

Metabolic Detox Programme

Nutri Advanced Metabolic Detox Programme offers a 14 day approach to address a vast array of health issues using the right supplements and targeted food plan. It is advocated that a therapeutic detox can help cleanse the body, increase vitamin and mineral absorption, reduce symptoms of toxicity, clear the skin and aid weight loss while improving cellular health and mitochondrial function.

What is involved?

The programme uses a specific supplement regime and a low allergenic food plan. Prior to the programme commencing you will receive the required 5 supplements and an information pack that are needed to carry out the programme.

Information Pack Contents

- An 'allowed foods' food list
- Suggested recipes
- Menu planners
- Workbook
- Supplement regime
- Shopping list
- List of FAQs



In addition, you will also receive a pre-recorded webinar which will discuss the programme, how it is carried out and what is to be expected over the 14 days.

The programme is divided up into sections. On days 1-6 and days 10-14, you consume 3 meals and 2 snacks (1 to include a serving of UltraClear Plus pH). Days 7-9 are liquid only days where you consume 3 servings of UltraClear Plus pH and 2 juices/soups.

Example menu ideas:

	Day 1	Day 7	Day 10
Breakfast	Quinoa porridge with ground flax seeds, cinnamon and organic blueberries	UltraClear plus pH	Buckwheat pancakes with summer berries
Snack	UltraClear Plus pH	UltraClear plus pH	UltraClear plus pH
Lunch	Lemon chicken and thyme salad	Summer fruits juice	Quinoa tabbouleh
Snack	Homemade hummus with vegetable crudités	UltraClear Plus pH	Avocado sliced onto flaxseed crackers
Dinner	Roast cod on spiced puy lentils	Ginger and turmeric spiced carrot soup	Turkey burgers with side salad

Measuring your success

So you can track your progress, you will have the opportunity to fill in a workbook at different stages. Prior to the beginning of the programme you will take a few simple measurements including weight, height, BMI and waist to hip ratio. These will be taken again at the end. A medical symptoms questionnaire (MSQ) will also be filled in at these times. A toxin exposure questionnaire should be filled in prior to the beginning of the programme. You will be invited to make notes on changes you have noticed or how you are generally feeling as the programme progresses. At the end of the programme, the workbook should be handed back to your practitioner where the results can be discussed.

How much does it cost?

The retail price is £139.87 and this includes the pre-recorded webinar, information pack and all supplements.

Please note if you are in the Republic of Ireland the retail price is €170.62. There will be an additional charge of €6.50 for postage and packaging.

For more information on this programme, contact your practitioner. If you would like to purchase the programme you can contact Nutri and speak with a member of our customer services team. Your practitioner can order the programme (including supplements) on your behalf or you can use our patient direct ordering service. Please remember to have your practitioners' details to hand.