



CLEARVITE®

Sparkling Smoothie Recipes

Use Organic Ingredients for a Healthier You!



Veggies Voila

- 1 scoop of ClearVite-SF®
- ½ cup of cucumber
- Dash of cayenne pepper
- Handful of ice cubes



Carrot Shake

- 1 scoop of ClearVite-SF®
- 1 cup of freshly juiced carrots
- 1 cup of ice cubes
- 1 tsp. roasted sesame oil

Tropical Paradise

- 1 scoop of ClearVite-SF®
- ½ cup of water (or rice milk, or coconut milk)
- ½ cup of pineapple-orange or pineapple-coconut juice
- ½ cup of fresh pineapple or frozen tropical fruit
- ½ of banana (may be frozen)
- Handful of ice cubes (if none, may use frozen fruit)

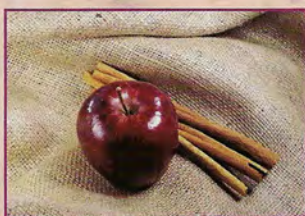


Protein Smoothie

- 1 scoop of ClearVite-SF® or Chocolate ClearVite-CR®
- 2 tbsp. raw almond butter
- ½ banana
- ½ cup of water

Apple-Cinnamon

- 1 scoop of ClearVite-SF®
- 1 cup of water
- 2 tbsp. frozen apple juice concentrate
- ½ banana (frozen)
- ½ tsp. cinnamon



Extra Special Berry Surprise

- 1 scoop of ClearVite-SF®
- ¼ cup blackberries
- ¼ cup blueberries
- ¼ cup strawberries
- ½ banana
- 1 ½ cup of fresh orange juice
- 3 tsp. of honey (optional)
- 1-2 cups of ice



Warm, Nourishing, Morning Toddy

- 1 scoop of ClearVite-SF®
- ½ cup of cucumber
- 2 tsp. of regular or toasted sesame oil
- add 1 ½ cups of hot water after the mixture is blended



Green Tea Wake Up

- 1 scoop of ClearVite-SF®
- ¼ cup of rice or coconut milk
- ½ cup of hot green tea



Hot Chocolate Whammy!

- 1 scoop of Chocolate ClearVite-CR®
- ½ cup of hot rice milk
- 1 tsp. xylitol
- May add ½ cup of cherries

Raw Soup

- 1 scoop of ClearVite-SF®
- 1 pear (peeled)
- 2 tbsp. of walnut oil
- 1 cucumber (peeled)
- 1 head of chopped parsley
- 1 lemon
- 2 cups of water

Power Smoothie

- 1 scoop of ClearVite-SF®
- 1 tbsp. supergreen powder
- 1 tbsp flaxseed oil
- 1 banana

apexenergetics
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- **CLEARVITE-SF®** is a nutritional hypoallergenic protein powder product and cleansing (detoxification) program.
- **CLEARVITE-SF®** provides the necessary nutritional compounds and the botanical extracts that have been recognized to be pivotal in the body's natural abilities to neutralize and expel toxins.
- **CLEARVITE-SF®** is an excellent source of very high quality vitamins, minerals, and numerous nutritional factors. Long-term practical experiences by outstanding clinicians and scientists have been employed to design **CLEARVITE-SF®**.
- **CLEARVITE-SF®** should be an integral part of any detoxification program and treatment protocol for complex health issues.

ALSO AVAILABLE IN CHOCOLATE FLAVOR:
CLEARVITE-CR® (K36)

For more information, please contact or visit
www.clearvite.info

ClearVite-SF® is available at:

PRNCCVPB01(0210)

Statements in this flyer have not been evaluated by the Food and Drug Administration.
 This product is not intended to diagnose, treat, cure, or prevent disease.



ClearVite-SF®

**A Systemic Nutritional &
 Detoxification Support Program**

*Also Available in
 Chocolate Flavor*

Introduction

ClearVite-SF® is an essential part of the nutritional program designed by your health practitioner for your health concerns. A better understanding of the functions of ClearVite-SF® will assist you in using the product more effectively. The following discussion will provide you with sufficient information and answer many of the questions regarding ClearVite-SF®.

Every day, millions of molecules from different compounds enter our bodies through voluntary or involuntary ingestion. These chemicals come from foods, beverages, medicines, food additives, personal care, and numerous other sources. Whenever a system, whether living (humans, animals) or mechanical (different machines), becomes polluted, normal functioning becomes affected. Excessive pollution in a system may result in malfunctioning or serious degeneration of the system. You might have experienced this occurrence with the mechanics of your car. Every so often you need to change the oil, air filter, etc. in order to keep the system clean so the car will run more efficiently and last longer. That is why when your car's engine needs repair, the mechanic first cleans the engine before any attempt to fix it. It is always easier to repair a clean system than a polluted one. If you are not successful in fixing a polluted system, you are never sure if it is the system that has not been fixed, or if it is the pollution that is causing the problem.

Every working system, as the result of normal functioning, produces pollution. Some of the pollutants that are produced within the living systems are eliminated through processes naturally built in the system.

*No living system has the ability to rid
 itself totally from all of the naturally
 produced or foreign pollutants.*

As a result, the system can slowly produce and accumulate pollutants to a point of self-destruction. The human body is no different than any other system. It has excellent built-in mechanisms to cleanse itself from all kinds of pollutants, but the system is not perfect.



The advancements in the fields of chemistry, biochemistry, biology, etc... have definitely made substantial contributions to the health and well being of mankind. However, with the advancement of science and industrialization, numerous foreign and toxic chemicals have been produced and released in the living environments. These foreign chemicals to the human system are known as "xenobiotics". Xenobiotics also include over the counter and prescription drugs. Numerous research scientists have demonstrated that xenobiotics are among the major causes of a great number of acute and chronic health problems that have become widespread in the Western Societies in recent decades. These compounds, if not cleared from the system, can interfere with normal biological processes and become hazardous to one's health. The accumulation of these toxic substances in the body can produce a variety of distressful symptoms or medical conditions.



The poor nutritional habits in the Western world due to the limited number of healthy food ingredients being used in the daily diet, and a variety of other factors related to industrialization has increased the number of allergy problems by tenfold within the last few decades. Most of the symptoms produced as the result of the accumulation of toxins are very similar to allergies. Mild toxicities and food allergies will produce very discomforting symptoms such as poor digestion, gas, bloating, heartburn, headaches, fatigue, chronic mild infections, hormone imbalances, etc...

Detoxification

Cleansing the body from the accumulated xenobiotics and the excess biological compounds and metabolites (i.e. hormones, etc.) is known as "detoxification." Most of these toxins are subjected to numerous chemical changes (detoxification) in order to be prepared for elimination from the body. The major detoxification reactions take place in the liver. The goal of detoxification reactions is to transform chemicals that are fat-soluble into water-soluble compounds. Water-soluble compounds can then be eliminated through kidneys, skin, or gallbladder, in urine, sweat, or bile, respectively. Secretion of bile is one of the major pathways of body's detoxification. Once the liver has detoxified xenobiotics and other toxins, the resulting compounds are delivered to the gallbladder to be excreted with bile into the digestive system in order to be eliminated in feces. Detoxification has shown to be extremely beneficial as a preventative measure for different health problems, or as a means to enhance therapeutic procedures for a variety of medical conditions. The removal of these toxins from the system enhances the organs' ability to better absorb nutrients, improves biological functions, which, in turn, accelerates the healing processes. A healthy detoxification is of utmost importance in a variety of medical conditions and therapeutic procedures.



The ClearVite-SF® System:

ClearVite-SF® is a nutritional product and a cleansing (detoxification) program. Certain nutritional factors play extremely important roles in the proper functioning of the cellular cleansing processes. The body's natural detoxifying ability will deteriorate if these nutrients are lacking or are found to be deficient at the cellular level. In addition, certain botanicals and botanical extracts have been shown to strengthen the cells and maximize the processes that are involved in detoxification reactions. ClearVite-SF® is designed to provide the necessary nutritional compounds and the botanical extracts that have been recognized to be pivotal in the body's natural abilities to neutralize and expel toxins.



ClearVite-SF® is an excellent source of very high quality vitamins, minerals, and numerous nutritional factors. The protein source is derived from rice, which generates a superior quality hypoallergenic (having little likelihood of causing an allergic response) protein. In addition, it provides other lipotropic (promoting the breakdown and utilization of fat) nutrients, herbal compounds that stimulate formation of bile, bile secretion and elimination, and numerous nutritional

cofactors and botanical extracts that support detoxification reactions. Long-term practical experiences by outstanding clinicians and scientists have been employed to design ClearVite-SF®. Methodical scientific procedures have been used to analyze biochemical reactions and functional organic disorders stemming from chronic environmental and biological toxicities. Each ingredient in the product has been investigated extensively by different scientists for its effect and functionality in supporting biochemical reactions that take place in the liver and different detoxification pathways.

ClearVite-SF® Ingredients: Functionally Specific

ClearVite-SF® provides key cofactors necessary in enzymatic reactions involved in the liver detoxification processes. These vitamins and minerals are selected from the highest quality, most soluble and biologically available forms to ensure their absorption and assimilation. A number of amino acids such as: N-Acetylcysteine, Taurine, Glycine, L-Glutamine, necessary for a variety of the liver biochemical detoxification reactions, are included in the formula. Strong antioxidants such as quercetin, grape seed extract, herbs, and herbal extracts such as milk thistle seed extract, have been included in the formula to improve the growth and repair of liver cells, and to increase bile solubility. Lysine has been added to further improve amino acid balance in rice protein. Digestive enzymes such as invertase, cellulase, maltase, and amylase have been added to improve digestion and absorption of the nutrients. Additional herbal and nutritional compounds such as Jerusalem artichoke, Marshmallow, Gamma Oryzanol, Rutin, Hesperidin, Evening Primrose Oil, and Medium Chain Triglycerides have been incorporated into this formula, each for very specific scientifically supported reasons, to make this product the most effective product of this category in the market.

How to use ClearVite-SF®:

ClearVite-SF® is most effective when used according to the plan provided in the chart below. The accumulated toxins in the body are mostly imbedded in different tissues, especially in fat and connective tissues. To remove these toxins from the system, they first need to be mobilized (released from their adhesion points), then they can enter into the detoxification pathways. After the detoxification reaction, the resulting compounds enter into the excretion routes and are released from the body. Mobilization and detoxification of the toxins are slow processes and require sufficient time to become fully effective. Based on the evaluation of your health and physical condition, your health care practitioner may recommend other products to be used prior to, in conjunction with, or after the use of ClearVite-SF®. These products are designed for specific conditions to better prepare you at cellular level for the detoxification process by ClearVite-SF®, or to gently complete the process, leaving behind cells that are well nourished with plenty of nutritional cofactors stored in the cell for the continuation of the process. It is most important that you follow the dietary and other recommendations made by your health practitioner to get the best results. First time users of ClearVite-SF® are encouraged to complete the three week (21 days) plan. The two week (14 days) plan is designed to be used as a follow-up plan. An effective detoxification program results in feeling much more energetic, the disappearance of many minor aches and pains, a decrease in the level of major physical discomforts, and most importantly, a change toward a better and more positive mood.

Number of Servings of ClearVite-SF® to be taken:

Three Week Plan (21 Days)

Days "Phases"	# of Servings of ClearVite-SF®	Time to take		
		Breakfast	Lunch	Dinner
Days 1 to 4 "Preparation Phase 1"	1 Serving	One Serving Before Breakfast		
Days 5 to 7 "Preparation Phase 2"	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 8 to 14 "Detoxification"	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 15 to 17 "Completion Phase 1"	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 18 to 21 "Completion Phase 2"	1 Serving	One Serving Before Breakfast		

Two Week Plan (14 Days)

Days "Phases"	# of Servings of ClearVite-SF®	Time to take		
		Breakfast	Lunch	Dinner
Days 1 & 2 "Preparation Phase 1"	1 Serving	One Serving Before Breakfast		
Days 3 & 4 "Preparation Phase 2"	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 5 to 10 "Detoxification"	3 Servings	One Serving Before Breakfast	One Serving Before Lunch	One Serving Before Dinner
Days 11 & 12 "Completion Phase 1"	2 Servings	One Serving Before Breakfast		One Serving Before Dinner
Days 13 & 14 "Completion Phase 2"	1 Serving	One Serving Before Breakfast		

To prevent any confusion or mistakes, make notes on your calendar regarding the number of servings of ClearVite-SF® to be taken for each day and for the duration of the program.

If you are on any medications, continue taking them as recommended by your physician. Only your physician can change the schedule or the dose for your medications. Inform your health practitioner if you feel any digestive or other discomfort feelings while on this program. Only your health care practitioner should determine any deviation from the recommended plan or diet.

Daily Diet Samples (organic)

Preparation Phase 1 or Completion Phase 2

ClearVite-SF®

Before Breakfast 1 Serving

BREAKFAST

Turkey

Fruit

MID-MORNING SNACK

Handful of Raw Pumpkin or
Sunflower Seeds

LUNCH

Salad with Olive Oil/Lemon

Salmon Filet (wild)

MID-AFTERNOON SNACK

Banana

DINNER

Chicken Breast (broiled)

Steamed Vegetables

Bedtime SNACK

Rice Cakes with
Raw Almond Butter



Preparation Phase 2, or Completion Phase 1

ClearVite-SF®

Before Breakfast 1 Serving

BREAKFAST

Turkey Bacon

Grapefruit

MID-MORNING SNACK

Taro Chips (health food store)

LUNCH

Mixed Green Salad with Chicken

Olive Oil/Lemon

MID-AFTERNOON SNACK

Handful of Cashews (raw)

ClearVite-SF®

Before Dinner 1 Serving

DINNER

Halibut

Brown Rice

Vegetables (raw or
lightly steamed)

Bedtime SNACK

Dried Apricots (unsulphured)

Detoxification Phase

ClearVite-SF®

Before Breakfast 1 Serving

BREAKFAST

Quinoa Hot Cereal
(health food store)

Mixed Fruit

MID-MORNING SNACK

Carrot Stick

ClearVite-SF®

Before Lunch 1 Serving

LUNCH

Mixed Green Salad with
Raw Nuts and Seeds,
and Avocados

Olive Oil/Lemon

MID-AFTERNOON SNACK

Dried Fruit and Nuts
(watch for allergies such
as peanuts)

ClearVite-SF®

Before Dinner 1 Serving

DINNER

Baked Potato

Brown Rice

Lightly Steamed Vegetables

Bedtime SNACK

Rice Cakes with
Raw Almond Butter

Nutrition Program

A specific dietary plan is recommended with the ClearVite-SF® detoxification program. This plan is known as an "elimination dietary program," because the program requires that certain foods be eliminated from the daily diet while the program is in progress. To assist you with the nutritional requirements of the program, a dietary plan has been provided below.

The caloric requirements of different individuals vary significantly from each other. Each individual, to meet his/her caloric and nutritional needs, should modify the "Daily Diet Samples." Remember that each serving of ClearVite-SF® provides approximately 120 calories, 15 grams of proteins, and 15 grams of complex carbohydrates. The basic nutritional needs to be followed while on this program are: *eat according to your appetite, do not overeat, select the most nutritional foods (organic dark greens), include foods that offer soluble and insoluble dietary fibers, and drink plenty of fresh water.*

For Variety of Delicious Recipes,
with ClearVite-SF®, Please visit our
website, www.clearvite.info



The ClearVite-SF® Detoxification Protocol

Two Week Plan	Three Week Plan	Servings of ClearVite-SF® to be taken	Dietary Plan to follow
Days 1 & 2	Days 1 to 4	"Preparation Phase 1" One Serving Daily, Just Before Breakfast	FOODS TO AVOID: <ul style="list-style-type: none"> Any food that you are allergic to Dairy (milk, cheeses, yogurt, butter), eggs, margarine, & shortening Foods prepared with Gluten-containing cereals like wheat, oats, rye, barley, those ingredients normally found in breads, pasta, etc. Tomatoes and tomato sauces, corn, peanuts Alcohol, Caffeine (coffee, black tea, sodas) Soy or products made from soy, such as soymilk or tofu Peanuts or peanut butter Beef, pork, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat substitutes made from soy
Days 3 & 4	Days 5 to 7	"Preparation Phase 2" Two Servings Daily, One Before Breakfast, One Before Dinner	FOODS TO EAT: <ul style="list-style-type: none"> Drink plenty of fresh water (8-10 glasses), herbal teas, green tea, fruit juices (no sugar added), vegetable juices Grain foods made from rice, millet, quinoa, buckwheat, or tapioca Fresh fruits, vegetables, beans (navy, white, red kidney, etc.), peas (fresh, split, snap) Mainly fish (not shellfish), and moderate amounts of chicken, turkey, and lamb Use mainly olive oil, and flaxseed oil in moderation
Days 5 to 10	Days 8 to 14	"Detoxification" Three Servings Daily, One Before Breakfast, One Before Lunch, One Before Dinner	During this phase of the plan: <ul style="list-style-type: none"> Avoid all of the foods in the "FOODS TO AVOID" listed above. Use any of the foods in the "FOODS TO EAT" above listed, except eliminate all animal products from the diet (including fish, chicken, turkey, and lamb).
Days 11 & 12	Days 15 to 17	"Completion Phase 1" Two Servings Daily, One Before Breakfast, One Before Dinner	 During this phase of the plan: <ul style="list-style-type: none"> Avoid all of the foods in the "FOODS TO AVOID" listed above. Use any of the foods in the "FOODS TO EAT" above listed, including the animal products (fish, chicken, turkey, and lamb)
Days 13 & 14	Days 18 to 21	"Completion Phase 2" One Serving Daily, Just Before Breakfast	

How Can You Start To Feel Better?

GABA

ACETYLCHOLINE

DOPAMINE

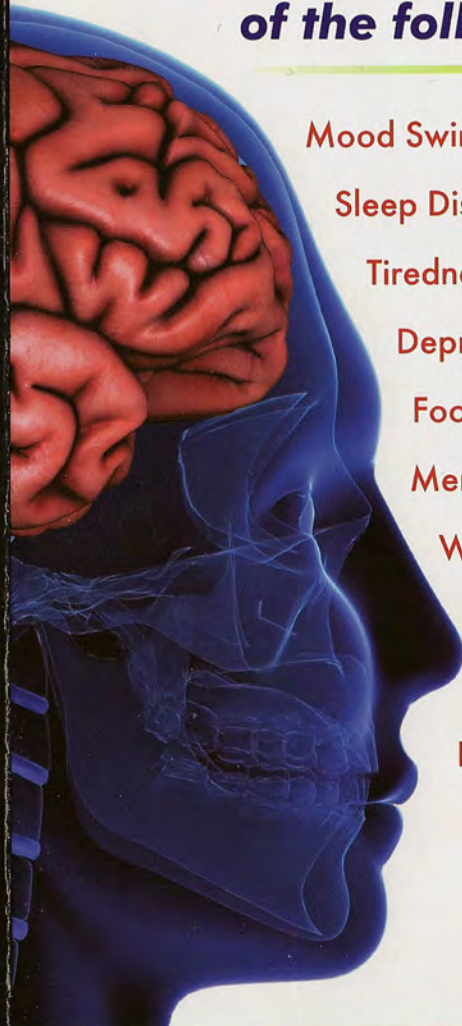
SEROTONIN

ENDORPHINS

- Talk to your doctor about your symptoms.
- Get a clinical/nutritional assessment of your neurotransmitters.
- Follow the diet and lifestyle recommendations along with the targeted nutritional formulas provided by your healthcare provider.



Do you experience any of the following?



Mood Swings

Sleep Disturbances

Tiredness

Depression

Food Cravings

Memory Loss

Weight Gain

Low Libido

Anxiety

Headaches

If you experience any of the above symptoms, you may benefit from a comprehensive clinical/nutritional assessment for your neurotransmitter health.

Please contact our office for more info:

DR. JANICE KALEC, D.C.

Nutritional Assessment and Support for
Neurotransmitter Balance

Neurotransmitters *The Experience of Health*

MENTAL HEALTH

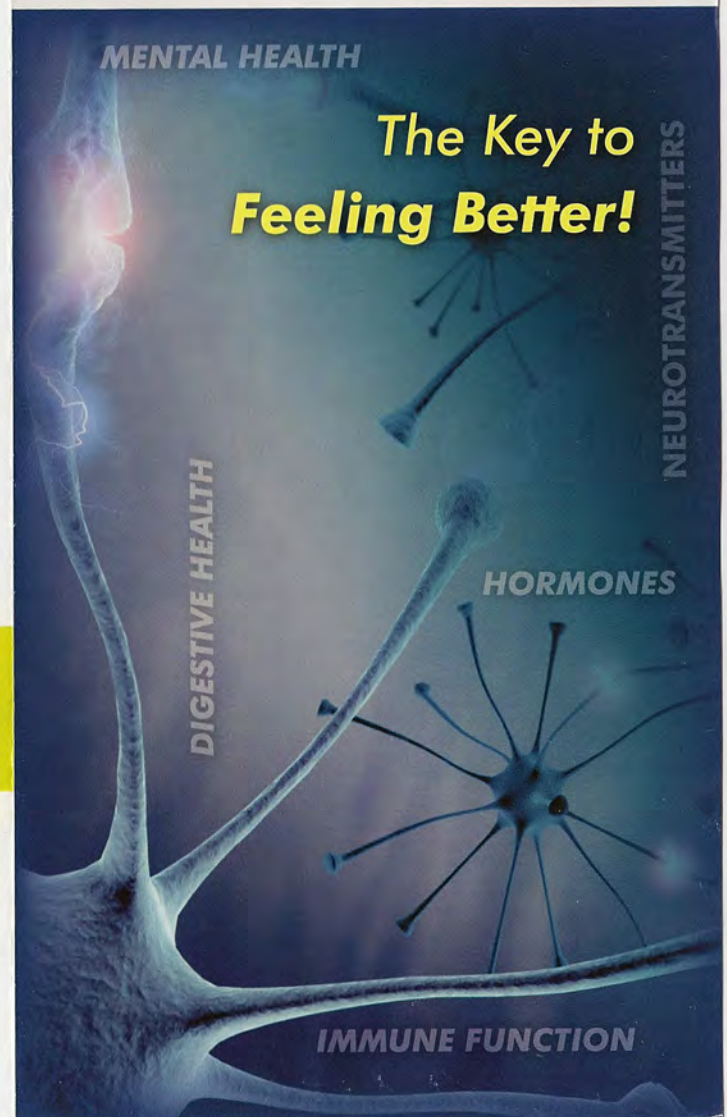
The Key to Feeling Better!

NEUROTRANSMITTERS

DIGESTIVE HEALTH

HORMONES

IMMUNE FUNCTION



What is a Neurotransmitter?



A neurotransmitter is the key chemical messenger of the nervous system. The brain uses neurotransmitters for a multitude of functions, such as signaling your heart to beat, telling your digestion to function, and telling your brain to experience certain moods.

Neurotransmitters affect the functions of many systems in the body.



How Does it affect you?

The key to feeling better is through the balance and proper response of both the calming (inhibitory) and the stimulant (excitatory) neurotransmitters.

Neurotransmitters produce their effect by connecting to specific receptors in the neural membrane. A neurotransmitter can either excite its neighboring neuron to increase its activity or inhibit its neighboring neuron to suppress its activity.

Your healthcare provider can help you support your brain and neurotransmitters by utilizing a specially developed questionnaire, appropriate blood tests, and support with important nutrients, such as amino acids.

Amino acids are the building blocks of proteins. Certain amino acids are used by the brain as neurotransmitters or to support or regulate certain other neurotransmitters to regulate moods, feelings, and body functions.

Other nutrients in botanicals or foods are also used in a similar way by the brain. A deficiency in these key nutrients may result in many symptoms.

The Nervous System and Neurotransmitters can be affected by a multitude of factors, such as:

- Chronic Stress
- Poor Nutrition/Diet
- Genetic Predispositions
- Toxic Exposure
- Blood Sugar Imbalance
- Infection
- Allergies
- More

Diet and lifestyle considerations are important for maintaining healthy function of neurotransmitters and the brain.

Some of the important neurotransmitters include:

GABA - (Gamma-aminobutyric acid), an amino acid, is a key inhibitory neurotransmitter in the brain. It helps support relaxation and sleep. A deficiency of this amino acid can cause excitation of the brain with related symptoms such as various types of fear, anxiety, and worry.

SEROTONIN - a deficiency in serotonin may result in depression, anger, and loss of interest and enjoyment of life. Relationships are similarly affected and sleep disorders may result.

DOPAMINE - this neurotransmitter has numerous functions in the brain related to motivation, cognition, mood, and attention. It is associated with the pleasure system of the brain and promotes feelings of enjoyment. A deficiency in dopamine can result in physical and mental fatigue, cravings of various types, feelings of hopelessness, anger, and worthlessness.

ACETYLCHOLINE - Is used by the central nervous system to promote cognition, memory, and arousal. Its deficiency can result in memory loss of various kinds, such as verbal, visual, numbers, faces, and objects.

