

Comparisons between Cleanse programs

Detox and Cleanse Program	Duration	Cost	Emphasis
Biotics Detox Program®	10 days	\$235	Digestive food sensitivities, yeast, weight management, Chinese Medical Emphasis: Liver, Gallbladder, Stomach; Wood & Earth Element Energetics
Mediclear from Thorne® 	21 days	\$90	Skin, food and environmental allergies, respiratory infections, weight management, reproductive problems, Chinese Medical Emphasis: Lung & Large Intestine, Metal Element Energetics
Standard Process Cleanse Program®	21 days	\$223	Weight management, digestive food sensitivities, especially wheat and gluten, intestinal strengthening, Chinese Medical Emphasis: Spleen, Large Intestine and Small Intestine Earth & Metal Energetics Great for vegetarians since the shake is the main meal with fruit and vegetables included.