

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.



The Orenda 10-Day Detox Cleanse



Be your
BEST SELF
with Orenda



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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 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®



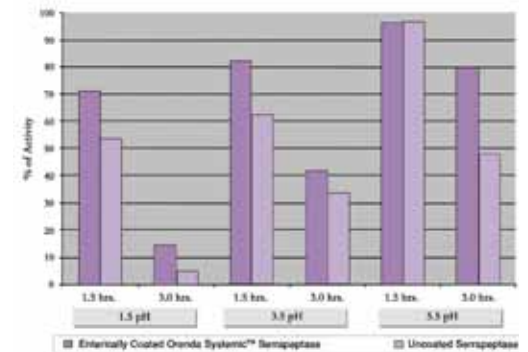
+ More than 31 enzymes, probiotics & prebiotics

Orenda Eaze®. So much more than your ordinary supermarket probiotic, Orenda Eaze® combines digestive enzymes, probiotics, prebiotics and systemics, all designed to optimize your critically important “gut biome”, and aid digestion. You will love what Orenda Eaze® does for your cleanse and will surely want those benefits every day after. Be sure to add Orenda Eaze to your monthly autoship!



+ Orenda Systemic

Orenda Systemic is an enteric coated strain of Serrapeptase. The enzyme Serrapeptase is “systemic” because it is absorbed through the small intestine into the blood stream where it helps promote 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.* This chart shows the difference that Orenda Systemic’s enteric coating makes.



*These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure or prevent any disease.





ORENDA Clean™

- Orenda Clean™ assists in nourishing the body with nutrients that help support the body's natural detoxifying process.*
- Helps reduce occasional bloating.*
- Supports detoxification and regularity.*

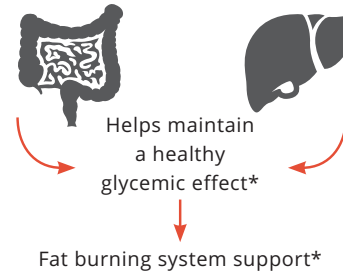



ORENDA Burn™

- Helps maintain healthy glucose levels after meals.*
- Supports the body's ability to lose weight naturally.*
- Supports a healthy lean mass (muscle) to fat mass ratio.*
- Now with Irvignia

Support for normal intestinal glucose absorption*

Support for normal glucose liberation in the liver*




ORENDA Shape™

- Lose weight, particularly if you replace a meal with Orenda Shape™ every day.*
- Helps your digestion and regularity. Reduce and replace junk food cravings.*



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Step 1:

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. Be sure to take your before picture, record your weight and take your measurements before you begin (see Step 3), because many people will see results quickly.

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 Pack



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

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

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

Support with **video's & recipes** can be found under the **Lifestyle tab** at thisisorenda.com

Step 2:

The 30-Day 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"> Take 1 Orenda Eaze® capsule Take 1 Orenda Burn™ capsule Enjoy 2-3 servings of high fiber Organic fruits and vegetables Mid-morning snack (1 fruit + 1 legume or protein) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule Enjoy 2-3 servings of high fiber Organic fruits & vegetables For those in need of additional protein or calories, incorporate 1 serving (1 cup) of legumes (peas, beans, lentils) 	<ul style="list-style-type: none"> Take 1 Orenda Burn™ capsule 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.

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

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

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.

Step 3: Life

Don't live in fear of food! When you reach your goal weight, it is time to take your new diet and exercise disciplines and begin to blend them into the flow of life. Tell the new You to stick around!

The Schedule

SUN	MON	TUES	WEDS	THURS	FRI	SAT
OFF	C	B	B	B	OFF	OFF

3 days OFF, 1 Clean day, 3 Burn days per week

Track your Progress

Measurements	WEIGHT	NECK	CHEST	WAIST	HIPS
DAY 1					
DAY 11					
DAY 41					
DAY 71					
DAY 101					

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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 allowed.

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
- Nut Butters (w/o sugars or salts)
- Oil (1 tbsp) / Vinegar
- Salad dressing (no sugars, no sweeteners)
- Stevia drops/ packets

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
- X 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:

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