

Detox Programs

	Colon Detox Package	Kidney Detox Package	Gallstones Detox Package	Liver Detox Package
Duration	7 days (RM149.00/set)	14 days (RM 379.00 /set)	7 days (RM 419.00/set)	14 days (RM 379.00/set)
Suitability	<ul style="list-style-type: none"> • Heavy eater • Constipation • Diarrhea • Bloating • Indigestion • Lack of fiber intake • Overweight & obese • Skin problems • Bad breath and body odor • Poor sleep quality • Fatigue 	<ul style="list-style-type: none"> • High blood pressure • Diabetic • Gout • Kidney stones • Inadequate fluid intake • High intake of animal protein • Excessive salt intake • Poor kidney functions 	<ul style="list-style-type: none"> • Gallstones • Gall bladder removal • Intolerance to fatty foods • Indigestion & bloating • Black spots & pigmentation on skin • Tension in the shoulders and at the back of the neck 	<ul style="list-style-type: none"> • Alcoholic drinker • Fatty liver • Fatigue • Imbalanced diet • Constipation • Lack of sleep • Dark circles, dull/sensitive skin • Bad breath & body odor • Diabetic • High blood cholesterol • Overweight or obese • Staying up late • Acidic body • Oily hair
Suggestion & Recommended Usage	<ul style="list-style-type: none"> • Cleansa Pro 1 sachet at night before sleep (May take extra 1 sachet in the morning for more serious constipation condition) • GT Pro 50 	<ul style="list-style-type: none"> • Alka Pro 1 Sachet to be mixed with 300 ml of water in the morning and night. • Lemon Juice Mix 100ml of pure lemon juice with 2 liters 	<ul style="list-style-type: none"> • One liter of green apple juice (5 green apples) per day, 1 sachet Alka Pro + 1 sachet GT Pro 50, twice daily, before meal, repeat for 7 days. 	<ul style="list-style-type: none"> • Alka Pro 1 Sachet to be mixed with 300 ml of water in the morning and night. • Enerbeet

	<p>1 sachet morning before meal 1 sachet at night before sleep</p>	<p>of water daily, continue for 20 days</p>	<ul style="list-style-type: none"> • On the 7th day: 8am – 1 sachet AlkaPro + 1 sachet GT Pro 50 before breakfast 12pm – stop eating lunch 3pm – 1 sachet Alka Pro + 1 sachet GT Pro 6pm – 1 teaspoon Epsom salt in a glass of warm water 8pm – 1 teaspoon Epsom salt in a glass of warm water 10pm - 125ml lemon juice + 125ml olive oil, shake well and drink. ** 1 liter of apple juice to be taken throughout the whole day. <p>Right after drinking the mixture, lie down on your right, bend your knees and move them towards your chest. Stay in the position for 20 minutes.</p>	<ul style="list-style-type: none"> • 1 tablespoon (10g), twice daily, before meal.
Other Recipes		<p>Lemon Juice Apple cider Vinegar Olive Oil</p>	<p>Apple juice Lemon Juice Olive Oil Epsom salt</p>	

排毒疗程配套

	肠道排毒配套	肾排毒配套	胆石排毒配套	肝脏排毒配套
疗程	7 天 (RM 149.00/set)	14 天 (RM 379.00/set)	7 天 (RM 419.00/set)	14 天 (RM 379.00/set)
适合用于	<ul style="list-style-type: none"> • 重食 • 便秘 • 腹泻 • 腹胀 • 消化不良 • 缺乏纤维摄取 • 过重/肥胖 • 皮肤问题 • 口臭/狐臭 • 睡眠质量不佳 • 疲乏 	<ul style="list-style-type: none"> • 高血压 • 糖尿病 • 痛风 • 肾结石 • 缺乏水分 • 高动物蛋白质摄取量 • 过量摄取盐分 • 肾功能不佳 	<ul style="list-style-type: none"> • 胆结石 • 胆囊切除 • 高脂肪食物不耐症 • 消化不良&腹胀 • 黑斑/雀斑 • 肩膀/颈椎酸痛 	<ul style="list-style-type: none"> • 过量摄取酒精 • 脂肪肝 • 饮食不均衡 • 便秘 • 缺乏睡眠 • 黑眼圈/缺乏光泽/敏感肌肤 • 口臭/狐臭 • 糖尿病 • 高胆固醇 • 过重/肥胖 • 熬夜 • 酸性体质 • 油性发质
产品建议及服用量	<ul style="list-style-type: none"> • Cleansa Pro 每晚睡前服用一包（严重便秘者可于早上饭前额外服用 1 包）。 • GT Pro 50 每天早上饭前及晚上睡前各服用一包 	<ul style="list-style-type: none"> • Alka Pro 每天早晚饭前各服用一包 Alka Pro，冲泡于 300ml 温开水。 • 柠檬汁 将 100ml 纯柠檬汁稀释于 2 公升温开水，持续喝 20 天。 	<ul style="list-style-type: none"> • 每天一公升（约 5 颗）青苹果汁，加上冲泡早晚饭前一包 Alka Pro + 一包 GT Pro 50，持续 7 天 • 第七天： 	<ul style="list-style-type: none"> • 每天早晚饭前各服用一包 Alka Pro，冲泡于 300ml 温开水。 • 每天早晚饭前个服用 1 汤匙（10g）Enerbeet。

			<p>8am – 早餐前一包 Alka Pro + 1 一包 GT Pro</p> <p>12pm – 午餐禁食 (5</p> <p>3pm – 1 包 Alka Pro + 1 包 GT Pro 50</p> <p>6pm – 1 茶匙泻盐冲 泡温开水</p> <p>10pm – 125ml 柠檬 汁 + 125ml 橄 榄油，搅拌均匀即可 饮用</p> <p>**1 公升苹果汁可 饮用一整天。</p> <p>饮用完后，向右侧 躺，弯曲膝盖至胸 口。保持姿势 20 分 钟。</p>	
其他产品建议		<ul style="list-style-type: none"> • 柠檬汁 • 苹果醋 • 橄榄油 	<ul style="list-style-type: none"> • 苹果汁 • 柠檬汁 • 橄榄油 • 泻盐 	

为何选择 Nutrirem 产品来进行肠道排毒？

Cleansa Pro 提供大量的纤维，功能性极强的食品，草药，酶，益生元和益生菌，有利于大肠及肝脏排毒。

它有助于改善：

- 排便规律
- 消化问题
- 睡眠质量
- 皮肤，头发和指甲的健康状况。

大部分益生菌在进行肠道排毒过程中被排出体外，因此需要 **GT Pro 50** 来补充益生菌。

GT Pro 有助于：

- 增强免疫系统
- 改善消化系统
- 防止过敏
- 对抗有害细菌

为何选择 Nutrirem 产品来进行肾脏排毒？

Alka Pro 含有蒲公英根，有效于增加尿液流量。当毒素被冲出体外时，蒲公英根能够补充钾以恢复矿物质平衡。**Alka Pro** 中的柠檬汁有助于增加尿液中的柠檬酸盐量，从而软化或抑制肾结石的形成。

为何选择 Nutrirem 产品来进行胆石排毒？

Alka Pro 含有柠檬汁，能够软化胆结石，而柠檬酸盐也有助于一直胆结石的形成。螺旋藻，小球藻，大麦草和小麦草是属碱性的，因此可以中和我们身体内酸性环境。

为何选择 Nutrirem 产品来进行肝脏排毒？

Alka Pro 富含叶绿素，可净化血液，去除体内细胞中所累积的毒素和重金属。它还有助于增强肝脏排毒功能，并塑造碱性体质。**Alka Pro** 含有高抗氧化剂，能够对抗自由基，减少炎症及防止衰老。

Enerbeet 中的 **betalain** 有助于谷胱甘肽的形成。使身体能够中和毒素并使其溶于水，然后通过尿液排除体外。它也有助于增加红血球量，促进血液循环及净化血液。

Why choose Nutrirem Products for Colon Detox?

Cleansa Pro provides adequate amount of fibre, functional foods, tonic herbs, enzymes, prebiotics and probiotics which will enhance the detoxification of colon.

It helps to improve:

- Bowel movements
- Digestion
- Sleep quality
- Health condition of skin, hair and nails.

Some of the good bacteria is being flushed out from the body during colon detox, hence **GT PRO 50** is needed to replenish the good bacteria.

GT PRO 50 helps to:

- Boost immune system
- Improve digestive system
- Ward off allergies
- Fight off harmful bacteria

Why choose Nutrirem products for Kidney Detox?

Alka Pro contains dandelion which helps to increase flow of urine. When the toxins are being flushed out from the body, dandelion helps to replenish the potassium to restore the mineral balance. Lemon juice in Alka Pro helps to increase the amount of citrate in the urine which in turns soften or inhibit the formation of kidney stones.

Why choose Nutrirem products for Gallstones Detox?

Lemon juice of **Alka Pro** helps to soften the gallstones, citrate found in lemon juice also aids in inhibition of gallstone formation. Spirulina, chlorella, barley grass and wheatgrass are alkaline in nature, which neutralize the acidic environment in our body.

Why choose Nutrirem products for Liver Detox?

Alka Pro is high in chlorophyll that it purifies the blood, removes accumulated toxins and heavy metals from body cells. It helps to enhance liver detox function and create alkaline environment. It contains high antioxidants which helps to fight against free radical, reduce inflammation levels and prevent aging.

Betalain in the **Enerbeet** helps to form glutathione which enable the body to neutralize the toxins and make them water soluble, then being excreted out through urine. It also helps to increase red blood cells, promote blood circulation and purify blood.