



# REPAIRVITE™ (K60)

## A SYSTEMIC DIETARY AND NUTRITIONAL PROGRAM FOR INTESTINAL BARRIER INTEGRITY

### Introduction

RepairVite™ (K60) is an essential part of the nutritional program designed by your healthcare practitioner to support your intestinal health. A better understanding of the nutritional benefits of RepairVite™ (K60) will assist you in using this product more effectively.

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. The digestive tract 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 down food into small particles so they can be absorbed by intestinal mucosa. The tight junctions between intestinal mucosal cells allow only the absorption of tiny particles that the underlying intestinal immune system does not react against.

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 have bloating, systemic inflammation, skin rashes, food sensitivities, constipation, abdominal discomfort, fatigue, and many other diverse non-specific symptoms such as headaches, poor mood, joint pain, muscle fatigue, etc.

The digestive tract may become compromised with a diet high in refined sugar, a diet low in fiber, as well as antibiotics, medications, stress, parasitic infections, bacterial infections, nutrient deficiencies, and alcohol use. These mechanisms may promote inflammation of the intestinal tract and lead to increased intestinal permeability.



**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™ (K60) program is an aggressive and complete regimen designed to break the vicious cycle of leaky gut. It consists of a restricted dietary program (to reduce intestinal inflammation) as well as targeted nutritional supplements that are required for several days to help support 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 3 days for quick recovery after exposure to food sensitivities.

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

## Adjunct Products to Assist with RepairVite™ (K60)

In addition to the strict dietary changes and the RepairVite™ program, two additional supplements can enhance the regimen. The first product is **Strengtia™ (K61)**, which provides beneficial bacterial probiotics and arabinogalactans to support intestinal microflora. The second product, **GI-Synergy™ (K64)**, provides a diverse set of natural compounds that contain natural anti-bacterial, anti-yeast, and anti-parasitic properties to support healthy intestinal terrain. The combination of these two formulas supplies the necessary nutrients to support and maintain healthy intestinal lining.

Lastly, once the RepairVite™ program is completed, it is strongly suggested to complete the 21-day **ClearVite-SF® (K24)** liver detoxification support program.

## The RepairVite™ Detoxification Protocol

PLAN	SERVINGS OF PRODUCT TO BE TAKEN	DIETARY PLAN
<b>Basic RepairVite™ Supplemental Program</b>	<b>RepairVite™ (K60) Powder</b> – 1 serving, twice a day  Follow Dietary Plan	<p><b>FOODS TO AVOID:</b></p> <p><b>SUGARS:</b> including corn syrup, high fructose corn syrup, molasses, honey, chocolate, candy, etc.</p> <p><b>HIGH GLYCEMIC FRUITS:</b> including watermelon, mango, pineapple, raisins, and canned fruits.</p> <p><b>GRAINS:</b> including gluten, wheat, oats, rice, barley, buckwheat, soy, corn, wheat germ, spelt, amaranth, kamut, millet, quinoa, etc.</p> <p><b>GLUTEN-CONTAINING COMPOUNDS:</b> including processed salad dressings, ketchup, soy sauce, barbecue sauces, condiments, modified food starch, etc.</p> <p><b>DAIRY:</b> including milk, whey, eggs, cheeses, creams, mayonnaise, etc.</p> <p><b>SOY:</b> including soy milk, soy sauce, soy protein, etc.</p> <p><b>ALCOHOL:</b> including beer, wine, sake, cognac, liqueurs, etc.</p> <p><b>LECTINS:</b> including nuts, beans, soy, potatoes, tomatoes, eggplant, peppers, peanut oil, soy oil, etc.</p> <p><b>Coffee, Processed Foods, Canned Foods</b></p>
<b>Comprehensive RepairVite™ Supplemental Program</b>	<b>RepairVite™ (K60) Powder</b> – 1 serving, twice a day  <b>Strengtia™ (K61) Product</b> – 2 capsules, twice a day  <b>GI-Synergy™ (K64) Packet</b> – 1 packet, twice a day  Follow Dietary Plan	<p><b>FOODS TO EAT:</b></p> <p><b>MOST VEGETABLES</b> (except tomatoes, potatoes and mushrooms): including asparagus, spinach, lettuce, broccoli, beets, cauliflower, carrots, celery, artichokes, garlic, onions, zucchini, squash, rhubarb, cucumbers, turnips, watercress, etc.</p> <p><b>FERMENTED FOODS:</b> including sauerkraut, kimchi, pickled ginger, mixed pickle, coconut yogurt, kombucha tea, etc.</p> <p><b>MEATS:</b> including fish*, chicken, beef, lamb, organ meats, etc.</p> <p><b>LOW GLYCEMIC FRUITS:</b> apricots, plums, apples, peaches, pears, cherries, berries, etc.</p> <p><b>COCONUT:</b> including coconut oil, coconut butter, coconut milk, etc.</p> <p><b>Herbal Teas, Olives, Olive Oil</b></p>



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

\*\*Select fish which is less prone to heavy metal contamination.

## The RepairVite™ (K60) Diet:

The RepairVite™ regimen requires a very strict dietary program necessary for repair of the intestinal membranes. The dietary restrictions are not caloric (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 reduce intestinal inflammation and provide nutrients necessary for healthy intestinal microflora. The dietary restrictions include high-sugar foods and starchy carbohydrates that promote intestinal yeast overgrowth, inflammatory proteins (dairy, gluten, etc.), inflammatory lectins, and alcohol that all promote destruction of the intestinal membranes.

You are allowed to eat food with high fiber content, such as vegetables and low glycemic fruits. Also, eat foods with healthy essential fatty acids such as olives, olive oil, and fish\*. Eat foods that are fermented to help improve the health of the intestinal microflora, as well as proteins, such as meats, that are not inflammatory.

You should make strong attempts to eat frequently during the day in order to maintain stabilized blood glucose levels. It is not a good idea to fast during the RepairVite™ program, since it may raise a hormone called cortisol 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 this program. You must stay hydrated and drink plenty of water during the program, especially if you begin eating more fiber than you are accustomed. 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 needs to optimize its 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 for the following day when you are in this program.

The dietary changes are supported with RepairVite™ (K60) and other nutritional supplements to optimize the best outcome, while conforming to the strict dietary regimen.

\*Select fish which is less prone to heavy metal contamination.

## Sample Menu (organic)

### NON-VEGETARIAN:

#### Breakfast

- Vegetable juice
- Turkey sausage (gluten, soy free)
- Coconut yogurt with fruit

#### Snack

- Cucumber with sea salt
- Herbal tea

#### Lunch

- Salad with chicken, olive oil, and lemon juice

#### Snack

- Pickled ginger
- Kombucha tea

#### Dinner

- Sauerkraut
- Lamb
- Mixed vegetables

### VEGETARIAN:

#### Breakfast

- Herbal tea
- Vegetable stew
- Coconut yogurt with fruit

#### Snack

- Herbal tea
- Mixed fruit

#### Lunch

- Steamed artichoke with sea salt and lemon juice
- Apple

#### Snack

- Kombucha tea
- Mixed pickles

#### Dinner

- Mixed green salad with olives, olive oil, sea salt, and lemon juice
- Plum

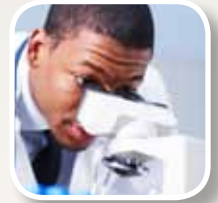


## Science-Guided Nutrition™

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

RepairVite™ (K60) is formulated to provide key nutrients to help support intestinal barrier integrity. It contains scientifically researched nutrients such as flavonoids, antioxidants, plant sterols, glycoproteins, and saponins to address the complex nutritional needs to support intestinal lining integrity.

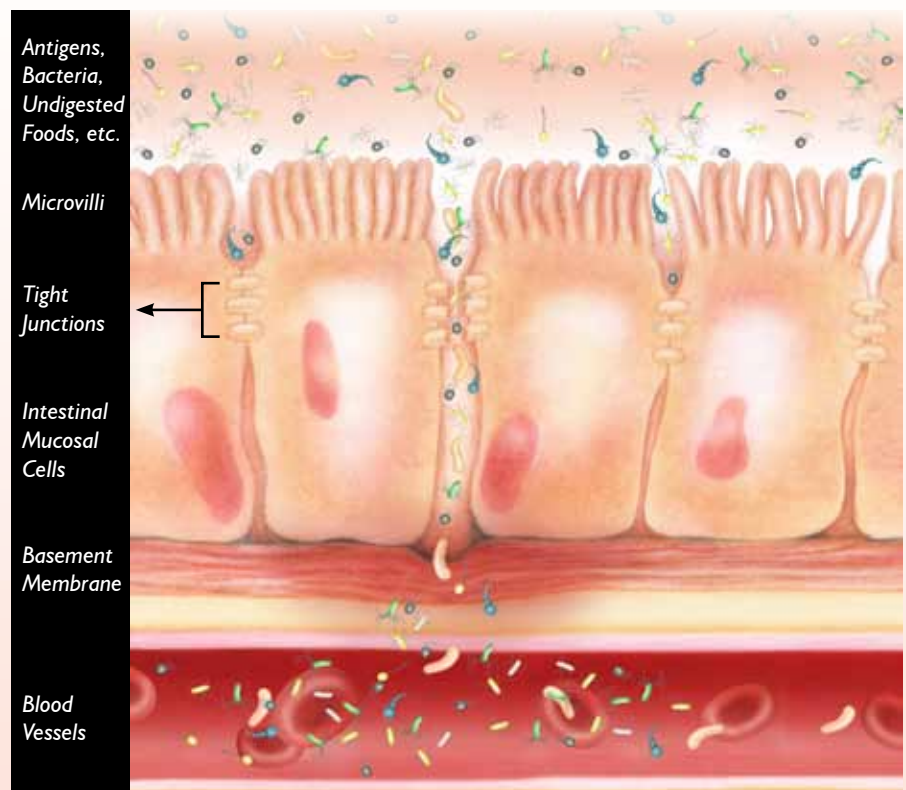
- Provides glycoproteins to cover mucosa called mucin to support mucosal membrane
- Supports the regeneration and restoration of the intestinal lining as it relates to nutritional balance
- Provides natural compounds that may aid in reducing intestinal pain and discomfort
- Provides extracts with high mucilage content to soothe and help the intestines heal
- Provides phyto extracts to help modulate gastrointestinal motility and secretion of digestive enzymes



## 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 large compounds of undigested proteins that are absorbed are reacted against by the underlying intestinal immune system and promote exaggerated immune response. This creates a vicious cycle of further intestinal inflammation and greater loss of intestinal barrier integrity.

Therefore, as the intestinal tract becomes inflamed from diet, lifestyle, medications, and infections, 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, nutritional, and lifestyle strategies are employed.



INTESTINAL BARRIER