



## NUTRITIONAL SUPPORT for Bone / Osteo Health\*

There are specific nutrients which can help support normal bone/osteo health and bone mass density.\* These nutrients are included in specific Eniva Health products.

When beginning any new supplementation program, it is advisable to consult with your doctor or healthcare professional and monitor results. Do not stop or alter any medications without your doctor's approval.

For most people, the five products listed in the **Standard Program** will provide the nutritional support they seek.\* Always work with your doctor when consuming Eniva products. If after 12 months additional product support is needed, please see the Added Products section.

### STANDARD PROGRAM Vibe, Cell-Ready Minerals, Efacor Omega-3, Cal-Mag, and Vitamin D3

*Please note product and dosing amounts are specific to Eniva Health branded products only.*

#### MORNING Recommended with breakfast or after. Do not take on empty stomach.

Vibe <sup>†</sup> – Fruit & Veggie Multit	1 oz diluted in 8 ounces of water
Efacor Omega-3	1 softgel
Vitamin D3	2 full droppers (2 mL)

<sup>†</sup> Vibe is best consumed by placing 1 ounce into 8 or more ounces of water and sipped throughout the morning. Do not consume Vibe on an empty stomach and do not consume without diluting.

#### AFTERNOON

Cell-Ready Minerals	1 oz straight or diluted
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#### EVENING

Cal-Mag	1 oz straight or diluted
Efacor Omega-3	1 softgel
Vitamin D3	2 full droppers (2mL)

*In rare cases, individuals may experience looseness of stool when following the Standard Program. Should this occur, reduce Vibe and Cal-Mag dosages by ½ for a period of one week. Then, gradually increase back to the full dosing amount over a period of two weeks. Probiotics can also be added to the program at any time to assist regular bowel function.\* If loose stool persists, stop the program and consult with your health professional or an Eniva health services agent.*

### ADDED PRODUCTS (after 12 months, if necessary, add to Standard Program)

Silica	1 Tablespoon in morning and 1 Tablespoon at night, straight or diluted
Strontium <sup>^</sup>	1 Tablespoon in morning and 1 Tablespoon at night, straight or diluted

### MONTHLY PRODUCT AMOUNTS

#### Standard Program

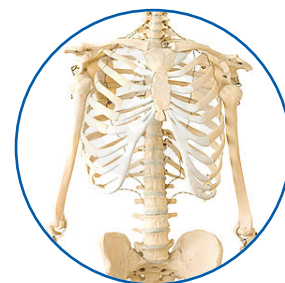
Vibe – Fruit & Veggie Multi	1 bottle
Cell-Ready Minerals	1 bottle
Efacor Omega-3	1 bottle (60 count)
Vitamin D3	1 bottle
Cal-Mag	1 bottle

#### Added Products

Silica	1 bottle
Strontium <sup>^</sup>	1 bottle

*Note: The Eniva Bone Health Kit contains all products for a complete month supply.*

<sup>^</sup>Should you desire to include strontium in your bone health regimen, please consult with your doctor or healthcare professional before use. When consuming strontium supplements, it is advised to consume separately (± 3 hours) from products which contain calcium.



## USAGE NOTES: Bone /Osteo Health Program

- 1) Do not take products on an empty stomach.
- 2) Do not consume Vibe without first diluting in water/juice. Vibe is a concentrate and is suggested to be consumed with a minimum of eight or more ounces of water. Juice may be substituted for water. Do not mix Vibe with hot beverages.
- 3) While following the Standard Program, you may notice your nails and hair may become stronger and grow faster. Do not be alarmed as this is often associated with product use.\*
- 4) If you do not have access to your products at the recommended times, take them when you have access. Always take all products and all doses each day. Best results will come by taking the products at the recommended times.
- 5) In the event you experience “looseness of stool,” reduce your Vibe and Cell-Ready Minerals consumption by half and gradually work your way back up to the full dose over time. Most people’s bodies adjust over a 1-2 week period, and their stools then normalize. Probiotics can also be added to the program at any time to assist regular bowel function. If loose stool persists, stop the program and consult with your health professional or an Eniva health services agent.
- 6) If you are participating in the Outcome Assurance Program, please see Outcome Assurance Program Patient instructions and guidelines.
- 7) Identify your beginning bone mass density if possible, so you may track your results and progress. This is commonly referred to as a “bone mass density test” or a “T-score” and can be conducted at your doctor’s office.
- 8) Per your healthcare provider’s recommendations, do some type of weight bearing exercise at least 2-3 times per week.
- 9) After 12 months of product use, get your bone mass density retested.\* The Standard Program will likely provide significant nutritional support and the long-term benefits you seek.\* Should this be the case for you, simply continue using the Standard Program every month for as long as necessary to achieve bone health scores in the normal range.\* Once your scores are in the normal range, we suggest subtracting the Vitamin D3 and Cal-Mag, and simply continue with the Vibe, Efacor Omega-3 and Cell-Ready Minerals at the dosages in the Standard Program.
- 10) If you still desire more nutritional support after 12 months, consult with your healthcare provider and add products noted in the “Added Products” section. These additional products will help provide further reinforcements for bones.\*
- 11) Never stop or reduce medications without approval. When beginning any supplementation program, work with your doctor or healthcare professional and follow instructions.



\*Any statements contained in this document have not been evaluated by the US Food and Drug Administration. Eniva products do not treat, reduce, cure or prevent disease, nor are they a replacement for medical advice or treatment. This document is for educational purposes only.