

No medical claims are made or implied for these products. They are not intended to diagnosis, cure, prevent, treat or mitigate any medical condition or disease. Please consult a qualified physician for any medical conditions! The following information is for research purposes only!

DETOXIFICATION / CLEAR LINE PROGRAM / GENERAL GUIDELINES

Phase 1: Three Months

Deturge: Internal intestinal detergent with herbs that also cleanse the blood, kidneys, liver, lymph and more.

Dosage: Take 1 heaping tablespoon before bed, mix with grapefruit or orange juice.

Powder form, shockingly bitter taste in the beginning. After 4-6 weeks your body and taste buds will crave it.

Phase 2: Month #2 (Continue Deturge)

Kidney Clear: for cleansing and healing the kidneys. Assist in pulling acid from the body. Liquid.

Dosage: Begin with ¼ tsp in water and gradually build up to 1 tsp. 2x a day.

Take on an empty stomach at least 20 minutes before a meal.

Liver Clear: For cleansing and healing the liver and gall bladder. Liquid.

Dosage: Begin with ¼ tsp. In water and gradually build up to 1 tsp 2x a day.

Take on an empty stomach at least 20 minutes before a meal.

Phase 3: Month #3 (Continue Deturge)

Lymph Clear: For cleansing and healing the lymphatic system which helps with detoxification and immunity.

Dosage: Begin with ¼ tsp. In water and gradually build up to 1 tsp 2 x a day.

Take on an empty stomach at least 20 minutes before a meal.

Formulation List for Clear Line Featured Products

DETURGE

SUPPORT SPECIFIC HERBS

- **ALFALFA LEAF** – King of the herbs. Rich in Vitamin B, flavonoids to build tissue. Balances hormonal and endocrine systems (6)
- **CARROT ROOT** – tonic, diuretic, stimulant to the kidney and bladder. (5)
- **GINGER ROOT** – Most famous for its digestive and stomach properties.
Anti-Inflammatory herb. (3)
- **GINKGO LEAF** – A vasodilator, anti-fungal, anti-spasmodic, anti-inflammatory, insecticidal herb. Stabilizes the cell membrane and the sodium pump so electrical potentials can be maintained. (3)
- **HAWTHORN BERRY** – high in vitamins, minerals, and amino acids. Smooth muscle relaxant. Helps stabilize collagen to protect free radical damage during inflammation. Vasodilator. (3)
- **JUNIPER BERRY** – Improves digestion stimulates diuresis and disinfects. The berry has also been known to relieve joint problems, promote uric acid excretion and increase blood flow. (3)
- **MILK THISTLE SEED** – used as a liver protector and tonic. Used to increase protein synthesis in the liver cells. Contains highest content of flavolignans (3)
- **NETTLE LEAF** – Nutritive tonic, circulatory stimulant, anti-hemorrhagic, diuretic. Increases excretion of uric acid. Anti-bacterial, anti-fungal (3)

INCREASES ABSORPTION

- **HORSERADISH ROOT** – Increases the potency of all other herbs in the formulation and increases the absorption through the villi of the small intestine. Potent stimulant of the nervous system. (5)

NERVES FOR PERISTALSIS

- **OATSTRAW AERIAL PARTS** – Mildly sedative and hypnotic. Anti-depressant cardiac tonic. Rich in protein and minerals. (4)

HERBS FOR THE LIVER

- **BARBERRY BARK** – Tonic purgative. General tissue cleansing agents. Helps to regulate digestion and stimulate liver detox. Very strong anti-bacterial, anti-parasitic, and anti-inflammatory products (5)
- **BUCKTHORN BARK** – Purgative herb which stimulates bowel evacuation and strengthens the liver and gallbladder. Works to promote colon peristalsis. Releases in the small intestine. (2)
- **OREGON GRAPE ROOT** – Tonic for the whole body particularly good for skin problems. Has an anti-catarrhal effect on the reproductive and gastrointestinal tract. Great tonic effect on the liver. (3)
- **PARSLEY LEAF** – contains 3 times more vitamin C gram per gram than citrus juice. Beneficial for high blood pressure. High antioxidant action due to flavonoids. Acts as a liver tonic and stimulates urination. (2)
- **TURKEY RHUBARB ROOT** – shows anti-tumor activity as a result of two of its compounds, rhein and emodin. (1) Increases gastric secretion, peristalsis, appetite stimulant and increases secretion of bile (4)
- **SCHIZANDRA BERRY** – Helps speed liver detoxification. Has an immunostimulant property. A tonic for fatigue, debility, and overall stamina. Considered an adaptogenic herb. (2)

HERBS FOR DIGESTION

- **CLOVE BUD** – The most stimulating and carminative of all aromatic herbs. Reduces nausea and flatulence. Stimulates peristalsis. Strong germicidal and a powerful antiseptic. (5)
- **GENTAIN ROOT** – Bitter herb. Stimulates the nerve endings of the tongue and causes a reflex stimulation of salvia and gastric

secretions. Helps induce peristaltic actions. Produces febrifuge, an agent which reduces fevers. Anti-bacterial for the stomach. Unrivalled as a stomach tonic. (5)(3).

- **WHITE OAK BARK** – Astringent and Virustatic activity, acute diarrhea, and local treatment of mild inflammation of the oral cavity and pharyngeal region, and genital and anal area. (8)

HERBS FOR THE KIDNEY

- **BUCHU LEAF** – Astringent herb which has therapeutic properties for bladder, kidney and prostate inflammation and water retention. (2)
- **CELERY SEED** – Antispasmodic for the gastrointestinal tract. Diuretic for the urinary tract and nutritious for the musculoskeletal system. (3)
- **PLANTAIN LEAF** – Stimulates the secretion of uric acid by the kidneys. Anti-inflammatory and anti-allergic reactions. (4)
- **SHEEP SORRELL AERIAL PARTS** – Rich in potassium and flavonoids.

Diuretic herb. (4)

- **UVA URSI LEAF** – Contains a compound called arbutin which drains the excess water from cells and promotes an antiseptic effect on the kidneys reducing acidity while acting as a natural diuretic. (2)

HERBS FOR THE LYMPHATICS

- **CLEAVERS AERIAL PARTS** – Has a diuretic effect and also helps reduce lymphatic swelling. Great for infections and inflammations. (3)
- **ECHINACEA PURPUREA AERIAL PARTS** – Known for its' antibiotic actions. It works to boost lymphatic cleansing of the blood and enhances the immune system. Anti-viral, anti-bacterial and anti-inflammatory. (2)
- **HYSSOP LEAF** – Spasmolytic and anti-catarrhal properties. Expectorant and diaphoretic properties make it an excellent respiratory tract herb and great for the nervous system. Anti-scorbutic and an expectorant for the lungs. Very high in sulfur. (3)

- **MYRRH GUM** – Antimicrobial, hypocholesterolaemic, anti-inflammatory, astringent, carminative, anti-catarrhal. Has been shown to reduce lipid/cholesterol levels. (3)
- **POKE ROOT** - The most potent herb specific to glandular enlargement and hardness especially of the lymph nodes in all areas of the body. Increases white blood cell production and mitosis in lymphocytes.

HERBS FOR THE BLOOD

- **BLUE FLAG ROOT** – Anti-inflammatory. Helps suppress appetite and also catabolizes fatty acids so that they move from storage tissue in the body into the blood stream.(3)
- **PAU D'ARCO BARK** – Blood puritive. Has demonstrated properties as an antioxidant, anti-bacterial, anti-parasitic, anti-fungal which is why it is used to combat yeast infections. (1)
- **RED CLOVER LEAF** – Anti-cancer activity due to cyanogenic glycoside. Contains isoflavones which are estrogenic. Often used for skin problems and expectorant action for coughs and bronchitis. (5)(4)
- **SASSAFRAS ROOT** - Aromatic, stimulant, diaphoretic herb. (5)
- **YELLOW DOCK ROOT** – Blood cleansing herb. Helps rid the body of toxins and purges the lymph glands. Enhances the livers ability to filter the blood. Has an anti-bacterial property. (2)

ANTI PARASITIC HERBS

- **RUE AERIAL PARTS** – Used as a diuretic. An antidote to all poisons. Use for pains including chest, breathing and sciatic. Treats worms, warts, coughs, croup, palpitations and headaches. (3)
- **WORMWOOD AERIAL PARTS** – Anti-tumor, anti-inflammatory, bitter tonic, anti-parasitic. Tonic for the upper digestive tract. Anti-fungal and anti-septic. (5)

HERBS FOR THE BOWEL

- **BLACK WALNUT HULL** – An astringent herb because it is rich in tannins which have toning properties. Mild laxative. Anti-parasitic. Good for skin conditions. (2)

- **CAPE ALOE LEAF** – Used as a soothing coolant to the small intestines to help with heated inflammation and can also act as a gentle laxative. Anti-bacterial and anti-viral properties. (7)
CASCARA SAGRADA BARK – Laxative properties stimulating the colon, liver and gallbladder. Can prevent calcium based urinary stones. Increases muscular activity in large intestines. (2)
- **CHICKWEED AERIAL PARTS** – Traditionally used to expel fevers and to soothe breast inflammation. Contains volatile oils that have antiseptic action to ease irritations of the gastrointestinal tract. (2)
- **PSYLLIUM HUSK SEED** – Bulk laxative and demulcent. Increases bulk of stools. Gentle and non-irritating. Efficient in treating both constipation and diarrhea. Cholesterol levels could be improved. (5)
- **SENNA LEAF** – Purgative herb that acts as an intestinal cleanser. Has anti-microbial actions and is known to be absorbed through the walls of the small intestine and subsequently stimulate the nerves of the large intestine. Other studies suggest that it has the ability to calm nerves and ease pain. (2)
- **SLIPPERY ELM BARK** – a mucilaginous compound. Soothes irritated mucous membranes, excellent for diarrhea, colon disorders, sore throats, or intestinal ulcers.(2)

CASCARA SAGRADA BARK

REFERENCES

1. Herbal Medicine, Healing and Cancer/by Donald R. Yance; with Arlene Valentine.
2. The Pocket Herbal/by Rita Elkins, M.H.
3. Material Medica of Western Herbs for the Southern Hemisphere by Carole Fisher and Fillan Painter.
4. Manual of BioActive Botanical Technical Guide by Lee Sargent, D.C.
5. A modern Herbal by Mrs. Grieves, Botanical.com
6. www.herbaextractplus.com
7. Consumers Guide to Herbal Medicine by Steven B. Karch, M.D.
8. German E Commission

KIDNEY CLEAR

- **BUCHU LEAF** – Astringent herb which has therapeutic properties for bladder, kidney, and prostate inflammation and water retention. *The Pocket Herbal by Rita Elkins, M.H.*
- **CELERY SEED** – Antispasmodic for the gastrointestinal tract. Diuretic for the urinary tract and nutritious for the musculoskeletal system. *Material Medica of Western Herbs for the South Hemisphere by Carole Fisher and Fillan Painter.*
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- **CLAVILLA WHOLE PLANT** - Anti-Candida, anti-fungal, antispasmodic, anti-microbial used for Candida an yeast infections, bowel cleanser used for skin problems, i.e. eczema, dermatitis, acne rashes, liver spots, skin fungi, and ring worm. Wound healer, anti-parasitic, digestive stimulant.
- **CORN SILK STIGMA** - Cardiac tonic and diuretic. Reduces painful symptoms and swelling caused by inflammatory conditions. Reduces Edema, kidney disorder and urinary tract infections.
- **GOLDENROD AERIAL PARTS** – Anti-inflammatory, anti-septic. Contains bioflavonoids which strengthen the veins and fragile capillaries. Anti-fungal, carminative and eases colic and flatulence has been used to treat tuberculosis, diabetes, liver enlargement,

gout, hemorrhoids, internal bleeding disorders of the muscles and joints.

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- **PIPSISSEWA AERIAL PARTS** – Agreeable tonic for stomach and kidneys, then skin, then slightly upon the entire lymphatic system. Increases urine flow and useful for weakness in the bladder and kidneys. Excellent for litic acid gravel. *The Physiomedical Dispensatory by AM Cook, MD 1868.*
- **PUNARNAVA WHOLE PLANT** - Enhances the quality of 6 of the 7 categories of bodily tissues, nutrient plasma, blood, muscle, fat, bone marrow, nerves and reproductive fluids. Good for kidneys especially the nephron cells which are damaged by long-term hyperglycemia. *A Glimpse into Ayurveda the 5000 Year Old Ancient Science of Healing.*
- **QUEBRA PEDRA WHOLE PLANT** – Clears obstructions throughout the system by promoting the elimination of mucous and kidney stones and as a diuretic it will help with all afflictions of the urinary system, stimulating the elimination of uric acid and helping with urinary tract infections. *Native Essence Herb Company 2003.*
- **UVA URSI LEAF** – True diuretic acting directly upon the renal epithelium. Antiseptic retards putrescent changes in the urine. Mild disinfectant of the urinary passages. *The Electic Meteria*

Medica, Pharmacology and Therapeutics by Harvey Wickes Felter, MD 1922.

- **CLOVE FLOWER** – The most stimulating and carminative of all aromatic herbs. Reduces nausea and flatulence. Stimulates peristalsis. Strong germicidal and a powerful antiseptic. *A Modern Herbal by Mrs. M Grieves, Botanical.com*
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Approved by Daniel Phend

LIVER CLEAR

- **CELADINE AERIAL PARTS** – alternative, diuretic, purgative. Used in jaundice, eczema, scrofulous diseases. Excellent for overcoming torpid conditions of the liver. Used as treatment for scurvy.
Celladine Monograph 1
- **BARBERRY ROOTS BARK** - tonic purgative. General tissue cleansing agents. Helps to regulate digestion and stimulate liver detox. Very strong anti-bacterial, anti-parasitic, and anti-inflammatory properties.
A Modern Herbal by Mrs. M Grieves, Botanical.com
- **BLUE FLAG ROOT** – Anti-inflammatory. Helps suppress appetite and also catabolizes fatty acids so that they move from storage

tissue in the body into the blood stream. *Material Medica of Western Herbs for the Southern Hemisphere by Carole Fisher and Fillan Painter.*

- **BUPLEURUM ROOT** - Deeply cleanses, strengthens, and nourishes the liver. Has been used in cases of hepatitis, gallbladder and digestive ailments. Relieves enlarged liver and spleen. Moreover, the herb is said to have an effect on the central nervous system and be helpful for moderate emotional instability that may be brought on by a sluggish liver. Strengthens the circulatory system with a tonic effect on the heart and lungs. Anti-viral, anti-bacterial. The root is believed to augment immune system function and exert a gentle strengthening effect on the body. It is said to enhance the production of interferon, an immune system chemical that is used to enhance the body's resistance to harmful invading infection, and the herb also contain rutin a bioflavonoid that may help to restrain infected cells from multiplying indefinitely.
- **BURDOCK ROOT** – Believed to clear toxins from the bloodstream. Provides a good source of minerals such as iron, the carbohydrate insulin, and essential oils. Serves as a mild laxative and assists in the elimination of uric acid. The herb contains polyacetylenes that have antibacterial and antifungal properties. By improving the function of many organs of elimination. (i.e. liver, kidneys, bowels) many health conditions may be moderately corrected. Has soothing effects on the gastrointestinal system.
- **CULVERS ROOT** – helps expel old debris from the bowel, boosts liver function, clears congestion and is considered in natural relaxant. Helps with constipation, diarrhea, colon congestion, stomach disorders and blood purifier.
- **FRINGETREE ROOT BARK** – May be safely used in all liver problems, especially when they have jaundice. Good for the treatment of gallbladder, inflammation, and a valuable part of

treating gallstones, gentle and effective laxative. Appears to strengthen function in the pancreas and spleen. Anecdotal evidence indicates that it may substantially reduce sugar levels in the urine. Stimulates the appetite and digestion and is an excellent remedy for chronic illness, especially where the liver has been affected. *Copy from herbnet*

- **PICORRHIZA ROOT** – The rhizome of this plant has been traditionally used to treat worms, constipation, low fever, scorpion sting, asthma and ailments affecting the liver. Current research has focused on it hepaprotective, anti-cholestatic, antioxidant, and immune-modulating activity. Modulates liver enzyme levels. Anti-allergy action.
- **WAHOO ROOT BARK** – Nutritive tonic. Hepatic stimulant improving the protoplasmic function of the liver and increasing the production of bile. In pulmonary complaints, it improves digestion and gives tone to the respiratory organs acting as an expectorant. *The American Materia Medica*

Approved by Daniel Phend

LYMPH CLEAR

- **POKE ROOT** – Acts upon the skin and glandular structures, especially those of the buccal cavity, throat, sexual system, and mammary glands. Acts on the fibrous and serous tissues and mucous membranes of the digestive and urinary tracts. *Phytolacca-Kings Dispensatory.*
- **CLEAVERS AERIAL PARTS** – Nervine, anti-spasmodic, expectorant, and diaphoretic. Diuretic for inflammatory states of the urinary tract, and for febrile conditions. Nodulated growths or deposits in skin or mucous membranes. *Kings Dispensatory by Harvey Wickes Felter MD and John Uri Lloyd, PHR M PH.D 1898*

- **BLUE FLAG ROOT** – Anti-inflammatory. Helps suppress appetite and also catabolizes fatty acids so that they move storage tissue in the body into the blood stream.
- **CALENDULA FLOWER** - Stimulant and diaphoretic. Promotes perspiration. Expels mucous. *A Modern Herbal by Mrs. M Grieves, botanical.com*
- **ECHINACEA PURPUREA ROOT** - Known for its antibiotic actions. It works to boost lymphatic cleansing of the blood and enhances the immune system. Anti-viral, anti-bacterial, and anti-inflammatory. *The Pocket Herbal by Rita Elkins, M.H.*
- **GINGER ROOT** – Most famous for its digestive and stomach properties anti-inflammatory herb. *Material Medica of Western Herbs for the Southern Hemisphere by Carole Fisher and Fillan Painter,*
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- **RED ROOT** – Astringent, expectorant, sedative, antispasmodic, and anti-syphilitic. Gastric, hepatic, and splenic stimulant. *Kings Dispensatory by Harvey Wickes Felter MD and John Uri Lloyd, PHR M PH.D 1898.*
- **WILD INDIGO ROOT** – It increases the secretions of the glandular apparatus of the gastro-intestinal tract. Laxative active and efficient hepatic stimulating the liver and causing an increased biliary secretion. *Kings Dispensatory by Harvey Wickes Felter MD and John Uri Loyd, PHR M PH.D 1898.* Purgative, emetic, stimulant, astringent, and antiseptic. *A Modern Herbal by Mrs. M Grieves, botanical.com.*

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PH CLEAR FACT SHEET

Ph Clear is specifically designed to raise alkalinity in people whose systems are too acidic. It contains a blend of minerals, enzymes, super-foods and herbs. It also serves to enhance the efficiency of enzymes in the body (digestive and metabolic).

The normal pH of all tissue and fluids of the body (except the stomach) is slightly alkaline. The most critical pH is in the blood. All other organs and fluids will fluctuate in their range in order to maintain the blood at a pH between 7.35-7.45. The body makes constant adjustments in tissue and fluid pH to maintain homeostasis in this very narrow pH range. To be too acidic can have far reaching consequences. For example, if the blood becomes too acidic the body will balance the pH at all costs. This can lead to heartburn, acid reflux, indigestion, weight, poor metabolism, mineral deficiencies, constipation, fatigue, brain fog, frequent urination, hypoglycemia, hormonal imbalances, all pain conditions and sore muscles. Using pH clear is the most effective alkalizing supplement on the market.

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