



REPAIRVITE™ PROGRAM

A SYSTEMIC DIETARY AND NUTRITIONAL PROGRAM
FOR SUPPORTING THE **INTESTINAL BARRIER***

Introduction

The digestive tract is the part of our body that allows absorption of what we eat into our internal environment. It 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 it down into small particles so they can be absorbed by the intestinal mucosa. However, the tight junctions between intestinal mucosal cells prevent absorption of molecules and only allow the passage of very tiny particles.

If the digestive system is working properly, we have maximum absorption of nutrients, resulting in energy and vitality. Healthy digestive system function involves proper actions of the nervous and endocrine systems, as well as proper bowel movements (peristalsis) that do not cause discomfort. It also entails optimal immune system and mucosal barrier function.

Lifestyle and dietary factors can be important for optimal digestive system function. For example, one's sleeping patterns and stress level can affect the autonomic nervous system and thus bowel movements. Dietary factors may include refined sugar, fiber content, nutrient deficiencies, type of drinking water, etc.

REPAIRVITE™ (K60), (K63) is an essential part of the nutritional program designed by your healthcare professional to support your intestinal health.* A better understanding of the nutritional benefits of **REPAIRVITE™ (K60), (K63)** will assist you in using this product more effectively.

**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.™**



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Nutritional Program

Diet and lifestyle can be important for gastrointestinal function. For example, physical activity, sleep patterns, and stress levels can all influence gastrointestinal motility, while dietary composition may influence intestinal function and the microbial environment. Your healthcare professional can be consulted for suggestions on diet and lifestyle.

REPAIRVITE™ (K60), (K63) incorporates key ingredients such as glutamine, flavonoids, and plant sterols that may support the intestinal system.*

Benefits of REPAIRVITE™ (K60), (K63):

- Includes marshmallow root, which may support the intestinal mucosa (possibly via formation of polysaccharide-based bioadhesive layers)*
- Includes deglycyrrhized licorice, which may support intestinal tone and comfort*
- Includes glutamine, a primary source of amino acids for the gut epithelia, which may have supportive properties for the gastrointestinal mucosa*
- Includes phytoextracts that may support gastrointestinal function*



The Intestinal Barrier

The physiological role of the gastrointestinal mucosa is not limited to digestion and absorption of dietary nutrients. It also functions through different mechanisms to form a defense system. The different mechanisms include:

- **Mucosal cells:** The mucosal cells are strongly attached to each other through microscopic structures called tight junctions, which create a wall that blocks penetration.
- **Gastric mucosal barrier:** The stomach epithelial cells secrete a thick viscous mucin that forms a coating layer to protect acid. Other mucosal barriers (ie, the intestinal and esophageal barriers) lack such a defense mechanism.
- **pH balance:** Pancreatic exocrine epithelial cells are responsible for releasing bicarbonate into the duodenum, which neutralizes the acidic chyme upon entry to the intestinal lumen.
- **Mucosal turnover:** A high rate of mucosal turnover prevents organisms from adhering to the mucosal surface.
- **Immune system:** The gastrointestinal mucosa contributes to immune support by expressing secretory IgA immunoglobulins.

INTESTINAL BARRIER

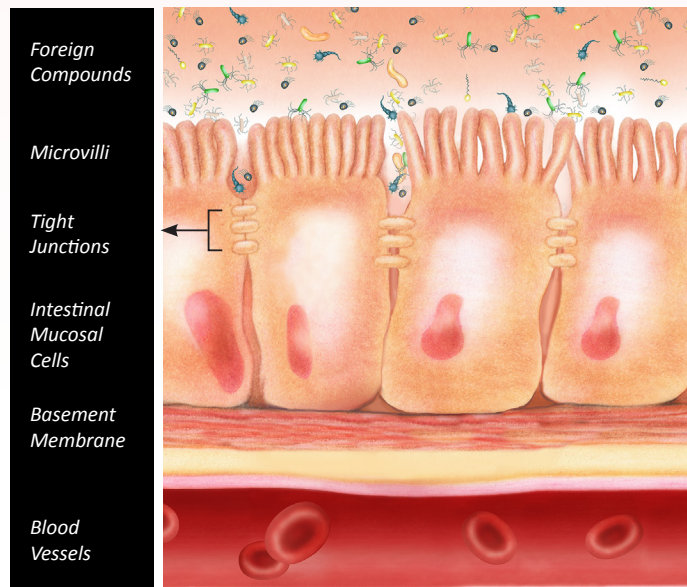


Illustration dramatized for demonstration purposes.

This information is provided for educational purposes on human physiology only and is not intended to be a claim regarding any product or program.

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The REPAIRVITE™ Program:

The REPAIRVITE™ Program is a powerful regimen designed to support intestinal health.* It consists of a restricted dietary program and targeted nutritional supplements that are necessary for several days to support the intestinal membranes.* The program may need to be conducted for 30-60 days for better results.

Your healthcare professional will discuss the program length that is right for you.

Adjunct Products to Assist with the REPAIRVITE™ Program

Two additional supplements can enhance the REPAIRVITE™ Program. The first product is STRENGTIA™ (K61), which includes beneficial bacterial probiotics and arabinogalactans to support intestinal flora.* The second product, GI-SYNERGY™ (K64), includes a diverse set of natural compounds to support a healthy bacterial environment and the intestinal terrain.* The combination of these two formulas supplies nutrients to support the intestinal lining.*

Once the REPAIRVITE™ Program has been completed, your healthcare professional may suggest that you complete the 21-day CLEARVITE™ Program to support liver detoxication.*

Plan	Servings	Dietary Plan
Basic REPAIRVITE™ Supplemental Program	REPAIRVITE™ (K60), (K63) Powder 1 serving or ____ servings‡ Follow Dietary Plan	<p>Foods to Eat:</p> <p>Most Organic Vegetables: including anise, artichokes, asparagus, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chives, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes, water chestnuts, watercress, yams, zucchini.</p> <p>Fermented Foods: including kimchi, kombucha tea, pickled ginger, sauerkraut, unsweetened coconut yogurt.</p> <p>Meats: including beef, chicken, fish,** lamb, turkey. Fish should be ocean caught with a low mercury content. Swordfish, most tuna, and king mackerel are very high in mercury. Select hormone-free and antibiotic-free chicken, turkey, and lamb. Select beef that is grass fed, hormone free, and antibiotic free.</p> <p>Low Glycemic Organic Fruits: including apples, apricots, avocados, berries, cherries, grapefruit, grapes, lemons, oranges, peaches, pears, plums.</p> <p>Coconut: including coconut butter, coconut cream, coconut milk, coconut oil, unsweetened coconut flakes, unsweetened coconut yogurt.</p> <p>Noodles: brown shirataki yam noodles (sold in Asian grocery stores).</p> <p>Herbs and Spices: including basil, black pepper, cilantro, coriander, cumin, garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, sea salt, thyme.</p> <p>Other: apple cider vinegar, herbal teas, olive oil, olives.</p> <p>Foods to Avoid:</p> <p>Sugars: including agave, candy, chocolate, corn syrup, fructose, high fructose corn syrup, honey, maple syrup, molasses, sucrose.</p> <p>High Glycemic Fruits: including bananas, canned fruits, dried fruits, mangos, pineapples, raisins, watermelon.</p> <p>Grains: including amaranth, barley, buckwheat, bulgur, corn, couscous, kamut, millet, oats, quinoa, rice, rye, spelt, wheat, wheat germ.</p> <p>Nuts and Seeds: including almonds, peanuts, sunflower seeds, sesame seeds.</p> <p>Gluten-Containing Compounds: including barbecue sauce, binders, bouillon, brewer's yeast, condiments, emulsifiers, fillers, chewing gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, nondairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein.</p> <p>Dairy Products and Eggs: including butter, cheeses, cow's milk, creams, frozen desserts, goat's milk, margarine, mayonnaise, sheep's milk, whey, yogurt (except coconut).</p> <p>Soy: including edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu.</p> <p>Fungi: edible fungi and mushrooms.</p> <p>Alcohol: all alcohol.</p> <p>Beans and Legumes: including black beans, lentils, peanuts, pinto beans, soybeans.</p> <p>Nightshade Foods: including eggplant, paprika, peppers, potatoes, hot sauce, tomatillos, tomatoes.</p> <p>Other: canned foods, coffee, processed foods.</p>
		
Comprehensive REPAIRVITE™ Supplemental Program	REPAIRVITE™ (K60), (K63) Powder 1 serving or ____ servings‡ STRENGTIA™ (K61) Capsule 1-2 capsules or ____ capsules‡ GI-SYNERGY™ (K64) Packet 1 packet or ____ packets‡ Follow Dietary Plan	<p>Foods to Eat:</p> <p>Most Organic Vegetables: including anise, artichokes, asparagus, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chives, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes, water chestnuts, watercress, yams, zucchini.</p> <p>Fermented Foods: including kimchi, kombucha tea, pickled ginger, sauerkraut, unsweetened coconut yogurt.</p> <p>Meats: including beef, chicken, fish,** lamb, turkey. Fish should be ocean caught with a low mercury content. Swordfish, most tuna, and king mackerel are very high in mercury. Select hormone-free and antibiotic-free chicken, turkey, and lamb. Select beef that is grass fed, hormone free, and antibiotic free.</p> <p>Low Glycemic Organic Fruits: including apples, apricots, avocados, berries, cherries, grapefruit, grapes, lemons, oranges, peaches, pears, plums.</p> <p>Coconut: including coconut butter, coconut cream, coconut milk, coconut oil, unsweetened coconut flakes, unsweetened coconut yogurt.</p> <p>Noodles: brown shirataki yam noodles (sold in Asian grocery stores).</p> <p>Herbs and Spices: including basil, black pepper, cilantro, coriander, cumin, garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, sea salt, thyme.</p> <p>Other: apple cider vinegar, herbal teas, olive oil, olives.</p> <p>Foods to Avoid:</p> <p>Sugars: including agave, candy, chocolate, corn syrup, fructose, high fructose corn syrup, honey, maple syrup, molasses, sucrose.</p> <p>High Glycemic Fruits: including bananas, canned fruits, dried fruits, mangos, pineapples, raisins, watermelon.</p> <p>Grains: including amaranth, barley, buckwheat, bulgur, corn, couscous, kamut, millet, oats, quinoa, rice, rye, spelt, wheat, wheat germ.</p> <p>Nuts and Seeds: including almonds, peanuts, sunflower seeds, sesame seeds.</p> <p>Gluten-Containing Compounds: including barbecue sauce, binders, bouillon, brewer's yeast, condiments, emulsifiers, fillers, chewing gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt and malt flavoring, malt vinegar, matzo, modified food starch, monosodium glutamate, nondairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein.</p> <p>Dairy Products and Eggs: including butter, cheeses, cow's milk, creams, frozen desserts, goat's milk, margarine, mayonnaise, sheep's milk, whey, yogurt (except coconut).</p> <p>Soy: including edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu.</p> <p>Fungi: edible fungi and mushrooms.</p> <p>Alcohol: all alcohol.</p> <p>Beans and Legumes: including black beans, lentils, peanuts, pinto beans, soybeans.</p> <p>Nightshade Foods: including eggplant, paprika, peppers, potatoes, hot sauce, tomatillos, tomatoes.</p> <p>Other: canned foods, coffee, processed foods.</p>
		

‡As directed by your healthcare professional.

**Select fish that are less prone to heavy metal contamination.

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

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The REPAIRVITE™ Diet:

The **REPAIRVITE™ Program** requires a strict diet necessary for supporting the intestinal mucous membrane.* The dietary restrictions are not caloric (not based on the 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 remove certain known dietary triggers and to provide the nutrients necessary to support the intestinal flora.* The dietary restrictions include sugary foods and starchy carbohydrates, specific proteins (dairy, gluten, etc), lectins, and alcohol.

You may eat foods with a high fiber content, such as vegetables and low glycemic fruits. You can also eat foods with healthy essential fatty acids, such as olives, olive oil, and fish.** Eating foods that are fermented may also support the intestinal flora, as will certain other proteins, such as specific meats.

You should make a strong attempt to eat frequently to maintain stabilized blood glucose levels. It is not a good idea to fast during the **REPAIRVITE™ Program**, since it may raise cortisol levels. 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 restricted foods can compromise the successful outcome of the program. You must stay hydrated and drink plenty of water, especially if you begin eating more fiber than you are accustomed to. Hydration may 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 may support the intestinal environment and flora. 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 when you are in this program.

The dietary changes are supported with **REPAIRVITE™ (K60), (K63)** and other nutritional supplements to optimize the program outcome.

Sample Menu (organic)

Nonvegetarian	Vegetarian
<p>Breakfast</p> <ul style="list-style-type: none"> • Fresh vegetable juice • Turkey sausage (gluten free, soy free) • Coconut yogurt with fruit <p>Snack</p> <ul style="list-style-type: none"> • Cucumber with sea salt • Herbal tea <p>Lunch</p> <ul style="list-style-type: none"> • Salad with chicken and a dressing of olive oil and lemon juice <p>Snack</p> <ul style="list-style-type: none"> • Lettuce wraps with turkey and avocado • Kombucha tea <p>Dinner</p> <ul style="list-style-type: none"> • Sauerkraut • Lamb • Mixed vegetables 	<p>Breakfast</p> <ul style="list-style-type: none"> • Herbal tea • Vegetable stew <p>Snack</p> <ul style="list-style-type: none"> • Herbal tea • Coconut yogurt <p>Lunch</p> <ul style="list-style-type: none"> • Steamed vegetables with sea salt and lemon juice • Apple <p>Snack</p> <ul style="list-style-type: none"> • Kombucha tea • Mixed pickles <p>Dinner</p> <ul style="list-style-type: none"> • Mixed green salad with olives and a dressing of olive oil, sea salt, and lemon juice • Plum

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