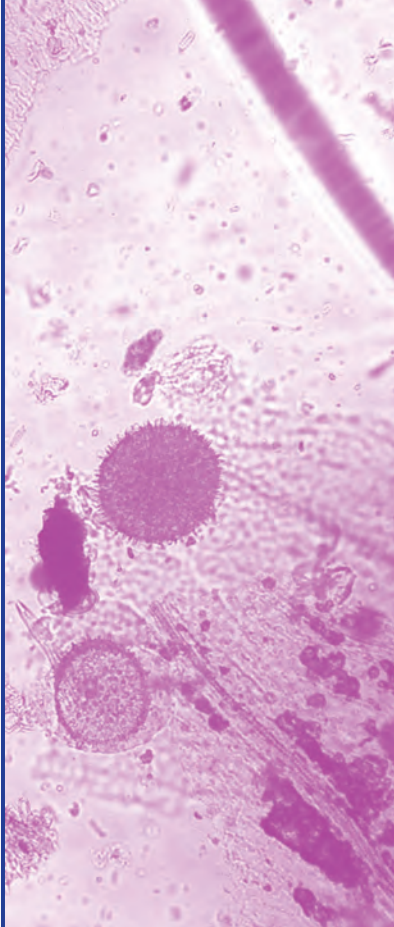
As **Biocidin®** does its cleansing work, the gentle, comprehensive binders in **G.I. Detox™+** intercept unwanted microbial byproducts and clear them through elimination in the stool.\* This step is essential for microbial balance. It's also key to your comfort as you progress through your cleanse!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



# Restore

**Promote microbial diversity  
for healthy digestion and  
nutrient absorption\***

Not just for your cleanse, but for every day, **Proflora®4R** encourages microbial diversity in your microbiome.\* Our unique, spore-forming probiotic has several advantages over other probiotics. It reaches the intestines 100% of the time and resists stomach acid.\* It requires no refrigeration, and you only need one capsule a day! **Proflora®4R** also produces beneficial byproducts, including B vitamins, Vitamin K2, antioxidants, and enzymes.

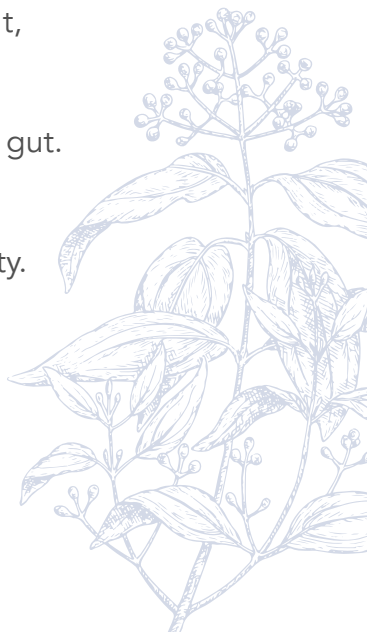


# Choose the Biocidin® formulation that's right for you!

**Biocidin® Liquid:** Focused on the gut, starting in the mouth.

**Biocidin® Capsules:** Focused on the gut. Ideal for travel.

**Biocidin®LSF:** For whole-body activity.



# How to use the Bioclear™ Cleansing Program:

Ready to get started? Easy-to-use instructions are in the chart below. Follow them for the three products in your program.

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

## Product Usage Guide

	AM on an empty stomach 20 minutes before meals*	PM on an empty stomach 20 minutes before meals*	On an empty stomach at least 1-2 hrs away from food, supplements, and/or medication.
<b>Biocidin® Liquid</b>	<b>15 drops</b>	<b>15 drops</b>	
<b>Biocidin® Capsules</b>	<b>3 capsules</b>	<b>3 capsules</b>	
<b>Biocidin® LSF</b>	<b>3 pumps</b>	<b>3 pumps</b>	
<b>G.I. Detox™+</b>			<b>2 capsules</b>
<b>Proflora®4R</b>	<b>1 capsule any time</b>		

\*Recommendations are at maximum serving sizes.

Please see instructions below on how to slowly increase to the maximum serving.

## Start your program using the smallest recommended serving size, then slowly increase.

When using a product like **Biocidin®** that supports microbial balance, it's possible to have a reaction if you attempt to detox too quickly. Some brief and mild symptoms (such as headache, upset stomach, joint pain, bowel irregularities, or fatigue) are normal. A sign that the cleanse is working! To avoid a more severe reaction, start your program using the smallest recommended serving size, then slowly increase to the maximum.

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

**Biocidin® Liquid:** Begin with 1 drop twice daily. Add 1 drop to each serving each day until you have reached 15 drops twice a day. If you experience any difficulty, reach out to your healthcare practitioner.

**Biocidin® Capsules:** Take one capsule daily and gradually increase to 3 capsules twice daily.

**Biocidin®LSF:** Start with 1 pump per day and gradually increase up to 3 pumps twice daily, as tolerated. Hold under tongue for 30 seconds before swallowing. May be added to water. 1 pump of Biocidin® LSF = 5 drops of Biocidin® Liquid.



# Lifestyle guide

The glowing health you seek involves the whole person.

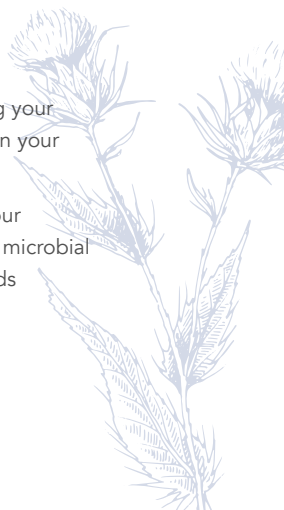
This cleanse is more than a natural supplement regimen. It recognizes and celebrates the innate complexity of YOU. The interconnectedness of your body, mind, and spirit. The glowing health you seek involves the whole person. And for the best results, go all in! Commit to following the proven nutrition, 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™ Cleansing Program**, pay attention to what you put in your body. The right diet will supercharge your cleanse!

Foods that are prebiotic, probiotic, and phytonutrient all feed our microbiome. They help to maintain a flourishing, well-balanced microbial environment. During your cleanse, our clinical team recommends eliminating or minimizing gluten, dairy, and sugar.

**The right diet will  
supercharge 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.

**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 for four weeks.** Gluten and dairy are pro-inflammatory for many people. Eliminating them for a trial period of four weeks is an easy way 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. Also, be sure to check out your local farmer's market.

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

**Keep it simple.** When packaged or prepared foods are a must, look for those with five or fewer ingredients. The more real, raw, and whole, the better.

**Sugar.** Do we need to say more? We all know how addictive sugar can be. And it does nothing for your health and wellbeing. 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.

**Enjoy a Biotonic™ break!** Our adaptogenic tonic supports digestion, detox, and vitality.\* A combination of two ancient Chinese formulas. One for immune support and one to support Qi (vital force). Add Biotonic™ to warm water or herbal tea and enjoy several times a day.\*

# Sample Daily Menu

## Breakfast

Once you've taken your Biocidin® and Proflora®4R, 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

## 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

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. Add all the ingredients into individual glass, storage containers, and then just add your protein and pack your dressing in the morning before work. Here are 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
- **Olives**
- **Hemp hearts** for added protein and essential fatty acids.
- **Gluten-free granola**

### 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

**Learning to prepare healthy food is a skill...  
Having a plan and some simple techniques  
make 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, 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

### 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

### Complex Carbohydrates:

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



# Sleep

Sweet sleep! It's 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 cycles disrupt this 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.

## Every hour you sleep before midnight is like giving your body two hours of sleep!

### 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. 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 and therefore cause weight gain and hormonal imbalance – the opposite of what you were aiming for when you decided to do the **Bioclear™ 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.
- **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™ 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 pivotal to maintaining a balance of the 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 5. Exhale through your mouth for 6. 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 are failing. It shows you are brave and practice self-care.

# Community

In a time when we are connected to everything, we are more disconnected from each other than ever before. You need love, respect, connection, and touch to thrive. You can spend so much of your time checking things off your to-do list that you leave yourself without energy for relationships. Having a community that is just as concerned about your needs as their own is so important. Make cultivating that community a priority.

**We all need love, respect, connection, and touch to thrive.**

**Here are some suggestions for growing your community:**

- **Back to the “good ol’ 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 30 days, your life could look a lot different!

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

Feeling good after 30 days? Extend your cleanse another month! It's safe to do that and 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™ Cleansing Program** twice a year. Some people decide to enlist an integrative, functional medicine, or naturopathic doctor to support them. Email us at [questions@biocidin.com](mailto:questions@biocidin.com) for a list of practitioners who know our products.



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[biocidin.com](http://biocidin.com)