



## The Tennant Nutrition Program

### Raw Materials Detox & Restore:

*If this is the first time you have ordered this product you will want to do the Detox. Instructions follow:*

**First reconstitute the concentrate into a half gallon of purified water.**

Begin with 1 teaspoon per day, increasing by 1 teaspoon each day, until you reach 2 ounces in the morning and 2 ounces in the evening. As you are increasing the dosage (detoxing) you may experience being overly tired or stomach discomfort. In this case, decrease your dosage back to the point that you were not experiencing discomfort. Maintain this dosage for a few days, then begin increasing again as directed above. After you reach 2 ounces morning and night, stay on this dosage for 3 weeks.

**When you are fully detoxed you may use the Raw Materials Basic (detox) formula as a maintenance formula decreasing your dosage to 1 ounce per day.**

**You may begin using the Restore product when you begin your detox process. You may add the Raw Materials Detox to the Restore shake, or you may use the Raw Materials capsules.**

Restore is our new comprehensive product that replaces most of the nutrients patients now take. Restore comes in powder form and can be mixed with skim, almond or coconut milk, or even purified water. This product can be used as a meal replacement as it contains plenty of the proteins and good fats needed for a balanced meal. You will still take the Raw Materials Detox as a maintenance dosage. You may mix the RM Detox in with your shake, or take it in 6-8 ounces of purified water.

**Restore comes in Chocolate, Strawberry and Vanilla flavors. The Raw Materials Restore product is \$160 for a one month supply.**

This product will enable you to dispense with taking most of the other vitamins/nutrients you may now be taking!!!

**You will still need to take the Lugol's Plus Iodine capsules and the Digest RX digestive enzyme product daily.**