

Diet for Digestive Cleanse

The Sportron Digestive Cleanse programme should be followed for 10 days and used with the following products:

- ULTRAGARD FORTE: 1 tablet alternating with 1 capsule daily.
- COLOPLEX: 2 capsules daily.
- ALOE VERA JUICE: 100ml concentrate daily, diluted to 500ml – 750ml according to taste.

Other Fluids:

- 1,5 to 2,0 litres water, herbal teas and rooibos tea.
- Avoid coffee and carbonated drinks.

Daily Breakfast:

- Fruit platter made up of a 300 gram (2-3 fruit) selection of fresh seasonal fruit
- 175ml Natural Yoghurt
- 10 ml Honey

Lunch:

- 100 grams lean protein: tuna/chicken breast/cottage cheese/2 boiled eggs (maximum of 6 eggs during the 10 day period)
- 2 Cracker breads e.g. rice cakes/corn thins
- Large mixed salad made from vegetables in Group A
- 125 ml fresh fruit juice or 1 portion seasonal fresh fruit

Supper:

- 100 grams lean protein: red meat (maximum of 3 servings during the 10 day period) / chicken breast / fish (baked or grilled)
- 10 ml virgin olive oil for preparation of food or salad dressing
- 1 medium (150 grams) baked potato or 200 ml (150 grams) brown/wild rice (cooked)
- Large serving vegetables from Group A: lightly cooked or as a salad
- 150 gram serving vegetables from Group B: lightly cooked or as a salad

Vegetable/Salad Groups

Group A: large servings allowed

- Asparagus
- Baby Marrow
- Brinjal
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Gem Squash
- Gherkins
- Green Beans
- Leeks
- Lettuce
- Marrow
- Mushrooms
- Onions
- Patty Pans
- Peppers
- Radishes
- Spinach
- Spring Onions
- Tomato
- Turnips
- Watercress

Group B: limit serving to 150grams/day

- Beetroot
- Butternut
- Carrots
- Hubbard Squash
- Mixed Vegetables
- Parsnips
- Peas
- Pumpkin.