

# Your 21-Day Liver Cleanse Product Regimen

Imagine hitting “reset” on your wellness routine—feeling lighter, more energized, and more in control. That’s exactly what the Liver Cleanse 21-Day Guide is here to help you do.

## We’ve made it simple:

- Clear day-by-day structure.
- Easy, fridge-friendly reference tools.
- Delicious meal suggestions and a ready-to-go grocery list.
- Products organized to match your journey—right down to the last scoop.

This isn’t about quick fixes. It’s about giving your body space to renew, restore, and thrive—with a program you can actually stick to.

Your cleanse starts today.

## PRODUCT SUPPLY CHECK

Your 21-Day Cleanse Kit is designed to match the daily regimen step for step. In the few places where quantities differ slightly, you’ll find clear guidance to keep everything on track.

Any extra product—such as Ambrotose® Complex or Ambrotose LIFE® and GI-ProBalance® slimsticks—carries over seamlessly into the Maintenance phase, so your wellness routine continues without interruption.

## Here’s what you’ll need:

PRODUCT	NEEDED (21 DAYS)	SUPPLIED	NOTES
TruHealth™ Shake	<b>31 SERVINGS</b> (2/day Stage 1, 1/day Stage 2)	<b>30 SERVINGS</b> (2 canisters)	Stage 2 is limited to 1/day as written
TruHealth® Cleanse Slimsticks	<b>62 STICKS</b> (4/day Stage 1, 2/day Stage 2)	<b>60 STICKS</b> (2 boxes)	Nearly exact; short by 2 sticks, manageable by flexing Stage 2
Ambrotose Complex (50 scoops) or Ambrotose LIFE (60 scoops)	<b>42 SCOOPS</b> (2/day)	<b>50/60 SCOOPS</b> (100 g canister)	More than enough (8 extra; carry into Maintenance)
GI-ProBalance®	<b>21 STICKS</b> (1/day)	<b>30 STICKS</b> (1 box)	More than enough (9 extra; carry into Maintenance)
TruHealth Satiety	<b>60 CAPSULES</b> (4/day Stage 1, 2/day Stage 2)	<b>60 CAPSULES</b> (1 bottle)	Exact match with scaled dosing

## Stage 1 (Days 1–10)

**Focus:** Laying the foundation with gentle cleansing support and plant-based nourishment. This stage helps your body reset and prepares the liver for the renewal ahead.

Time of Day	What to Do	Purpose
<b>Morning</b>	<ul style="list-style-type: none"><li>- Warm lemon water</li><li>- GI-ProBalance – 1 stick (1 stick before eating)</li><li>- TruHealth Cleanse – 1 stick</li><li>- TruHealth Shake with 1 scoop</li><li>- Ambrotose Complex (1 scoop) or Ambrotose LIFE (1 scoop)</li></ul>	Helps flush toxins, support gut health, boost digestion, supports cellular communication*
<b>Mid-Morning</b>	<ul style="list-style-type: none"><li>- TruHealth Shake – 1 scoop</li><li>- TruHealth Cleanse – 1 stick</li></ul>	Supports balanced energy, continued cleansing support*
<b>Midday (Largest Meal)</b>	<ul style="list-style-type: none"><li>- TruHealth Satiety – 2 capsules before eating</li><li>- TruHealth Cleanse – 1 stick</li></ul>	Helps appetite control, satiety support, sustained cleansing*
<b>Evening</b>	<ul style="list-style-type: none"><li>- TruHealth Satiety – 2 capsules before eating</li><li>- TruHealth Cleanse – 1 stick</li><li>- Ambrotose Complex (1 scoop) or Ambrotose LIFE (1 scoop)</li></ul>	Helps flush toxins, support gut health, boost digestion, supports cellular communication*

\*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.\*

**Warning:** Always consult your physician or other qualified healthcare provider before beginning any new nutrition program. If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult a doctor if any adverse reaction occurs.

## Stage 2 (Days 11–21)

**Focus:** Continuing gentle cleansing while reintroducing clean, lean proteins for balanced nourishment. This stage helps you sustain energy, support renewal, and prepare for long-term maintenance.\*

Time of Day	What to Do	Purpose
Morning	<ul style="list-style-type: none"><li>- Warm lemon water</li><li>- GI-ProBalance – 1 stick (before food)</li><li>- TruHealth Cleanse – 1 stick</li><li>- TruHealth Shake with 1 scoop</li><li>- Ambrotose Complex (1 scoop) or Ambrotose LIFE (1 scoop)</li></ul>	Supports hydration, digestion, balanced nutrition, cellular support*
Mid-Morning	<ul style="list-style-type: none"><li>- <b>Optional:</b> TruHealth Shake – 1 scoop</li></ul>	Additional nutrition support, balanced energy*
Midday (Largest Meal)	<ul style="list-style-type: none"><li>- TruHealth Satiety – 2 capsules before eating</li><li>- TruHealth Cleanse – 1 stick</li></ul>	Appetite support, satiety, continued liver support*
Evening	<ul style="list-style-type: none"><li>- TruHealth Cleanse – 1 stick (flex as supply allows)</li><li>- Ambrotose Complex (1 scoop) or Ambrotose LIFE (1 scoop)</li></ul>	Gentle daily support, promote healthy digestion, supports immune function & cellular communication support*

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## Stage 3 (Maintenance Support: Post-21 Days)

**Focus:** Transitioning from cleanse to long-term balance. After completing the 21-Day Liver Cleanse, you'll move into the Maintenance Bundle—a simplified trio that helps you stay consistent with daily nourishment, digestive support and ongoing wellness.\*

Product	Included
Liver Support	1 BOTTLE
TruHealth® Cleanse Slimsticks	1 BOX
Ambrotose Complex or Ambrotose LIFE	1 CANISTER

**\*\*How to Use in Maintenance:\*\***

Time of Day	What to Do	Purpose
Morning	<ul style="list-style-type: none"><li>- Warm lemon water</li><li>- Ambrotose Complex (1 scoop) or Ambrotose LIFE (1 scoop)</li></ul>	Supports hydration, supports digestion, cellular support*
Midday	<ul style="list-style-type: none"><li>- Liver Support – (as directed)</li></ul>	Supports liver health, general wellness*
Evening	<ul style="list-style-type: none"><li>- TruHealth™ Cleanse – Slimsticks</li></ul>	Gentle daily digestive support*

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## Product Overview

Here is an overview of each product in the Liver Cleanse system and its role in supporting your 21-day journey.

### TruHealth™ Shake

- Provides plant-based protein to support balanced nutrition.\*
- Helps support satiety as part of a healthy diet.\*
- A convenient, versatile option for meals or snacks.

### TruHealth™ Cleanse Slimsticks

- Provides a gentle blend of fibers to support digestive regularity.\*
- Helps support the body's natural cleansing processes.\*
- Convenient single-serve format for daily use.

### Ambrotose Complex (50 scoops) or Ambrotose LIFE (60 scoops)

- Multi-glycan formula that supports cell-to-cell communication.\*
- Helps support immune health and digestive wellness.\*
- Provides glycans that are essential for overall cellular function.\*

### GI-ProBalance® Slimsticks

- Provides probiotics to support healthy gut flora.\*
- Helps support digestive balance and general well-being.\*

### TruHealth™ Satiety

- Features natural plant-based ingredients to help support appetite control and satiety.\*
- Supports metabolic balance and digestive wellness.\*
- Helps maintain feelings of fullness between meals.\*

### Liver Support (Maintenance)

- Formulated with ingredients traditionally used to support liver health.\*
- Helps maintain healthy liver function.\*
- Designed to support overall wellness when used daily.\*

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