



## 7-Day Detox Protocol

### 1 Hour Before Breakfast

2 Chitosan  
1 Cup intestine cleansing tea

### Breakfast

1 Liquid Calcium  
1 or ½ pouch Blueberry Super Nutrition  
(You can have it with oatmeal, almond milk or as a smoothie)

### Mid Morning Snack Time

2 Spirulina  
2 Harp Seal Oil/ Omega 369

### Lunch

Healthy lunch  
Lipid Care Tea (Can drink all day)

### Mid Afternoon Snack Time

2 Spirulina  
2 Harp Seal Oil/ Omega 369

### DINNER

1 Liquid Calcium  
Healthy Dinner (Can be Blueberry Super Nutrition as a meal replacement)

### 2 hours after dinner

2 Chitosan  
1 cup intestine cleansing tea

### Bedtime

Magic Detox Pad  
Place pads under the sole of both feet for 5 nights.

## Product Description

### Chitosan:

"NPN: 80063861

**Ingredients:** Poly-beta-(1,4)-2-amino-2-deoxy-d-glucose 360mg

**Benefits:**

- Reduces blood lipid Helps weight loss
- Reduces blood sugar
- Strengthens the function of liver;
- prevents liver against damage of toxins
- Promotes healing of gastric ulcer

**Recommended for:**

- People who desire to lose weight
- People with high blood lipid and high blood sugar
- People with fatty liver, hepatitis or other liver disorders
- People with gastric ulcer

**Recommended Dosage:**

2 capsule, 2 times in a day

### Liquid Calcium Magnesium Vitamin D:

**Medicinal Ingredients (per dose unit):**

Calcium (Calcium, Oyster - Shell) ..... 250 Milligrams  
Magnesium (Magnesium oxide) ..... 100 Milligrams  
Vitamin D3 (Vitamin D, Cholecalciferol) ..... 5 Micrograms

**Recommended Use**

- Multi-mineral/vitamin supplement
- A factor in the maintenance of good health
- Helps in the development and maintenance of bones and teeth especially in childhood, adolescence and young adulthood.
- Helps in the absorption and use of calcium and phosphorus.
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis
- Helps to prevent vitamin D deficiency for Children (4-9y), Adolescent (10-18 y) and Adult (19-70y)

**Recommended Dose :**

Children 4 - 9 years : 1 Capsule(s) 1 time(s) per day

Take a few hours before or after taking other medications

Adolescents 9 - 13 years : 2 Capsule(s) 1 time(s) per day

Take a few hours before or after taking other medications

Adults : 2 Capsule(s) 1 time(s) per day

Take a few hours before or after taking other medications

## Blueberry Super Nutrition:

**Ingredients:** Calcium 0.1 g, Daucus carota subsp. sativus 2 g (equals to 1418 micrograms beta-Carotene), Fructo-oligosaccharides 2.6 g, Panax quinquefolius 0.5 g, Rice Protein 10 g, Vaccinium angustifolium 0.6 g, Vaccinium angustifolium 0.2 g (20 : 1 DHE: 4000 mg)

### **Benefits:**

- Source of protein to maintain good health and to build, repair body tissues.
- Source of amino acids involved in muscle protein synthesis.
- Assists in the building of lean muscle (tissue/mass) when combined with regular (weight/resistance) training and a healthy balanced diet.
- Helps in the development and maintenance of bones and teeth especially in childhood, adolescence and young adulthood
- Adequate calcium (and vitamin D) (throughout life) as part of a healthy diet, (along with physical activity) may reduce the risk of developing osteoporosis (in peri- and postmenopausal women) (in later life)
- Provides antioxidants
- Provitamin A to help maintain eyesight, skin membranes and immune function
- American ginseng supports the promotion of healthy glucose levels and helps relieve nervousness (as mild sedative) and nervous dyspepsia / to help digestion in cases of nervousness and/or stress American ginseng helps maintain a healthy immune system.

### **Recommended for:**

- People of all age groups in need of balanced nutrition diet including athletes.
- People on diet.
- Strict vegetarians or vegans.
- Peri or postmenopausal women.
- People with high blood pressure, high blood sugar and high blood lipid level.
- People under stress or with chronic fatigue
- People of compromised immunity or at sub-health status

**Recommended Dosage:** 1 scoop, 1-2 times in a day

## Spirulina:

### **Ingredients:**

Arthrospira maxima 1350 mg

### **Benefits:**

An ideal source of nutrients, especially protein

A powerful antioxidant

### **Recommended for:**

- People who wish to have balanced daily nutritional intake
- People with malnutrition or on diet
- Vegetarians who have insufficient intake of protein
- People with oxidative stress (In humans, oxidative stress is thought to be involved in the development of Asperger syndrome, ADHD, cancer, Parkinson's disease, Lafora disease, Alzheimer's disease, atherosclerosis, heart failure, myocardial infarction, fragile X syndrome, Sickle Cell Disease, lichen planus, vitiligo, autism, infection and chronic fatigue syndrome. )

**Recommended Dosage:** 3 capsules, 3 times in a day.

## **Harp Seal Oil:**

### **Ingredients:**

Seal Oil 500 mg EPA: 38mg/capsule; DHA: 44mg/capsule; DPA: 22mg/capsule

### **Benefits:**

Source of omega-3 fatty acids, including eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and docosapentaenoic acid (DPA)

### **Recommended for:**

- People with elevated blood lipid level or blood pressure
- People with family history of stroke or heart attack
- People with atherosclerosis
- People with cardiovascular or cerebrovascular diseases
- People with autoimmune disorders
- People with joint problems
- People with mental disorders

### **Recommended Dosage:**

2 capsules, 2-3 times in a day

## **Lipid Care Tea:**

Green world lipid tea consists of herbal plant essence and keep all its natural properties.

### **Benefits:**

- Lipid Care Tea regulates lipo metabolism of our body and dissolves redundant fat in the blood while we leisurely drink the tea, thus people can improve health conditions at ease.
- Balance the nutrition supply in our body (including amino acids, various vitamins and minerals)
- Transforms fat into energy and increase our physical ability,
- Retains youth and vigorous physical state.

## **Intestine Cleanse Tea:**

In-Cleansing tea is the Natural way to cleanse up your system. The natural Intestine cleansing dates back to ancient Greece. In the United States, cleansing the Intestine -- the large intestine -- became popular in the 1920s and 1930s. But when the theories behind it lost support, it fell out of favor. Intestine Cleansing with teas, enzymes, intestine irrigation etc. has experienced resurgence recently. Advocates of intestine cleansing believe that toxins from gastrointestinal tract can cause a variety of health problems, such as arthritis, allergies and asthma.

### **Key Information:**

- Intestine cleansing improves health by removing toxins, promoting healthy intestinal bacteria, boosting your energy and enhancing your immune system.
- Intestine cleansing is also promoted as treatment for cancer and numerous other conditions.
- There is a belief that undigested meat and other foods cause mucus buildup in the Intestine.
- This buildup produces toxins, the theory goes, which enter the blood's circulation, poisoning the body.

### **Why You need Intestine Cleanse tea?**

The excess processed food in our diet makes our body sluggish and to function improperly. The common symptoms of an unhealthy Intestine are Excess Weight Gain Fatigue and General

Tiredness Feeling Sluggish After Meals Constipation and Bloating Gas and Intestinal Discomfort  
Poor Digestion.

## **Magic Detox Pad:**

Green World Magic Detoxin Pad is made from the essences of natural bamboo liquid and other plants. Its main ingredient - bamboo liquid essence, contains many active elements which has strong capacity to bind to toxins.

### **Key Information:**

- It can intercept the metabolic end products, retained water and fat in body from acupuncture points and reflex areas. then channel them on the pad.
- Effectively “draw” the toxins in body and remove them for blood purification.
- Green World Detoxing Pad contains a large number of negative anions. Through a large number of experiments, Japanese experts have proven that the negative anion can reach the acupuncture points through the skin, thereby inhibiting the positive inion in the body, and effectively changed unhealthy acidic fluid into alkaline fluids.
- At the same time, it releases far-infrared rays to activate the body, and stimulating the parasympathetic autonomic nervous system.

### **How to use:**

- Cleanse the skin and paste the pad on the acupoints of the sole or body parts such as joints, palms, waist, shoulders, back and limp shank, weary foot and overwrought muscle.
- Let the ventilating side face the skin and the slicken side with printed characters be pasted on the adhesive sheet.
- After utilizing, tear off the pad and clean the skin with water.
- A pad and gluey sheet can be used only once.

**All products can be viewed and purchased directly from**  
**<https://ca.greenworldna.com/1000051377>**