



TOTAL BODY CLEANSE & DETOX



7-DAY NON FASTING PLAN



TOTAL BODY • GENTLE & EASY TO USE • NUTRIENT RICH

TOTAL BODY CLEANSE & DETOX 7-DAY NON FASTING PLAN

The Eniva Health® 7-Day Program provides a whole body solution for cleansing and detoxifying. While many cleanse and detox programs focus only on the intestines and colon, **the Eniva Health Program focuses on multiple body systems to provide a more holistic experience for the whole body.***



Total Body

Cleanse & Detox

A periodic body Cleanse and Detox can be very beneficial. It gives your body a chance to naturally renew and begin fresh with healthy patterns.*

It helps rejuvenate your energy levels, weight management, hormones, skin, digestion and overall body balance.*

However, not all Cleanse and Detox products or programs are the same.



THE ENIVA HEALTH™ DIFFERENCE:

- **Total Body:** Many Cleanse and Detox programs focus only on the intestines and colon. Eniva's Program focuses on a **variety of body systems for a more comprehensive and thorough approach.***
- **Non Fasting Plan:** Unlike most Detox programs which use aggressive fasting or dieting techniques to achieve results, Eniva's plan is "non fasting". **Follow a sensible food routine**, use the products and increase your water consumption — that's it! You don't need to starve yourself or go on a liquids-only diet to get results.
- **Nutrient Rich:** Eniva's Program provides **four nutrient-dense nutraceuticals to keep you feeling balanced and nourished** throughout the program, not weak and hungry.
- **Gentle and Easy to Use:** Some Cleanse and Detox programs can be quite aggressive for your system and may make you feel uncomfortable. Eniva's program is designed to be **comfortable for you. Plus it's easy to use** — just mix with your water or juice.
- **Transitions into a Routine:** Other Cleanse and Detox diets often end suddenly, leaving you without a bridge to easily transition to healthy habits. Eniva suggests continuing to use the products after the 7 days, according to package directions, to help support ongoing wellness and body balance.*
- **Affordable:** Many Cleanse and Detox programs cost \$200 to \$300. Eniva's program is affordable, making its benefits available to you at a reasonable cost.

PRODUCTS: 7-DAY PROGRAM

1 VIBE – Supports total body detox and counteracts free radical damage; supports the health of cellular DNA.* Nourishes the body during a cleanse.*

1 Chlorophyll Plus – Helps cleanse the entire body, including the liver, gallbladder, colon and blood; also helps the body "deodorize."*

1 LifeCleanse – Aids colon, digestive tract and liver detoxification and internal conditioning.* Also supports healthy intestinal bacteria.*

1 Muscle Aid – Addresses aluminum accumulation in soft tissues and helps support energy production.*

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

A Fresh Start:

- **Let Go of Pounds, Inches and that Lethargic Feeling***

Excess fecal matter stuck in your colon may cause you to be carrying extra weight. It may also make you feel **sluggish and slow**. In general, a Cleanse can work to “sweep” waste matter away, along with other unwanted materials trapped in the liver, gallbladder and intestines.* People report being pounds lighter, inches slimmer and find they have higher energy levels after they finish a Cleanse and Detox cycle.

- **Heavy Metal & Total Body Benefit***

Beyond the colon and intestines, the Eniva Cleanse & Detox Program can provide renewal throughout your entire body. It assists heavy metal and aluminum removal in soft tissues, naturally deodorizes the body and supports healthy oxygenation, circulation and energy production for a total body cleansing experience.*

- **Keep Your Body on Track***

In addition to helping your body clean toxins from organs and systems, a cleanse can also help keep unhealthy bacteria in check, stopping it from producing toxins that damage the intestinal lining and get further absorbed into the bloodstream. This means your body can stay on track in the face of environmental stress and immune challenges.* **People who experience mild congestion, coughing, minor infections, fatigue, irritations, or occasional discomfort may see health benefits from a Cleanse and Detox program.***

- **Concentration and Focus***

In an environment where the body's detoxification process is working properly, your brain may experience optimal performance, creativity and concentration.* **The overall “cleaning out” process may reinforce your mind's natural ability to be clear and focused.**

- **A Chance to Reboot*** The overall process of releasing unwanted substances the body is holding onto allows the opportunity for healthy cells to create new signals. With a Cleanse, body systems get the chance to begin fresh in a healthy pattern. You may find your body **is more resilient, you can handle stress**, and your outlook is balanced.* Be sure to incorporate other healthy mind and body practices, such as deep breathing, meditation and relaxation.

- **Look Better, Too!** A cleanse not only assists your inner body, **it can reinvigorate your outer skin and hair, too.*** People report they appear years younger after they have completed a Cleanse and Detox.* Often toxins in the body manifest as minor skin irritation or rashes. A cleanse can help address accumulated toxins and give the skin a chance to glow in its natural, healthy state... beautiful from the inside out.



NOTE: These results may not be typical of what the average consumer will achieve. Eniva supplements do not guarantee weight loss. Consult your healthcare provider before starting any nutritional supplement program/product.

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INSTRUCTIONS

1. Water used in mixing the products can be counted toward the daily water consumption goal.
2. If you have difficulty with constipation, it is very important to achieve the daily water consumption goal.
3. If desired, morning and afternoon doses can be preblended in the morning. Blend each dose separately and place into separate shaker bottles/containers with cap. Note the bottles should be large enough to contain at least 20-30 ounces of liquid. Drink one bottle throughout morning (after breakfast) and one bottle throughout afternoon (after lunch). Vigorously shake the afternoon bottle before beginning to consume. Add more ice if a colder temperature is desired.

7-DAY PLAN CLEANSE & DETOX*

MORNING Do not take on an empty stomach. Take with or after food.

VIBE	2 Tablespoons
Chlorophyll+	1 Teaspoon
LifeCleanse	2 level scoops
Muscle Aid	1 Tablespoon

Blend all together in minimum 20 oz of water with ice and consume throughout morning.

MIDAFTERNOON After lunch

VIBE	1 Tablespoon
Chlorophyll+	1 Teaspoon
LifeCleanse	2 level scoops
Muscle Aid	1 Tablespoon

Blend all together in minimum 20 oz of water with ice and consume throughout afternoon.

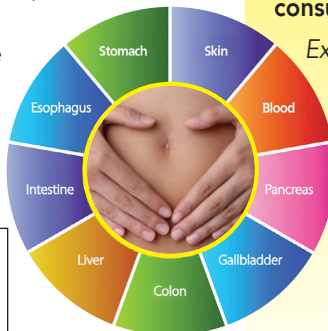
BEDTIME

Chlorophyll+	1 Teaspoon in 4-6 oz water
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Eating & Usage Notes

- It is important not to skip any daily product doses
- You may eat sensibly throughout the day
- Avoid/reduce breads, rice and pasta
- Choose lean white meat/fish, fruits & vegetables
- Avoid alcohol
- Limit dairy

* Some medical conditions should not adopt a change in diet unless discussed with a doctor first. Always consult your doctor before beginning a supplementation program.



IMPORTANT:

- Be sure to consume at least 140 oz of pure water each day. You can include water consumed with the products.

Example: 5 (20 oz) bottles of water + 2 (20 oz) bottles with product.

Drinking enough water is critically important to the success of the program, helping the body remove and filter toxins.

Note: The instructions in this kit are intended as guidelines for a 7-day detox and cleanse program. They are not a replacement for long term use instructions found on individual product labels.

A CLOSER LOOK: PRODUCT DETAILS 7-DAY DETOX PROGRAM

my daily
FOUNDATION

vibe

- 30+ fruit, vegetable & plant ingredients
- Powerful Antioxidant ORAC equivalent up to 10 servings fruit & veggies
- 32 minerals, vitamins & phytonutrients
- Protein & Amino Acids
- Green Tea Catechins
- DNA Protective Properties

one ounce contains:

30+

10

32

5 cups

• Doctor Formulated

• Published Peer Reviewed Clinical Study

• The Leader in All-in-One Liquid Nutrition

CLINICALLY TESTED
SUPPORTS HEALTHY DNA

GLUTEN FREE
COLD PROCESSED
NON PASTEURIZED
NON IRRADIATED
VEGETARIAN FRIENDLY

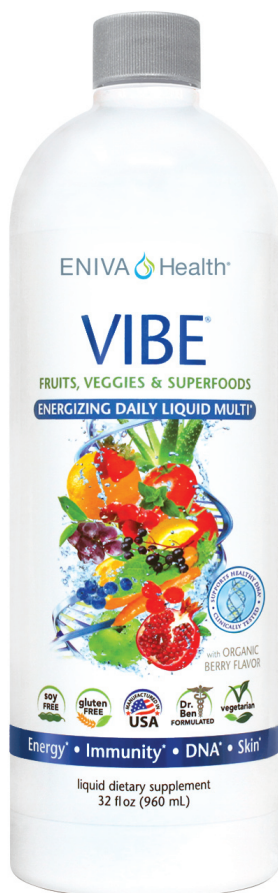
with ORGANIC BERRY FLAVOR

vibe
feel the difference

VIBE®

Your Powerful
Nutritional Solution

Antioxidant, Mineral,
Vitamin & Whole Food
Liquid Nutraceutical



VIBE®: Advanced Nutrient Matrix for Cellular Nourishment & Defense

1. Research Based DNA Support Formula

VALIDATED



DNA is the body's "master map"

when it comes to function and health.

If the map is damaged, bad things happen. **The good news is Eniva's VIBE® nutraceutical has been specifically formulated to support healthy DNA.*** Published, peer reviewed data has demonstrated VIBE's ability to support healthy DNA, even under cellular stress.*†

Research has validated VIBE's broad-spectrum activity against free radicals known to damage DNA.* The clinical trial, with human participants, **produced results showing DNA support through biomarker testing.*** While VIBE

doesn't treat, reduce or cure disease, its formula does help keep you and your DNA healthy through specialized nutritional support.*

† Baechler BJ, Nita F, Jones L, Frestedt JL. A novel liquid multi-phytonutrient supplement demonstrates DNA-protective effects. *Plant Foods for Human Nutrition*. 2009 Jun, 64(2):81-5.

2. Essential Nutrients For Healthy Living

VALIDATED

Your body depends on you to provide it with daily nourishment. This primarily comes from the food or supplements you consume. In fact, there are **certain vitamins and minerals which have been identified as "essential,"** meaning your body cannot be healthy without them. And, your body does not make the majority of these essential nutrients. Because of challenges with the modern diet, scientists and clinicians now recommend individuals consume a high quality, daily multi-nutrient supplement. Unfortunately, there are many supplements which contain very little essential nutrient content or provide it in a questionable design. **VIBE is different. Stated on each VIBE bottle are validated nutrient amounts providing recognized essential nutrients balanced to work with your diet to help keep you healthy.*** Plus, **VIBE** has been studied in supporting **heart health** — another great reason to start your day with **VIBE.***



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Nourish Your Body Every Day — Fill in Nutritional Gaps*

3.

Concentrated Fruits & Vegetables

VALIDATED



The US Department of Health & Human Services recommends **9 to 11 servings of fresh fruits and vegetables each day**. But with busy lifestyles, this can be difficult. Fortunately, **VIBE** makes it easy. **VIBE's concentrated blend of fruits and vegetables is a great and economical way to help you fill in the nutrition gap**, especially when it comes to getting phytonutrients and antioxidants from plant sources.* While not a substitute for eating healthy fruits and vegetables, one serving of **VIBE** contains the **antioxidant content equivalent to consuming multiple servings (approximately 10) of fresh fruits and vegetables** — scientifically based on ORAC laboratory data.*



4.

High-Potency Green Tea EGCG Catechin Complex

VALIDATED

We all experience the demanding pressures of daily living. Our bodies are often challenged with stress, hectic lifestyles, toxins and lack of sleep — all of which can lead to the development of damaging free radicals. One of the most highly researched substances **supporting the body's ability to defend against "free radical assault"** is green tea — in particular, a specialized family of substances called **catechins (including epigallocatechin gallate EGCG)**. **VIBE** contains a potent proprietary complex of green tea catechins with concentrated EGCG for cellular health.* Now you can obtain the health promoting properties of high-dose green tea conveniently and economically from **VIBE**.* **Just one ounce provides the same healthy EGCG content as drinking 5 cups of green tea!**



5.

Predigested Liquid Formula for Fast Absorption



It is well known that drugs and nutritional formulations in liquid form work faster than traditional tablets or pills — that's because the initial steps of digestion are already performed. The United States Pharmacopeia (USP) has set standards for the time it should take for nutritional tablets and pills to dissolve. **However, even if formulated properly, tablets and pills may not break down sufficiently within that specific time because of age-related changes, health challenges or digestive issues.** VIBE's exclusive liquid formulation has been designed to follow nature's blueprint — already incorporating several steps of the digestive process. This means it will go to work quickly and easily in your body.* **VIBE's liquid "body-ready" design increases the likelihood nutrients will actually be used by your body for good health, just like nature intended.***

Give your Body Only the Best:

VIBE®

Following Nature's Design

- No artificial colors, flavors or preservatives
- Non Pasteurized / Non Irradiated
- Cold Blended
- Soy Free
- Vegetarian Friendly
- Gluten Free
- Pre-digested for the body to use*
- Liquid-fast absorption*
- Fast results for energy, stamina and wellbeing*
- Whole food matrix
- No fillers or binders

Processed Tablets can be Hard for the Body to Use



- Commonly filled with glues, binders and additives that are hard for your body to breakdown
- Slower dissolution and absorption
- Often "coated" making absorption even harder
- Often no whole food matrix
- Often no phytonutrients
- Possible choking hazard
- Gummies and mints may stick to teeth and dentures promoting tooth decay; often contain small nutritive values

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VIBE®: DOCTOR FORMULATED SCIENTIFICALLY TESTED

VIBE®



- GLUTEN FREE
- VEGETARIAN FRIENDLY
- COLD BLENDED
- WHOLE FOOD SOURCE
- NON IRRADIATED
- NON PASTEURIZED

Supplement Facts

Serving Size 1 Fluid Ounce (30 mL)
Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	9 g	3%*
Total Sugars	5 g	†
Includes 3g Added Sugars		6%*
Vitamin A	600 mcg	70%
Vitamin C	120 mg	130%
Vitamin D	25 mcg (1,000 IU)	130%
Vitamin E	20 mg	130%
Thiamin (Vitamin B1)	1.5 mg	130%
Riboflavin (Vitamin B2)	1.7 mg	130%
Niacin (Vitamin B3)	20 mg	130%
Vitamin B6	2 mg	120%
Folate	400 mcg DFE	100%
Vitamin B12 (Methylcobalamin)	12 mcg	500%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B5)	10 mg	200%
Calcium	100 mg	8%
Phosphorus	20 mg	2%
Iodine	150 mcg	100%
Magnesium	150 mg	38%
Zinc	5 mg	45%
Selenium	24 mcg	45%
Copper	0.5 mg	60%
Manganese	2.3 mg	100%
Chromium	120 mcg	340%
Potassium	175 mg	4%

Proprietary Trace Mineral Blend 37 mg †
Boron, Vanadium, Sulfur

AntiOX²® Proprietary Blend 6,500 mg †
Natural Extracts: Grape, Pomegranate, Aronia (chokeberry), Cranberry, Carrot, Blueberry, Organic Stevia Leaf Extract, Oregano, Elderberry, Acerola, Tomato, Lime, Lemon, Apple, Blackcurrant, Hibiscus (flower), Pumpkin, Cherry, Grape Seed Extract, Wolfberry (goji berry), Orange, Blackberry, Raspberry, Strawberry, Açai Berry, Plant Bioflavonoids

HeartPRO® Proprietary Blend 280 mg †
Malic Acid, L-Carnitine, D-Ribose, CoQ10, Mixed Tocopherols

CollaMAX® Proprietary Blend 3,500 mg †
Green Tea Leaf Extract, L-Lysine, L-Proline, Glucosamine HCl (vegetable) Aloe Vera Gel, Alanine, Valine, Isoleucine, Glycine, Leucine

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Nourish Your Body Daily



The US Department of Health & Human Services recommends **9 to 11 servings** of fresh fruits and vegetables each day. But, with busy schedules, eating on the run and the higher cost of healthy foods, eating perfectly every day isn't a reality for many people.

• This is where **VIBE** can help: It fills in daily nutritional gaps to help you feel your best.

Are You Getting Your 9 to 11 Servings Per Day?

One ounce of VIBE
is equivalent to nutrients**† found in:

11 Tomatoes Vitamin A			10 Cups Green Beans Folate
30 Broccoli Selenium			19 Wheat Slices Zinc
96 Blueberries Antioxidants†			25 Asparagus Calcium
5 Cups Green Tea (EGCG Content)			12 Orange Slices Vitamin C
71 Cantaloupe Vitamin E			+ Many More

**Source of nutrient values in VIBE (Fruit Sensation) is based on recent USDA government research reports. See Supplement Facts for complete nutrient listings. †Based on ORAC Antioxidant Score.



vibe®



1 oz
Serving
VIBE



8 oz Water
or Juice

AFTER YOUR 7 DAYS

We encourage continuing to use VIBE daily for foundational health.

- Take **ONE** serving of VIBE diluted in 8 oz of water or juice, in the morning.

See page 19 for "Tips on Taking VIBE".

NOTE: VIBE should not be taken on an empty stomach.

Chlorophyll+

Liquid Greens Complex

Green Plant Power

Eniva® Chlorophyll Plus helps support normal cleansing, detoxifying and purifying functions of the body.*

This cold blended formula contains **specialized liquid chlorophyllin plus the addition of L-glutamine, Inulin, Lemon and Apple Extracts** to support blood, liver, intestinal and digestive function while supporting **body deodorizing (including the bowels)** and detoxification pathways.*

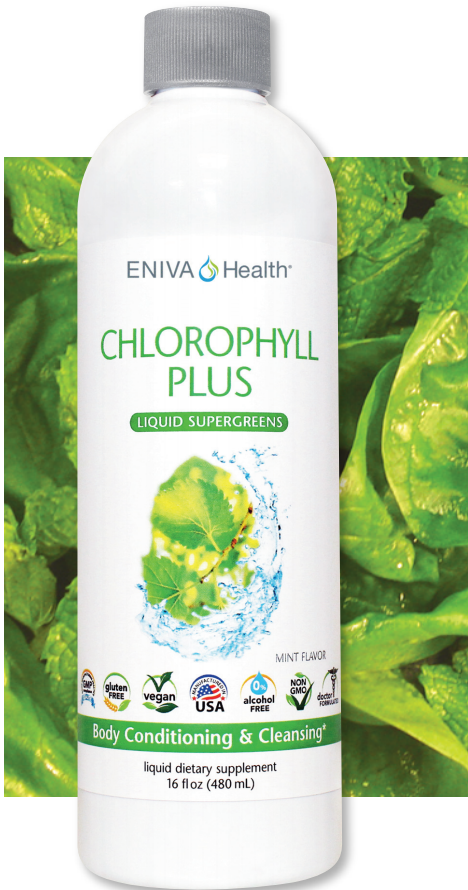
Liquid chlorophyll is also highly valued for its ability to support **blood oxygenation** and help general cleansing in the body.*

Uniqueness of Chlorophyll+:

The Eniva liquid Chlorophyll+ product uses a unique chlorophyll complex and other key phytonutrients to nourish and cleanse.*

- **Mulberry Leaves:** The mulberry plant and leaves offer multiple health benefits — ranging from helping to support **healthy sugar levels already in normal range, healthy cellular replication, and membrane stability.***
- **Inulin:** A **prebiotic** component which **supports regularity, immune function** and the growth of **healthy bacteria** in the gut.*
- **Lemon & Apple Extracts:** Provide **broad spectrum**, naturally occurring phytonutrients supporting **body detoxifying pathways.***
- **PARABEN FREE:** Various chlorophyll products use parabens in their formula to assist preservation. Eniva's liquid chlorophyll is **PARABEN FREE**, using natural compounds for preservation. The estrogenic effects of parabens is of growing concern.
See more on Page 16, "Parabens Negative Effect."





Nature's First Gift for Wellness*

Since the beginning of time, chlorophyll has been a **symbol of life**. The "green" is chlorophyll, a substance responsible for **absorbing and harnessing the energy of the sun involved in photosynthesis**.

Chlorophyll in plants helps perform **metabolic functions such as respiration and growth**. Interestingly, the chlorophyll molecule is chemically **similar to human blood, except that its central element is magnesium. In human blood, this central element is iron.**

As nature's first gift, chlorophyll continues to help nourish us and maintain wellness.*

BENEFITS OF CHLOROPHYLL PLUS:

- Internal conditioning*
- Digestive tract detoxification*
- Supports oxygenation*
- Helps maintain cellular membranes*
- Supports intestinal health*
- Supports circulatory health*
- Body deodorizer*

Supplement Facts

Serving Size 2 Teaspoons (10 mL)
Servings Per Container 48

	Amount Per Serving	% DV
Copper	4 mg	440%
Proprietary Chlorophyll Complex	500 mg	†
Sodium Copper Chlorophyllin (from Mulberry Leaf)	100 mg	†
Conditioning Complex	400 mg	†
Inulin (Chicory Root)		†
L-Glutamine		†
Apple (Extract/Flavor)		†
Lemon (Extract/Flavor)		†
Spearmint Oil (<i>Mentha spicata</i> , leaf)		†

† Daily Value (DV) not established.

Other Ingredients: Purified water (multi-loop UV treated, deionized, microfiltered), malic acid, xanthan gum, sorbic acid and/or benzoic acid(s) (protect freshness), organic stevia leaf extract.

AFTER YOUR 7 DAYS

We suggest continuing to use Chlorophyll+ daily, 2 teaspoon with 8 ounces of water / juice.

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Muscle Aid®

Concentrated Malic Acid

Maximizing Energy Production*

Eniva Muscle Aid® is a nutritional supplement of bio-available Malic Acid. **Malic Acid** is a natural fruit acid that is present in all living cells and plays a **key role in energy production**. It is known as “apple acid” because it is found in high concentration in apples, as well as other fruits and vegetables, such as watermelons, plums, and cherries.

Because of the role Malic Acid plays in energy production, Muscle Aid may benefit healthy individuals looking for additional energy and vitality.*

- See more on page 17: “Energy Currency of the Body”



Uniqueness of Eniva Muscle Aid

- Aqueous Delivery System

Muscle Aid utilizes Eniva's proprietary liquid delivery system to provide excellent bio-availability for maximum effectiveness.* **Muscle Aid's bio-available nutrients are readily absorbed in the body, helping to support muscle health.***

How Muscle Aid Works

Malic Acid is a precursor to malate, a substance in the body that is **critical in the production of energy** in both the oxygen-dependent and independent routes.* Malate is a source of energy and is the only metabolite of the oxygen-dependent cycle that decreases in concentration during intense physical activity. Therefore, the need for Malic Acid in energy production is critical.

In some individuals, for unknown reasons, the efficiency of energy production via the oxygen-dependent route does not work at a maximum. Therefore, the body may switch to anaerobic energy production. This, however, can lead to the **build up of acid in muscle tissues (lactic acid build-up)**, causing muscle soreness and feelings of fatigue.

- Malic Acid has an oxygen sparing effect. **As such, Malic Acid helps to promote the proper functioning of the oxygen dependent route of energy production and aids in feelings of muscle wellness.*** In conjunction with this Cleanse program, Malic Acid may help provide an energy “reboot” and help replenish energy levels.*



BENEFITS OF MUSCLE AID:

- Muscle integrity*
- Supports energy production*
- Endurance*
- Cellular support during normal detoxification of toxic metals, particularly aluminum*
- **PLEASING TASTE:** Muscle Aid has a refreshing green apple flavor (all-natural) when mixed with water.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container 32

	Amount Per Serving	% Daily Value
Malic Acid	1.5 g	†

†Daily Value not established.

Ingredients: Purified water (multi-loop UV treated, deionized, microfiltered), malic acid, organic stevia leaf extract, sorbic and/or benzoic acid(s) (protect freshness).

Cellular Detoxification*

- Malic Acid is a nature-based nutrient that can help remove (chelate) aluminum from the body.*
- Malic Acid supports the body's own efforts to naturally dissolve aluminum complexes and the accumulation of this substance in various body tissues and organs.* Malic Acid primarily supports the normal excretion of aluminum in the urine, but also causes excretion in fecal matter.

- Gluten Free
- Diabetic Friendly
- No Artificial Colors
- No Artificial Flavors or Fillers
- Vegetarian Friendly
- No Fish Ingredients
- Cold Blended
- Non Pasteurized/Non Irradiated

AFTER YOUR 7 DAYS

We suggest using Muscle Aid when you require extra support for muscle function and energy.
1 Tablespoon per day.

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LifeCleanse

Fiber, FOS & Colon Conditioner

Body Cleansing: An Important Part of Weight Management Success*

Eniva LifeCleanse is a unique fiber and herbal supplement for easy, gentle elimination and digestive cleansing.

Eniva LifeCleanse is a specially designed product to cleanse and support the colon, intestines, gallbladder and liver. Its exclusive formula provides **excellent support for body detox and cleansing so these important organs can do their ongoing job of naturally cleansing the body.***

The ingredients in Eniva LifeCleanse strategically aid the body in its normal action of “sweeping out” accumulated waste and toxins in your colon — critical for weight management success.*

- See more on page 18:
“Your Colon: Factors You Need to Know”

Uniqueness of Eniva LifeCleanse

Specialized Nutrients For Easy, Effective, & Comfortable Cleansing:*

- **Milk Thistle Seed Extract** – helpful in supporting the body's liver cleansing process*
- **Dandelion Root Powder** – supports digestion and liver function*
- **Cinnamon Bark** – supports an environment where healthy bacteria can thrive*
- **Ginger Root** – supports intestinal function*
- **Rice Bran Fiber Complex & Germ** – low calorie source for critical fiber*
- **Guar Gum Powder** – natural soluble fiber helping to aid in digestion and the absorption of nutrients*
- **FOS – Fructooligosaccharides from chicory root extract** — helps maintain a proper gut environment by supporting microflora in the large intestines*
- **Clove Bud** – supports normal digestion*
- **Stevia Leaf Extract** – additional antioxidants*
- **PLEASING TASTE:** A variety of pleasant spices (cinnamon, ginger, clove and others) makes LifeCleanse **ideal for mixing with water or low-sugar apple juice.** LifeCleanse is also great for mixing into **recipes like bran muffins, oatmeal, protein balls and smoothies.**





Keys to Digestive Health

- Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease, a disease associated with many factors.
- Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.
- FOS (fructooligosaccharide) has been widely researched for its prebiotic effects. FOS serves as a substrate for microflora in the large intestine, supporting gastrointestinal balance.*
- See more on page 17: "FOS – Vital to Gut Health"

BENEFITS OF LIFECLEANSE:

- Supports the colon*
- Supports intestinal function*
- Internal conditioner*
- Digestive tract detoxifier*
- Supports circulatory function*
- Supports the absorption of nutrients*
- No Gluten
- No Artificial Colors
- No Artificial Flavors or Fillers

Supplement Facts			
Serving Size: 3 Rounded Scoops (12 grams) Servings Per Container: About 10			
Amount Per Serving		% DV*	
Calories		50	
Calories From Fat		10	†
Total Fat	1g	2%	
Total Carbohydrate	8g	3%	
Dietary Fiber	6g	24%	
Soluble Fiber	3g	†	
Insoluble Fiber	3g	†	
Total Sugars	<1g		
Added Sugars	0g	0%	
Protein	1g	2%	
Amount Per Serving		% DV*	
Fructooligosaccharide	2.5g	†	
(from chicory root extract powder)			
Milk Thistle Seed Extract	425mg	†	
Fiber, Spice & Herbal Blend	9g	†	
Stabilized rice bran fiber complex, cluster bean, dandelion root, cinnamon bark, ginger root, clove, organic stevia leaf extract			
* Percent Daily Values (DV) are based on a 2,000 calorie diet.			
† Daily Value not established.			

AFTER YOUR 7 DAYS

We suggest using LifeCleanse on a regular basis (adults only). Add 3 rounded scoops to minimum 8 oz of water. Consume with plenty of liquid to prevent choking.

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Parabens: Negative Impact on Endocrine System

Until now, parabens (a family of synthetic cosmetic and food preservatives) were considered among those preservatives with low systemic toxicity, primarily causing allergic reactions. **However, researchers' understanding of this class of synthetic preservatives is now changing in light of new clinical evidence in relation to the female hormone estrogen.** Researchers have found that the parabens, namely methyl-, ethyl-, propyl- and butylparaben, are **estrogenic**. This means they have a hormone like activity on tissues sensitive to estrogen — primarily uterine and breast tissues.



- The recently discovered estrogenic effects of certain synthetic chemicals, such as parabens, and their subsequent **effects on the endocrine system of humans and wildlife, is of growing concern — especially in relation to women's risk for breast cancer.**
- **Reproductive abnormalities in young boys exposed to such chemicals** either prior to puberty or as fetuses also may increase risks for undescended testicles, testicular cancer, sperm abnormalities and prostate disorders.

Top Chemicals to Avoid in Supplements and Personal Care Products



- Phthalates
- Parabens, including methyl-, ethyl-, propyl-, benzyl- and butylparabens
- Diethanolamine (DEA), TEA and MEA
- Diazolidinyl Urea or Iodopropynyl butylcarbamate
- Perfluorinated chemicals (PFCs)
- Artificial Color Additives
- Sodium Lauryl Sulfate or Sodium Laureth Sulfate (SLS)
- Mineral Oil
- Propylene Glycol

Various chlorophyll products use parabens to preserve them. Eniva Chlorophyll+ contains NO parabens. Also, no Eniva products contain parabens.

Malic Acid: Energy Currency of the Body:

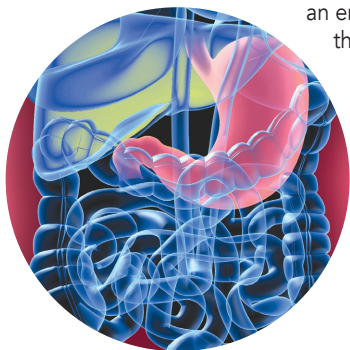
- Because of the compelling evidence that **Malic Acid** plays a **central role in energy production**, especially during anaerobic conditions, it may benefit individuals interested in maximizing their energy production.*
- There are two general routes for energy production in the body: one is oxygen dependent (aerobic) and the other is not (anaerobic). The oxygen dependent route for energy production using oxygen is called the **citric acid cycle or Krebs Cycle**. It is the most efficient way for the body to produce energy. The route of energy production that does not use oxygen, called **glycolysis**, is not as efficient for energy production and **can cause the build-up of acid in tissues**.
- **Adenosine Triphosphate (ATP)** is the substance that **stores energy** that is created when the **body burns carbohydrates and fats in the citric acid cycle (Krebs's cycle)**. When energy is needed by the body, as for a muscular contraction, ATP is broken down to release the stored energy. ATP is the universal energy molecule for the body and is produced within structures in **cells called mitochondria**. **Malic Acid has been indicated as a very critical molecule in controlling mitochondrial function**.*



FOS – Vital to Gut Health*

FOS (fructooligosaccharide) has been widely researched for its prebiotic effects. FOS serves as a substrate for microflora in the large intestine, supporting gastrointestinal health.*

Through fermentation, FOS is a direct source of nourishment for the large intestine. They specifically support the growth of specific bacterial flora (bifidus and lactobacillus) that have well-known benefits for the digestive tract. FOS promote an environment where only healthy bacteria survive, and they aid in digestion and nutrient absorption, especially calcium.* FOS can also help support healthy yeast in the body.* FOS is low calorie, and its production of acids may provide additional energy to the body.*



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Your Colon: Factors You Need to Know

The role of the **colon** is to extract water, salt and some fat soluble vitamins from solid wastes before they are eliminated from the body. It is also the site in which flora-aided fermentation of unabsorbed material occurs. Unlike the small intestine, the colon does not play a major role in absorption of foods and nutrients.

As the colon is the site for waste fermentation in the body, it is fairly common that waste “deposits” can accumulate or “get stuck.” In addition, bowel irregularity can lead to waste and toxin build up that contributes to an unhealthy body state. The stress your colon may be enduring is usually cumulative. **Toxic chemicals or ingredients you consume can compromise the intestinal walls, thereby slowing down or decreasing the ability of the digestive process to take place. This can lead to undigested food being attacked by bacteria and yeast. This situation worsens further when these substances produce toxic acid and gas. If harm to the intestine walls continues, the body may become dehydrated and proper elimination hampered.**



A potent fiber cleanse, done periodically, is key to your colon's health. It also supports overall body health and your ideal weight.

The regular cleansing and elimination of colon waste have been shown to provide health benefits for people trying to manage their weight, as well as digestive challenges they may have. Many health issues are related to the cycle of poor food choices, digestion, and elimination.

In fact, the FDA has approved the following claims:

- **Diets low in fat and high in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.**
- **Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease, a disease associated with many factors.**

Hundreds of millions of dollars are spent every year on laxatives nationwide. Many of these are either harsh and uncomfortable, or too slow-acting and not effective enough. Many also contain artificial ingredients and fillers that do not follow nature's simple and natural design. Overuse is also a concern. Many people find that a periodic cleanse is an excellent alternative to achieve long term intestinal health.

Tips on Taking VIBE

To maximize your Experience with VIBE:

- You will be consuming a highly concentrated form of liquid nutrients. Always dilute VIBE in 8 – 20 ounces of water/juice during your cleanse and do not take on an empty stomach. Every body is different in their response to potent nutrition. **If you experience sensitivity to VIBE, reduce your dosage to a half serving per day and gradually increase to the recommended dosage. If you have a sensitive stomach, as with any new supplement, start slowly and moderately.**
- Most users report **changes in energy, mental clarity, mood, sleep and the sensation of feeling nourished** when taking VIBE. A very small portion of users may experience a warming or tingling sensation when taking VIBE, including in some cases a reddening of the face or neck (niacin flush). This is a very normal reaction to Vitamin B for some people, and should not be cause for alarm. It is temporary and will subside in a short period of time (within 30 minutes).
- Be sure to **get plenty of sleep, regular exercise and preventive check-ups** for well-rounded, ongoing wellness. VIBE is a powerful nutritional concentrate. As with any nutritional program, consult your healthcare professional for best outcomes.



After Completing the 7-Day Program:

Vibe: We recommend making Vibe, part of your long-term wellness routine at a dosage of 1 ounce per day. You will have approximately 2 weeks of Vibe remaining at the end of the 7-Day Program.

Chlorophyll Plus & Muscle Aid: We recommend consuming these products at the normal dosage according to product label directions until you finish the bottles (Chlorophyll: 2 tsp daily / Muscle Aid: 1 Tbl daily). You will have additional product left over to use when you are done with your cleanse. Many people like to make Chlorophyll Plus a part of their ongoing wellness routine as a way to assist daily, gentle cleansing.

LifeCleanse: If you have issues with mild, occasional irregularity, 1 tsp of Eniva LifeCleanse daily can be helpful.*

Water: Going forward, it is ideal to consume at least half of your body weight in ounces daily (example: 120 lb woman should drink at least 60 ounces of water each day).

In addition, Eniva makes more than 80 products which support wellness. After a cleanse, many people benefit from adding **Heart Healthy Cooking Oil, Probiotic+**, and **100% Natural Whey Protein** to their wellness routines.

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With Eniva Health®, I've Gotten a Fresh Start!



"My husband and I started on the Eniva Cleanse & Detox Program. After 7 days, our results are in: I lost 5 pounds in my weight, and nearly 2 inches in my waist. My husband who is actually fairly fit, lost weight also, and his waist size decreased by several inches, too. We are believers in Eniva Health."

Marinna & Edson – Florida†

"I lost 6 pounds and 9 inches in 7 days and am very happy! My energy was high and the program was easy to follow."

Jenn, – Minnesota†

"I just completed the 7-Day Eniva Cleanse & Detox Program. I reduced both my waist size and my overall weight.* I truly feel a sense of renewal. Since I'm petite, this is really good. I feel great!"

Mony – Minnesota†



"I did the Eniva Cleanse and Detox Program and I was amazed. I lost 5 pounds and 2 inches off my waist. My belly felt flat and my pants were loose! I also noticed my skin looks healthier...even my family and friends asked what I had done."

Lu B – Minnesota†

"I was amazed at the results I got with the Eniva Cleanse & Detox Program. I lost 7 pounds in one week, and my whole body felt like it had a fresh start."

Andrea – Florida†

"Worked excellent! I lost 8 pounds and 3 inches! Just what I needed to restart healthy patterns. Amazing kit and I'll definitely be ordering again."

Ann – Minnesota†

"Last night I completed the 7-day Detox and Cleanse system and I want to tell you about my results! I lost a whole inch off my waist (32" to 31") and I lost 3 pounds (129 to 126)! I trust Eniva, so when I started having allergic reactions to food about a month ago, I thought about doing a detox and cleanse. Thank you for such a pure and easy-to-take product. I feel so much better both physically and emotionally and have more energy than I did before!"

Leah – Minnesota†


NOTE: The results listed above may not be typical of what the average consumer will achieve. Eniva supplements do not guarantee weight loss. Consult your healthcare provider before starting any nutritional supplement program/product.

KEEPING TRACK

See page 3 for detailed instructions. All products to be diluted in water. To help stay on schedule, circle the marks below after you consume what is directed.

MORNING	MID-DAY	EVENING	WATER
VIBE: 2 Tablespoons Chlorophyll+: 1 Teaspoon LifeCleanse: 2 level scoops Muscle Aid: 1 Tablespoon	VIBE: 1 Tablespoon Chlorophyll+: 1 Teaspoon LifeCleanse: 2 level scoops Muscle Aid: 1 Tablespoon	Chlorophyll+: 1 Teaspoon	7 bottles (20oz) (140 oz / day including water taken with product)
DAY 1	✓	✓	
DAY 2	✓	✓	
DAY 3	✓	✓	
DAY 4	✓	✓	
DAY 5	✓	✓	
DAY 6	✓	✓	
DAY 7	✓	✓	

BODY PROGRESS CHART



START	END
DATE	DATE
WEIGHT	WEIGHT
WAIST (at level of navel)	WAIST
HIPS (widest point)	HIPS



A Full Line of Nutraceutical Support

In addition to the products found within the Cleanse & Detox program, Eniva Health® offers a complete line of wellness options for body balance and specific health goals.*

Eniva Health® has multiple nutraceutical products which work synergistically to support your body's own efforts at being balanced and healthy.* Whether focusing on the heart, joints, eyes or other specific health areas, Eniva Health® has a product combination to support your wellness and wellbeing.*

See www.eniva.com for a full selection of innovative products.



Real Products. Real Outcomes.

1-866-999-9191 • www.eniva.com



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