

# CLEAN MACHINE

## ELIMINATOR

### 4-Day Detoxification Program

**AVOID ALL TOXINS (Including Alcohol) FOR AT LEAST 48 HOURS PRIOR TO THE START OF THIS PROGRAM!!**  
(You must follow the enclosed Menu until you complete the program and get a Negative or "Clean" test result!)

**DO NOT TEST YOURSELF BEFORE THE 4<sup>TH</sup> DAY AS YOU WILL GET A FALSE NEGATIVE READING FROM THE DILUTION OF FLUIDS IN YOUR SYSTEM**

#### DAY ONE:

- Take 3 of the Tox-Out Precleanse tablets every hour for 5 hours until 15 Tablets have been consumed. Drink 3 (8 ounce) glasses of Cranberry Cocktail and 96 ounces of bottled/filtered water throughout the day and urinate as frequently as possible in order to expel toxins.

#### DAY TWO:

- Take 3 of the Tox-Out Precleanse Tablets every hour for 5 hours until 15 Tablets have been consumed. Drink 3 (8 ounce) glasses of Cranberry Cocktail and 96 ounces of bottled/filtered water throughout the day and urinate as frequently as possible in order to expel toxins.
- After taking the last Capsule, wait 3 hours and then drink the **Anti-Toxin Formula**.
- **(No Food and limited fluids 3 hours before and after the Anti-Toxin Formula)**

#### DAY THREE:

- Drink 1½ gallons of bottled/filtered water and 3 (8 ounce) glasses of Cranberry Cocktail throughout the day, and urinate as frequently as possible in order to expel toxins.

#### DAY FOUR:

- Take a multi-vitamin and cut back to your normal intake of fluids. Urinate at least twice, then use one of your Test Cards by following the directions below. (You may return to your normal eating schedule after you get a "clean" test result.)

**Test Day/Using Self-Test Cards:** Always use a mid-stream sample (urinate into toilet first, then into cup, then into toilet again). Never use first morning sample and never use first or last part of urine stream for testing. Carefully follow the enclosed test card instructions to ensure accurate results. Results should be read within three to five minutes. When reading test results you should get negative results (system clean) with two lines showing -- one line may be significantly lighter than the other. **THERE IS NO MEANING ATTRIBUTED TO THE COLOR OR INTENSITY OF THE SECOND LINE. ANY APPEARANCE OF SECOND LINE (OR T LINE) NO MATTER HOW LIGHT, CONSTITUTES A "CLEAN" OR NEGATIVE RESULT.** Congratulations, you are now "Clean!"

For any questions, call our 24-7 toll-free hotline 1.877.GO.DETOX. (877-463-3869)

**IN ORDER FOR THIS PRODUCT TO BE EFFECTIVE, YOU MUST FOLLOW ALL STEPS AS DETAILED IN DIRECTIONS!**

**GUARANTEE:** You have our guarantee that each product contains 100% of the label's ingredients and consist of only the finest quality and consistent potency of ingredients. Our commitment to distributing only the highest quality products has resulted in complete satisfaction from our customers. Buchanan Industrial Group, Inc. Products go beyond the expected.

**DISCLAIMER:** All information and products are to be used for the sole purpose of detoxification. Our products are dietary supplements consisting of all natural vitamins, herbs and minerals; however, our instructions are for suggested use only! Buchanan Industrial Group, Inc. will not be held responsible or liable for any medical and/or legal claim, as we do not manufacture these products. All products distributed by Buchanan Industrial Group, Inc. are to be used at your own risk!

**WARNING:** Due to the fact that our detoxification products cleanse the body of toxins, persons with a medical condition (i.e. asthma, high blood pressure, diabetes, etc.) and/or taking therapeutic medications of any kind should consult with a physician before using our products! Not intended for those with kidney disease disorder, pregnant or nursing women or persons under the age of 21.

**RETURN POLICY:** In order to ensure your safety and the integrity of our products, Buchanan Industrial Group, Inc. does not allow the return of any of its products! We cannot accept any returns or give refunds on products except in the unlikely event you do not receive your desired results. For a product refund, send your proof of purchase and unsatisfactory documentation from a certified lab to: Buchanan Industrial Group, Inc., P.O. Box 11, Wolfe City, Texas 75496.

# **MANDATORY MENU**

## **(Permanent Detoxification Programs)**

**YOU MUST AVOID ALL TOXINS (including Alcohol) FOR AT LEAST 48 HOURS PRIOR TO THE START OF THIS PROGRAM!!**

### **Important Tips For Success**

1. **Drink only bottled or filtered water and cranberry juice cold.** Drinking cold temperature fluids enhances fat burning by requiring the body's metabolism to increase to heat the liquid (using energy/calories, thus enhancing the rate of fat loss)
2. **Use only Balsamic Vinegar with salads.** "Vinaigrette" dressings contain vegetable oil, which is very high in fat
3. **When preparing meals for seasoning** you can use **Ms. Dash** (it's sodium free), as well as garlic powder (no garlic salt), fresh garlic, peppers, onions and fresh basil for flavor enhancing
4. **Highly Effective Eating Habits** - The body is an efficient survival mechanism, and holds fat to use for energy just in case there ever is a period when you will not have food. When you skip meals, your body goes into "survival mode" thinking its entering a starvation period, and your metabolism will grind to a halt, holding and storing fat. Eating 4-5 times per day (following the mandatory diet), with no more than 3 hours between each meal, will enable your body to burn fat at the most efficient or metabolic peak rate

**NOTE: THIS MENU IS A REQUIRED AND IMPORTANT PART OF THE DETOXIFICATION PROCESS AND MUST BE FOLLOWED UNTIL THE PROGRAM HAS BEEN COMPLETED AND YOUR SYSTEM IS CLEAN. AFTER YOU TEST YOURSELF WITH ONE OF YOUR TEST KITS AND YOU RECEIVE A NEGATIVE READING, YOU MAY GO BACK TO YOUR NORMAL EATING AND DRINKING.**

BELOW IS A LIST OF VEGETABLES YOU MAY EAT. YOU MAY USE FROZEN OR FRESH AND CAN BE STEAMED, BOILED, GRILLED, BAKED, BROILED OR EATEN FRESH. ABSOLUTELY NO CANNED VEGETABLES

Asparagus, Bean Sprouts, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Celery, Chard, Collard Greens, Eggplant, Green (Red and Yellow) Peppers, Kale, Lettuce (All varieties), Mushrooms, Mustard Greens, Onions (chives, garlic, leek, green onion, scallions), Carrots, Radish, Turnips, Spinach, Squashes (Acorn, Butternut, Zucchini, Cucumber)

NO POTATOES, CORN ON COB OR ANY KIND OF CORN

OR TOMATOES

ALLOWABLE MEATS: GRILLED, BROILED, BAKED OR STEAMED (ABSOLUTELY NO RED MEAT)

Fish, Chicken, fresh turkey, ground fresh turkey, very lean pork, fresh shrimp, lobster, tuna in spring water

NO DELI OR PREPARED MEATS OF ANY KIND. NO BACON, NO HAM (High Sodium Content)

OTHER ALLOWABLE FOODS:

Peanut Butter (2 Tablespoons once a day), dry roasted (no salt) peanuts (no more than 1/4 cup a day)  
One Banana a day (for the potassium value) No other fruits  
Egg Beaters (Egg product in Dairy Case, has only egg whites, but scrambles up like regular eggs)

## ALLOWABLE BEVERAGES:

Only Bottled, Filtered Water and Cranberry Cocktail (Recommend Ocean Spray Cocktail) (Either regular or diet OK)  
Absolutely NO other beverages allowed. NO ALCOHOL during the program. It dehydrates you and you will not be able to expel the toxins appropriately.

**WHAT NOT TO EAT OR DRINK:** The items on this list will convert to starches, sugars and fats in your system and dehydrate the body. If you eat these items, they will not allow your body to expel the toxins properly, but will instead enable the toxins to stay in your body tissue. Salt and other spices will cause you to retain water, also slowing down the expulsion process.

No canned or prepackaged foods.  
No Red meats (too much fat) ham (too much salt)  
No dairy products such as eggs, milk, butter, cheeses  
No bread, pizza, crackers, cereal, rice, potatoes or tomatoes, corn (fresh, canned or frozen)  
No caffeine such as coffee, coke, tea or alcoholic beverage.  
No desserts

## SEASONINGS:

NOTE: No Salt Substitutes and no Salt  
Balsamic Vinegar for Salads and for cooking meats  
Fresh squeezed lemon, or limes for salads and for cooking meats  
Mrs. Dash  
Garlic Powder (or fresh garlic) NO GARLIC OIL  
Herbs (fresh or in bottle)

## HELPFUL HINTS:

- Prepare raw vegetables in a wok or skillet or inside or outside grill
- Squeeze fresh lemon or lime juice while cooking to enhance flavor
- Prepare salad (variety lettuce and fresh vegetables) and top with prepared meats
- Use balsamic vinegar as dressing for salad, or for seasoning when cooking vegetables and meats
- Each meal can be an "all you can eat" combination of any of the foods listed on the Allowable Food List
- Eat 3-5 meals a day as it will stimulate your metabolism and accelerate the expelling process to remove the toxins

## DAILY MENU EXAMPLE:

**Breakfast:** Scrambled Egg Beaters, One Banana

**Lunch:** Grilled, baked or broiled chicken, turkey, fish, shrimp, lean pork or tuna. Choice of steamed, grilled, Baked or broiled fresh or frozen vegetables. (Can put together salad topped with prepared meat.)

**Dinner:** Grilled, baked or broiled chicken, turkey, fish, shrimp, lean pork or tuna. Choice of steamed, grilled, Baked or broiled fresh or frozen vegetables.

If you Stir Fry meat and vegetables, you may use a Non-Fat Spray for the pan. You could stir fry any of the allowable meats, with any Of the allowable Vegetables and season with Balsamic Vinegar, Lemon, or Lime, Mrs. Dash, fresh garlic.

NOTE: When preparing your meat, a good compliment is to add green, red, and yellow peppers (these are great on the grill) and onions. It gives it great flavor. Of course, you can add any other vegetables you like. Onions especially flavor the meats. If you like mushrooms, you can add these To the meat and fresh garlic as well. All combinations work. Just got to use your imagination.

FOR QUESTIONS AND CUSTOMER SERVICE SUPPORT  
CALL  
BUCHANAN INDUSTRIAL GROUP, INC

TOLL-FREE  
877-463-3869 OR 877-GO-DETOX