

Program Colo-Vada Green

Food recommendations during the use of dietary supplement “Program Colo-Vada Green”

“Program Colo-Vada Green” is designed to cleanse the intestines and the body as a whole. This is not a weight loss program. Weight loss during the program occurs as a result of bowel cleansing and adherence to dietary recommendations.

Two to four weeks before using “Program Colo-Vada Green”, it is recommended to drink water with the addition of “Coral-Mine” mineral composition, in order to normalize the mineral balance in the body, and reduce the manifestations of a cleansing crisis.

Recommended products

- porridge cooked in water
- raw, steamed, stewed, and boiled vegetables
- fruits and salads
- it is recommended to only use olive oil for dressing salads
- vegetable soups
- boiled or stewed fish
- fermented milk products without sugar (kefir, yoghurt)
- dried fruits, herbs
- freshly-squeezed vegetable or fruit juices (preferably diluted with water);
- during the day, you should drink at least 1.5 liters of water.

Limit or exclude from diet

- canned foods, semi-cooked products, cereals and instant soups
- animal products (meat, poultry, dairy, eggs, etc.), with the exception of fermented milk
- bakery, confectionery products
- alcohol, including beer
- coffee, cocoa
- sugar and salt
- fruits and vegetables that increase gas formation: grapes, apples, bananas, apricots, pears, melons, legumes (beans, peas, lentils), corn, potatoes, white cabbage, radish, radish, spinach, sorrel
- completely exclude any carbonated drinks.

Compliance with the recommendations contributes to better cleansing of the body and maintains the mineral balance.

If you want to keep healthy and stay in good shape, start by cleansing!

“Program Colo-Vada Green” is an effective complex program that helps to cleanse the body and restore a healthy internal environment.

The program is designed in such a way that it makes it possible to obtain the maximum health-improving effects without causing discomfort, all supplements, included in the program, while maintaining the usual rhythm of life. Biologically-active substances from carefully-selected normal body systems functions, compensate for nutritional deficiencies. This ensures regulates metabolism and maintains the vitamin and mineral balance.

Recommended cleansing chart by the author of the program, Doctor Zera

Stage I Preparatory (days 1-7)	Stage II Cleansing (days 8-11)	Stage III Recovery (days 12-14)
<p>Set No. 1 1 sachet 2 times a day, in the morning and evening</p> <p>Super-Flora 2 capsules in the morning, half an hour before meals</p>	<p>Set No. 2 1 sachet 2 times a day, morning and evening</p> <p>Super-Flora 2 capsules in the morning half an hour before meals</p> <p>Colo-Vada powder Take 1 powder portion 4 times a day, alternating between Go Detox Mix and Light Mix during the day. We recommend starting off your morning with Go Detox Mix. Before use, stir the contents of the package in a glass of cold water or juice, immediately drink and follow up with another glass of liquid. While taking the powder, you should consume a sufficient amount of liquid (at least 1.5 liters per day)</p>	<p>Set No. 3 1 sachet 2 times a day, morning and evening</p> <p>Super-Flora 1st day — 2 capsules half an hour before meals and 2 capsules before bedtime 2nd and 3rd day — 2 capsules in the morning, half an hour before meals</p>

Before use, it is necessary to consult a doctor, especially if you suffer from chronic diseases.