

# Toxin Removal:

*The First Step  
to an Optimized  
GI System.*

# CORE RESTORE *BT*

The 7-Day Diet, Lifestyle  
and Nutrient Program for  
Restoring Your Body's Ability  
to Remove Toxins Naturally.

**7** DAY  
KIT



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The Path to  
Optimal  
GI Health  
Begins Here.

# CORE RESTORE *BT*

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# The Core Restore BT Program Helps You Restore a Clear Path to Optimal Health.

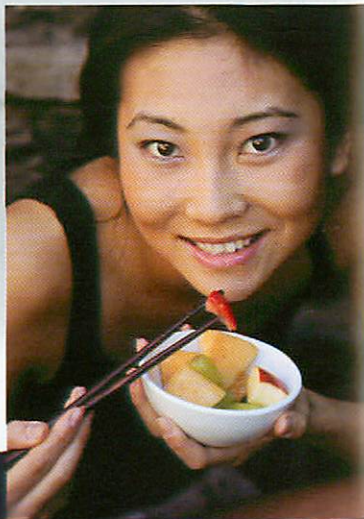
## The Core Restore BT Program: Remove. Restore. Revitalize.

Today's lifestyle of poor diet, polluted environment and high stress, subjects your body to more toxins than ever before. The goal of the Core Restore Program is to **facilitate the removal of toxins** and revitalize your body's natural detoxification function. This will help prevent future toxin buildup so you can maintain a healthy, vibrant lifestyle.

## Remove Incoming Toxin Burden.

An overwhelmed liver can result in elevated toxins throughout the entire body, creating an internal environment for potential health issues.

The initial **7-day program** will provide your body with the ability to remove the toxins that have built up over time. Ask your doctor how this can eliminate GI symptoms and help to unmask other causes of GI concerns.



## Restore Your Natural Defenses.

Your body's natural detoxification process (called biotransformation), begins in the liver, and efficiently removes toxins throughout the body to help maintain optimal health.

The Core Restore Program supports natural biotransformation, helping **eliminate toxic overload**, promoting normal toxin elimination and improve overall health.

Your doctor may recommend an annual Core Restore Program routine to keep your body's natural detoxification functioning efficiently.

## Revitalize Natural Detoxification.

Making the lifestyle changes suggested in the Core Restore Patient Guide, and continued periodic use of the Core Restore Program will help **revitalize natural detoxification functions**, guarding your body from the ongoing buildup of toxins over time.



## Core Restore BT: The Program.

The first 7 days of the Core Restore Program consists of two easy-to-follow stages:



### Days 1-2: Remove

**REMOVING** the incoming burden of toxins through diet and lifestyle changes begins by adjusting intake. A limited fast consisting of caloric restriction while maintaining a twice-daily intake of our specially formulated Core Support drink mix and Alpha Base multivitamin, form a solid nutrient base.

### Days 3-7: Restore and Revitalize

Stage 2 includes **RESTORING** liver function by reintroducing non-allergenic foods that support detoxification, and continuing with Core Support drink powder and Alpha Base. The Core Restore Program is also **REVITALIZING** detoxification pathways for optimal liver and GI function by adding PhytoCore capsules to your diet.

To help you successfully complete the program, your Core Restore Patient Guide includes suggested meal plans, grocery lists, recipes, dietary guidelines and many more helpful tips and suggestions to keep you on track!

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