



ORENDA<sup>®</sup>  
INTERNATIONAL

Nutrition...for people who think<sup>®</sup>

# The Orenda 10-Day Detox Cleanse



Be your  
**BEST SELF**  
with Orenda



# Toxins everywhere!

There have been over 80,000 toxins introduced to our environment in the last couple of decades... 800 are serious hormone disruptors. It is no wonder that healthcare professionals often suggest a detox cleanse as an important way of supporting a healthy lifestyle.

As you jumpstart your detox process with the Orenda 10-Day Detox Cleanse, you will begin to see and feel the added benefits of feeling good, better energy... a healthy way to recharge, rejuvenate, and renew. You will soon realize how much those toxins were holding you back. A cleanse three or four times a year is an effective plan, and many use the changing of the seasons as a reminder that it is time to start another.



ORENDA  
EAZE®



ONLY FROM  
ORENDA



## + More than 31 enzymes, probiotics & prebiotics

Orenda Eaze® is scientifically formulated to support gut health.\* Orenda Eaze's proprietary formula, delivered in an effective and convenient capsule, helps maintain healthy intestinal flora in a whole new way through an innovative blend of digestive enzymes, probiotics, prebiotics, and a systemic enzyme.\* It can also help with bloating, gas, occasional acid indigestion, and occasional constipation.\* You will love what Orenda Eaze® does for your cleanse and will surely want to continue with its many benefits for your healthy lifestyle.

## + Orenda Systemic

Orenda Systemic is an enteric coated strain of Serrapeptase. The enzyme Serrapeptase is "systemic" because it is absorbed through the small intestine so it can support anti-inflammatory effects, healthy circulation, and cleansing.\* Stomach acid can degrade the enzyme and make it less effective, but Orenda solves that problem by enterically coating our Serrapeptase so that it is protected from stomach acids to stay effective throughout digestion.\*

## + 6 Digestive Formulas in One



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



- Orenda Clean assists in nourishing the body with antioxidants, herbs and rich nutrients that help support the body's natural detoxification systems.\*
- Made with superfoods like aloe vera, ashwagandha, turmeric, rhodiola, licorice root and more.
- Supports detoxification and regularity.\*
- Helps reduce occasional bloating.\*

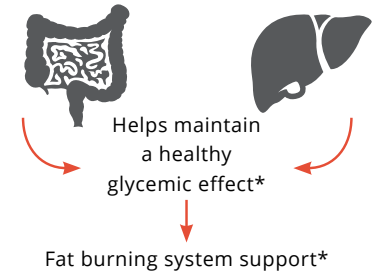


- Helps to support healthy energy levels.\*
- Made with trusted natural ingredients like green coffee and Irvingia.
- Helps maintain healthy glucose levels after meals.\*
- Supports a healthy lean mass (muscle) to fat ratio.\*



Support for normal intestinal glucose absorption\*

Support for normal glucose liberation in the liver\*



- A tasty and convenient plant based Vegetarian formula, Orenda Shape is crafted with powerful ingredients.\*
- Available in delicious Chocolate and Vanilla flavors.
- Contains 15g of Pea & Organic Brown Rice protein and 3g of dietary fiber
- Helps support your digestion and regularity.\*



Organic Flax



Spirulina



Chia Seed



Brown Rice Protein



Barley Grass



Wheat Grass



Spinach



Chlorella



Organic Oat Grass



Quinoa Sprouts



Pea Fiber



Organic Kamut Grass

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# The 10-Day Detox Cleanse

The Orenda 10-Day Detox Cleanse is a program that will have you seeing and feeling results faster than you thought possible. You can be sure that results will be exciting and rewarding.

## The Schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	C	C	S	S	S	S
	day 1	day 2	day 3	day 4	day 5	day 6
S	S	C	C			
day 7	day 8	day 9	day 10			

4 x C = Clean days, 6 x S = Shape days.

## The Bundle



1 Orenda Clean™  
 1 Orenda Burn™ (30 ct.)  
 1 Orenda Shape™  
 + 1 Orenda Eaze®

The Orenda 10-Day Detox Cleanse program is intended as a complete detoxification and weight loss program for adults over 18 years old and who are not pregnant or nursing. Adults with medical conditions should seek medical supervision. Work within the guidelines on the following pages to maintain a minimum of 800 calories per day, and do not perform more than 2 Clean days in a row.

# Program Guidelines

During the Orenda 10-Day Detox Cleanse, be sure to drink half of your weight (lbs) in ounces of water per day, get up to 30 minutes of low-intensity exercise per day and avoid eating anything not specified on this page. Additionally, you can use up to 1 tablespoon of healthy oil (e.g. olive oil) daily for food prep.

CLEAN DAYS		
Morning	Midday	Evening
<ul style="list-style-type: none"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 serving of Orenda Clean™ in 8 oz. water</li> <li>Enjoy 1-2 servings of high fiber organic fruits and vegetables</li> <li>Mid-morning snack (1 Tbsp peanut butter and an apple)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 serving of Orenda Clean™ in 8 oz. water</li> <li>Enjoy 2-3 servings of high fiber organic fruits and vegetables (big salad with veggies optional legumes)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 Orenda Shape™ shake</li> <li>Enjoy 2-3 servings of high fiber organic fruits and vegetables (as stir fry or soups)</li> </ul>

Incorporate 1-2 servings (1 cup each of legumes (beans, peas, lentils) throughout your day.

SHAPE DAYS		
Morning	Midday	Evening
<ul style="list-style-type: none"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 serving of Orenda Clean™ in 8 oz. water</li> <li>Enjoy 1-2 servings of high fiber organic fruits and vegetables</li> <li>Mid-morning snack (1 Tbsp peanut butter and an apple)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 Orenda Shape™ shake</li> <li>Enjoy 2-3 servings of high fiber organic fruits and vegetables (big salad with veggies optional legumes)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 Orenda Shape™ shake</li> <li>Enjoy 2-3 servings of high fiber organic fruits and vegetables (as stir fry or soups)</li> </ul>

Incorporate 1-2 servings (1 cup each of legumes (beans, peas, lentils) throughout your day.

Support with [recipes](#) can be found under the **Lifestyle tab** at [orendainternational.com](http://orendainternational.com)

# The 30-Day Detox Cleanse

Continue with the Orenda 10-Day Detox Cleanse components in a modified 30-Day routine, a flexible program designed to meet both your health goals and your lifestyle. Participants follow a specific diet and exercise regimen during their “Burn” days, mix in 1 “Clean” day per week, and get 2 days “OFF”, a “Clean” day must follow the “OFF” day.

## The Schedule (suggested)

SUN	MON	TUES	WEDS	THURS	FRI	SAT
B	C	B	B	B	B	B
day 1	day 2	day 3	day 4	day 5	day 6	day 7
OFF	C	B	B	B	B	B
day 8	day 9	day 10	day 11	day 12	day 13	day 14
B	C	B	B	B	B	B
day 15	day 16	day 17	day 18	day 19	day 20	day 21
OFF	C	B	B	B	B	B
day 22	day 23	day 24	day 25	day 26	day 27	day 28
B	B	24 x B = Burn days, 2 x OFF = day off				
day 29	day 30	4 x C = Clean days				

## What's an OFF DAY?

Morning	Midday	Evening
<ul style="list-style-type: none"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Enjoy 2-3 servings of high fiber Organic fruits and vegetables</li> <li>Mid-morning snack (1 fruit + 1 legume or protein)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Enjoy 2-3 servings of high fiber Organic fruits &amp; vegetables</li> <li>For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, lentils)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>You know that meal you can't stop thinking about? Go for it! Keep it reasonable though, you worked hard to get this far. Watch your portion size.</li> </ul>

Results vary. Clients on the Program can expect to lose 2.5—5.4 lbs. during the first 10 days and 1.3—3.3 lbs per week for the remaining 90 days of the program.

# Program Guidelines

During the 30 Day cycle, be sure to drink at least half your weight (lbs) in ounces of water per day, get at least 20 minutes of exercise 5 days a week, and avoid eating anything not specified on this page. Additionally, you can continue to use up to 1 tablespoon of healthy oil (e.g. olive oil) daily for food prep. Stuck on a plateau? Add Orenda Clean™ every night and increase your exercise.

CLEAN DAYS		
Morning	Midday	Evening
<ul style="list-style-type: none"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 2 serving of Orenda Clean™ in 16 oz. water</li> <li>Enjoy 1-2 servings of high fiber organic fruits and vegetables</li> <li>Mid-morning snack (1 Tbsp peanut butter and an apple)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 serving of Orenda Clean™ in 8 oz. water</li> <li>Enjoy 2-3 servings of high fiber Organic fruits and vegetables (big salad with veggies optional legumes)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 Orenda Shape™ shake</li> <li>Enjoy 2-3 servings of high fiber Organic fruits and vegetables (as stir fry or soups)</li> </ul>

Incorporate 1-2 servings (1 cup each of legumes (beans, peas, lentils) throughout your day.

BURN DAYS		
Morning	Midday	Evening
<ul style="list-style-type: none"> <li>Take 1 Orenda Eaze® capsule</li> <li>Take 1 Orenda Burn™ capsule</li> <li>Enjoy 1-2 servings of high fiber organic fruits and vegetables</li> <li>Protein 4oz.</li> <li>Mid-morning snack (1 Tbsp peanut butter and an apple)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Take 1 Orenda Shape™ shake</li> <li>Enjoy 2-3 servings of high fiber Organic fruits and vegetables (big salad with veggies optional legumes)</li> </ul>	<ul style="list-style-type: none"> <li>Take 1 Orenda Burn™ capsule</li> <li>Enjoy 2-3 servings of high fiber Organic fruits and vegetables (as stir fry or soups)</li> <li>Protein 4oz.</li> </ul>

Incorporate 1-2 servings (1 cup each of legumes (beans, peas, lentils) throughout your day and enjoy a 6 - 8 oz. lean protein (chicken breast, fish, turkey, buffalo, eggs, egg whites, tofu, etc.) throughout your day.



# Life Program

Don't live in fear of food! It's time to take your new diet and exercise disciplines and begin to blend them into the flow of life.

## The Schedule

FRI	SAT	SUN
OFF	OFF	OFF

MON	TUES	WEDS	THURS
Clean	Burn	Burn	Burn



3 OFF days  
1 Clean day  
3 Burn days  
per week



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# Orenda 10-Day Detox Cleanse Shopping List

Use this suggested shopping list to get off to a quick start. Spices are OK, but watch the sugar content in combination spices (i.e. garlic pepper) If you are grilling or stir-frying your veggies, only 1 T (tablespoon) of healthy oil (i.e. extra virgin olive oil) daily is recommended.

### Vegetables:

unlimited, unless otherwise noted

- ☐ Asparagus
- ☐ Broccoli
- ☐ Brussel Sprouts
- ☐ Butternut Squash
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Garlic
- ☐ Green Beans
- ☐ Kale
- ☐ Lettuce (all varieties)
- ☐ Mushrooms
- ☐ Onion
- ☐ Peppers (all varieties)
- ☐ Spaghetti Squash
- ☐ Snap Beans
- ☐ Spinach Greens
- ☐ Tomatoes
- ☐ Zucchini



### Additional Items:

- ☐ Almond, Coconut or Cashew Milk (unsweetened)
- ☐ Apple cider vinegar
- ☐ Balsamic vinegar (low sugar)
- ☐ Coffee or Tea (no additives)
- ☐ Lemon or lime
- ☐ Nut Butters (w/o sugars or salts)
- ☐ Oil (1 tbsp) / Vinegar Salad dressing (no sugars, no sweeteners)
- ☐ Stevia drops/ packets
- ☐ Fresh herbs

### Fruits:

- ☐ Apples
- ☐ Avocados (2 slices)
- ☐ Bing Cherries (3/4 cup)
- ☐ Blackberries (1/2 cup)
- ☐ Blueberries (1/2 cup)
- ☐ Grapefruit (1/2 cup)
- ☐ Raspberries (1/2 cup)
- ☐ Strawberries (1/2 cup)
- ☐ Oranges
- ☐ Orenda OPC
- ☐ Peaches
- ☐ Pears
- ☒ No grapes, melon, pineapple or bananas



### Legumes:

- ☐ Beans (black, northern, red or garbanzo, etc.)
- ☐ Peas
- ☐ Lentils
- ☐ Peanut Butter (natural, no sugar, 1 tbsp)

### Avoid These Items:

- ☒ All Soft Drinks (Diet Included)
- ☒ Artificial sweeteners
- ☒ Dairy
- ☒ Potatoes & Sweet Potatoes
- ☒ Rice, Pasta, Oatmeal and Grains

# Tell a Friend

Share the Orenda 10-Day Detox  
Cleanse with your friends!

Feeling great is contagious and good friends are good for your health, boosting our happiness, and reducing our stress. Encourage and help them become healthier versions of themselves.

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