



REPAIRVITE™ PROGRAM

A SYSTEMIC DIETARY AND NUTRITIONAL PROGRAM FOR INTESTINAL BARRIER INTEGRITY

Introduction

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. It is a long tube that starts in the esophagus and ends in the colon and rectum. Once food is eaten, the digestive system releases enzymes to break it down into small particles so they can be absorbed by the intestinal mucosa. The tight junctions between intestinal mucosal cells allow for the absorption of tiny digested food particles.

If the digestive system is working properly, we have maximum absorption of nutrients, resulting in energy and vitality. When the digestive system is not working well, we may develop bloating, inflammations, skin rashes, food sensitivities, constipation, abdominal discomfort, fatigue, and many other diverse, nonspecific symptoms.

The digestive tract may become compromised from a diet high in refined sugar and low in fiber, as well as from antibiotics, medications, stress, parasitic infections, bacterial infections, nutrient deficiencies, and alcohol use. These may cause an immune reaction, (intestinal inflammation) and may lead to increased intestinal permeability.

The **REPAIRVITE™ (K60), (K63)** formula is an essential part of the nutritional program designed by your healthcare professional to support your intestinal health. A better understanding of the nutritional benefits of **REPAIRVITE™ (K60), (K63)** will assist you in using this product more effectively.



**The promise of vibrant health is a jewel worth every effort.
It is not a right, but a set of choices—at times hard—
but always rewarding.™**



The REPAIRVITE™ Program:


The REPAIRVITE™ Program is an aggressive and complete regimen designed to support intestinal health. It consists of a restricted dietary program (to remove inflammatory triggers) and targeted nutritional supplements that are necessary for several days to support the health of intestinal membranes. The program may need to be conducted for 30-60 days for more progressed cases and can be conducted for as few as three days for quick recovery after exposure to food sensitivities.

To determine the appropriate program length for you, please consult your healthcare professional.

Adjunct Products to Assist with the REPAIRVITE™ Program

Two additional supplements can enhance the REPAIRVITE™ Program. The first product is STRENGTIA™ (K61), which provides beneficial bacterial probiotics and arabinogalactans to support healthy intestinal microflora. The second product, GI-SYNERGY™ (K64), provides a diverse set of natural compounds to support a healthy bacterial environment and a healthy intestinal terrain. The combination of these two formulas supplies the necessary nutrients to support a healthy intestinal lining.

Once the REPAIRVITE™ Program has been completed, it is strongly suggested to complete the 21-day CLEARVITE™ Program to support healthy liver detoxification.

PLAN	SERVINGS OF PRODUCT TO BE TAKEN	DIETARY PLAN
Basic REPAIRVITE™ Supplemental Program	REPAIRVITE™ (K60), (K63) Powder 1 serving 1-2 times a day <i>Follow Dietary Plan</i>	<p>FOODS TO EAT:</p> <p>MOST ORGANIC VEGETABLES: including anise, artichoke, asparagus, beets, bok choy, broccoli, cabbage, carrot, cauliflower, celery, chives, cucumber, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, radish, rhubarb, shallots, spinach, squash, sweet potatoes, water chestnuts, watercress, yams, zucchini.</p> <p>FERMENTED FOODS: including kimchi, kombucha tea, pickled ginger, sauerkraut, unsweetened coconut yogurt.</p> <p>MEATS: including beef, chicken, fish*, lamb, turkey. Fish should be ocean caught with a low mercury content. Swordfish, most tuna, and king mackerel are very high in mercury. Select hormone-free and antibiotic-free chicken, turkey, and lamb. Select beef that is grass fed, hormone free, and antibiotic free.</p> <p>LOW GLYCEMIC ORGANIC FRUITS: including apples, apricots, avocados, berries, cherries, grapefruit, grapes, lemons, oranges, peaches, pears, plums.</p> <p>COCONUT: including coconut butter, coconut cream, coconut milk, coconut oil, unsweetened coconut flakes, unsweetened coconut yogurt.</p> <p>NOODLES: brown shirataki yam noodles (sold in Asian grocery stores).</p> <p>HERBS AND SPICES: including basil, black pepper, cilantro, coriander, cumin, garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, sea salt, thyme.</p> <p>OTHER: apple cider vinegar, herbal teas, olive oil, olives.</p> <p>FOODS TO AVOID:</p> <p>SUGARS: including agave, candy, chocolate, corn syrup, fructose, high fructose corn syrup, honey, maple syrup, molasses, sucrose.</p> <p>HIGH GLYCEMIC FRUITS: including bananas, canned fruits, dried fruits, mango, pineapple, raisins, watermelon.</p> <p>GRAINS: including amaranth, barley, buckwheat, bulgur, corn, couscous, kamut, millet, oats, quinoa, rice, rye, spelt, wheat, wheat germ.</p> <p>NUTS AND SEEDS: including almonds, peanuts, sunflower seeds, sesame seeds.</p> <p>GLUTEN-CONTAINING COMPOUNDS: including barbecue sauce, binders, bouillon, brewers yeast, cold cuts, condiments, emulsifiers, fillers, gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, nondairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein.</p> <p>DAIRY PRODUCTS AND EGGS: including butter, cheeses, cow's milk, creams, frozen desserts, goat's milk, margarine, mayonnaise, sheep's milk, whey, yogurt (except coconut).</p> <p>SOY: including edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu.</p> <p>FUNGI: edible fungi and mushrooms.</p> <p>ALCOHOL: all alcohol.</p> <p>BEANS AND LEGUMES: including black beans, lentils, peanuts, pinto beans, soybeans.</p> <p>NIGHTSHADE FOODS: including eggplant, paprika, peppers, potatoes, Tabasco® sauce, tomatillos, tomatoes.</p> <p>OTHER: canned foods, coffee, processed foods.</p>
	 REPAIRVITE™ (K60), (K63) Powder 1 serving 1-2 times a day <i>Follow Dietary Plan</i>	

If you are allergic to any foods, inform your healthcare professional and avoid using those foods during this program.

*Select fish that are less prone to heavy metal contamination.

The REPAIRVITE™ Diet:

The REPAIRVITE™ Program requires a strict diet necessary for supporting the intestinal membrane. The dietary restrictions are not caloric (not based on the quantity of food), so you are allowed to eat whenever you are hungry. However, you must only eat from the list of allowed foods. The goal of the dietary program is to remove certain known dietary triggers that may cause intestinal inflammation and to provide the nutrients necessary to support healthy intestinal microflora. The dietary restrictions include sugary foods and starchy carbohydrates that promote intestinal yeast overgrowth, inflammatory proteins (dairy, gluten, etc), inflammatory lectins, and alcohol. These all promote destruction of the intestinal membranes.

You are allowed to eat foods with a high fiber content, such as vegetables and low glycemic fruits. You can also eat foods with healthy essential fatty acids, such as olives, olive oil, and fish*. Eating foods that are fermented will also support the health of the intestinal microflora, as will proteins, such as meats, that are not inflammatory.

You should make a strong attempt to eat frequently to maintain stabilized blood glucose levels. It is not a good idea to fast during the REPAIRVITE™ Program, since it may raise cortisol levels that may further compromise the intestinal mucosa. **You should never be hungry during the REPAIRVITE™ Program.** However, you may have urges to eat foods on the restricted list that must be avoided.

The complete avoidance of restricted foods cannot be overemphasized. Even small snacks or bites of the inflammatory foods can create an immune reaction in the intestinal membranes that may last for several days and compromise the successful outcome of the program. You must stay hydrated and drink plenty of water, especially if you begin eating more fiber than you are accustomed to. Hydration will help support normal bowel function as you increase fiber in your diet.



You should eat fermented foods as much as possible, because they can help provide nutrients that your intestinal microflora need to optimize the intestinal environment. The first few days of the diet are the most difficult, since you may suffer from food cravings and may need to spend more time and energy preparing your meals. As you get past the first few days of the program, it should become much easier. It is always best to preplan your meals and snacks when you are in this program.



The dietary changes are supported with REPAIRVITE™ (K60), (K63) and other nutritional supplements to optimize the program outcome.

*Select fish that are less prone to heavy metal contamination.



Sample Menu (organic)

<u>NONVEGETARIAN:</u>	<u>VEGETARIAN:</u>
<p><u>Breakfast</u></p> <ul style="list-style-type: none">• Fresh vegetable juice• Turkey sausage (gluten free, soy free)• Coconut yogurt with fruit	<p><u>Breakfast</u></p> <ul style="list-style-type: none">• Herbal tea• Vegetable stew
<p><u>Snack</u></p> <ul style="list-style-type: none">• Cucumber with sea salt• Herbal tea	<p><u>Snack</u></p> <ul style="list-style-type: none">• Herbal tea• Coconut yogurt
<p><u>Lunch</u></p> <ul style="list-style-type: none">• Salad with chicken and a dressing of olive oil and lemon juice	<p><u>Lunch</u></p> <ul style="list-style-type: none">• Steamed vegetables with sea salt and lemon juice• Apple
<p><u>Snack</u></p> <ul style="list-style-type: none">• Lettuce wraps with turkey and avocado• Kombucha tea	<p><u>Snack</u></p> <ul style="list-style-type: none">• Kombucha tea• Mixed pickles
<p><u>Dinner</u></p> <ul style="list-style-type: none">• Sauerkraut• Lamb• Mixed vegetables	<p><u>Dinner</u></p> <ul style="list-style-type: none">• Mixed green salad with olives and a dressing of olive oil, sea salt, and lemon juice• Plum

A close-up of a white plate with a fork, containing a fresh green salad with basil, tomatoes, and other vegetables.

Science-Guided Nutrition™

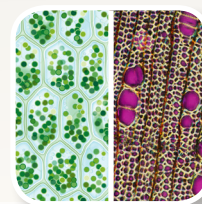
When the lining of the small intestine becomes too porous, it allows the entry of toxins, microorganisms, and undigested food particles into the bloodstream, triggering an inflammatory immune response. Intestinal barrier compromise has been associated with multiple food sensitivities, increased inflammation, fatigue, and diverse gastrointestinal symptoms.

REPAIRVITE™ (K60), (K63) is formulated to provide key nutrients to support intestinal barrier integrity and health. It contains scientifically researched nutrients, such as flavonoids, antioxidants, plant sterols, glycoproteins, and saponins.

Benefits of **REPAIRVITE™ (K60), (K63)**:

- ❑ Provides glycoproteins to cover mucosa called mucin to support mucosal membrane health
- ❑ Supports the health of the intestinal lining as it relates to nutritional balance
- ❑ Provides natural compounds that may support intestinal comfort
- ❑ Provides extracts with high mucilage content to soothe and support the intestines
- ❑ Provides phyto extracts to support healthy gastrointestinal motility and healthy secretion of digestive enzymes

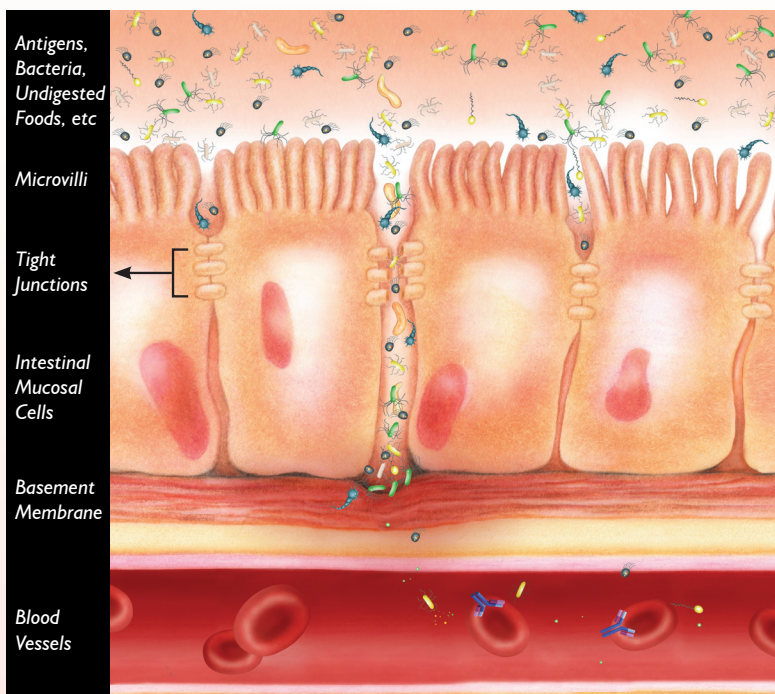
RepairVite™ is available in two flavors: regular (K60) and caramel (K63).



Increased Intestinal Permeability—Leaky Gut:

When the digestive tract mucosa is inflamed, the tight junctions of the intestinal mucosa are compromised as they become widened and permeable to large, undigested compounds, toxins, and bacteria. This is also known as “leaky gut.” The intestinal immune system then reacts against these large compounds, promoting an exaggerated immune response. This creates a cycle of further intestinal inflammation and greater loss of intestinal barrier integrity.

Therefore, as the intestinal tract becomes inflamed from diet, lifestyle, medications, infections, etc, it causes further intestinal inflammation, feeding this vicious cycle promoted by intestinal permeability. After the intestinal mucosa becomes damaged, the damaged cells become unable to properly digest food and produce the enzymes necessary for digestion. This leads to **malnutrition**; further intestinal inflammation; further permeability; the development of food sensitivities, bacteria, and yeast overgrowths; and impaired intestinal immune integrity. These self-promoting cycles become difficult to unwind unless aggressive dietary and lifestyle strategies are employed.



INTESTINAL BARRIER

Illustration dramatized for demonstration purposes.

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

For nutritional and health maintenance purposes only.