## 7-DAY • TOTAL BODY • CLEANSE & DETOX\*



#### **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.

### **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 20oz 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

## **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

# SENIVA Health® Your Partner in Wellness & Wellbeing

CAUTION: Do not consume if allergic to ingredients, if you have Wilson's Disease or a copper processing abnormality. Some medical conditions should not adopt a change in diet unless discussed with a doctor first.

#### **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.

