

ENIVAHealth® Product Use Guide*

STEP 1: Establish a Nutritional Foundation

- Consume 1 ounce of VIBE® daily; split between AM/PM.
- Mix with 8+ ounces of water/juice.
- For sensitive stomachs, begin slowly and gradually increase amounts.
- Take 2 softgels of Efactor® daily, 10–15 min. before meal.

STEP 2: Focus on Wellness Goals

Dependent upon health goals, add/delete other Eniva products as necessary.* Reference the items in light blue in the guide below.

STEP 3: Maximize Nutrients

- Continue using VIBE daily for your nutritional foundation.
- If you have a sensitive stomach or GI issues, do not exceed 3 unique Eniva products in the first month.
- When adding new products, add one at a time with a 1–2 week interval between additions. See products below in white for additional support.
- Consult your personal health care practitioner before starting any new nutritional product or program.

Dear Friend:

I am often asked, “What is the best way to use VIBE® and other Eniva Health products? Nutritional conditioning helps your body achieve its desired healthy state.* It knows what to do when given proper nutrition. This guide is meant to offer you a nutritional path to follow.



Benjamin J. Baechler, MD
Chief Medical Officer
Eniva Health

If you have a serious health concern, consult your primary health care provider before you begin a supplementation program — you may have unique nutritional needs that Eniva Health products can help address. Eniva products do not treat, reduce or cure disease.

My brother Andrew and I wish you the very best on your wellness journey.* God bless,

—Benjamin J. Baechler, MD

Providing Nutritional Support for the Body in the following areas:*

This information is for educational purposes and is not medical advice.

Health Goal	Step 1	Step 2	Step 3: Maximize Nutrients
General Health* —Adults		+	<ul style="list-style-type: none"> • Natural Whey Protein 2 scoops • Probiotic+ 1 capsule • Liquid Vitamin D3 1 dropper • ResVante 1 ounce
General Health* —Kids		+	<ul style="list-style-type: none"> • VIBE® Kid's 1 ounce • Probiotic+ 1 capsules • Vitamin D3 1/2 dropper • Cell Ready Minerals 1 TBSP
Weight Management*		+	<ul style="list-style-type: none"> • Natural Whey Protein 2–4 scoops • Nighttime Toning 1 TBSP • Cholesterol Health 1 ounce • Apple Cider Vinegar OR 1 ounce • Apple Cider Vinegar Gummies (2–6) • LifeCleanse 1–3 scoops
Cardiovascular Health*		+	<ul style="list-style-type: none"> • CoQ10+ 1–2 TBSP • Cholesterol Health 1 ounce • ATP-Pro® (D-Ribose) 1–2 scoops • ResVante 1 ounce • Heartflow Super B's 1 ounce
Neurologic / Brain Health*		+	<ul style="list-style-type: none"> • CoQ10+ 1–2 TBSP • MCT Oil 1 TBSP • Trace Minerals 1 ounce • ResVante 1 ounce
Blood Sugar Health*		+	<ul style="list-style-type: none"> • VanChroZin 1–2 tsp • Liquid Vitamin D3 4 droppers • B-Complex 1 TBSP • ResVante 1 ounce
Adrenal & Fibro/ Muscle Health*		+	<ul style="list-style-type: none"> • Magnesium 1–2 ounces • Muscle Aid® 4 tsp • ATP-Pro® (D-Ribose) 2 scoops • Natural Whey Protein 2–4 scoops • Liquid Vitamin D3 4 droppers
Joint Health*		+	<ul style="list-style-type: none"> • Flex ES® (glucosamine) 1–2 ounces • JointZyme® 2–3 capsules • Liquid Vitamin D3 4 droppers • Cal-Mag 1 ounce
Vision and Eye Health*		+	<ul style="list-style-type: none"> • Eye Health +®* (macular health) 1 ounce • Liquid Vitamin D3 4 droppers • ResVante 1 ounce

This information is for educational purposes and is not medical advice.

Health Goal	Step 1	Step 2	Step 3: Maximize Nutrients
 Women's Health & Menopause*		+	<ul style="list-style-type: none"> • Liquid Vitamin D3 4 droppers • Probiotic+ 1 capsules • ResVante 1 ounce • Cell Ready Minerals 1 ounce <ul style="list-style-type: none"> • Preferably in AM • 10 min. before breakfast • On an empty stomach • Before bedtime with water
 Men's Health/ Prostate*		+	<ul style="list-style-type: none"> • Natural Prostate Health* 4 capsules • JointZyme® 2-3 capsules • Cell Ready Minerals 1 ounce • Vitamin D3 4 droppers <ul style="list-style-type: none"> • Split between AM/PM • On an empty stomach • Before bedtime with water • Preferably in AM
 Bone Health*		+	<ul style="list-style-type: none"> • Cal-Mag 2 TBSP • Liquid Vitamin D3 4 droppers • Strontium 2 TBSP • Cell-Ready® Minerals 2 TBSP <ul style="list-style-type: none"> • Split between AM/PM • Preferably in AM • Split between AM/PM • Split between AM/PM
 Digestive / Intestinal Health* <small>*Do not use Digest-EZ® if you have stomach ulcers.</small>		+	<ul style="list-style-type: none"> • Probiotic+ 1-2capsules • Digest-EZ®*(enzymes) 2-4 capsules • Apple Cider Vinegar 1 ounce • Apple Cider Vinegar Gummies (2-6) • Cal-Mag or Cell-Ready® 1 ounce <ul style="list-style-type: none"> • 10 min. before breakfast • Take with meals • In between meal with water • Snacks in between meals • On an empty stomach
 Stress Relief*		+	<ul style="list-style-type: none"> • Liquid Vitamin D3 1-3 droppers • B-Complex 1 TBSP • Trace (Minerals) 1/2 ounce <ul style="list-style-type: none"> • Preferably in AM • In AM • In AM
 Vibrant Skin*		+	<ul style="list-style-type: none"> • Nourishing Facial Spray 2-3 sprays • Natural Salon Pack Daily • Silica 1 ounce • ResVante 1 ounce • Cell-Ready® Minerals 2 TBSP <ul style="list-style-type: none"> • Preferably after a shower • With shower/bath • After lunch • On an empty stomach • Before bedtime
 Immune Health*		+	<ul style="list-style-type: none"> • Liquid Vitamin D3 4 droppers • Liquid Zinc 2 tsp • Coldbuster 1 ounce • Probiotic+ 1 capsule • Lung & Sinus 2 capsules • Immuno-7 2 scoops <ul style="list-style-type: none"> • Preferably in AM • 4 dropper• Take with food • Preferably in afternoon • 10 min. before breakfast • Split AM/PM • Split AM/PM with juice
 Sleep*		+	<ul style="list-style-type: none"> • Cell-Ready Minerals 1 ounce • Natural Sleep* 1 TBSP <ul style="list-style-type: none"> • At bedtime • Half hour before bedtime
 Detox & Cleanse*		+	<ul style="list-style-type: none"> • Chlorophyll Plus 1 tsp • LifeCleanse 1-3 scoops • Muscle Aid 1 TBSP <ul style="list-style-type: none"> • Mix with water • Mix with apple juice • Daily
 Pain Relief		+	<ul style="list-style-type: none"> • Flex ES 1 TBSP • Relief Stick As needed • JointZyme® 2-3 capsules <ul style="list-style-type: none"> • Mix with water daily • Rub on painful areas • Daily on empty stomach
 Healthy Pressures† <small>†Maintains levels already within the normal range</small>		+	<ul style="list-style-type: none"> • Potassium 1 ounce • CoQ10+ 1 ounce • Vascular Advantage 2-4 scoops • B-Complex 3 tsp <ul style="list-style-type: none"> • In AM • In AM • Split between AM/PM • 2 tsp AM, 1 tsp PM
 Airways & Oxygenation*		+	<ul style="list-style-type: none"> • Lung & Sinus Health 2 capsules • Probiotic+ 1 capsule • Calcium 1 ounce • Liquid Vitamin D3 1-3 droppers <ul style="list-style-type: none"> • Split AM/PM • 10 min. before breakfast • Preferably in AM • Preferably in AM
 Fitness*		+	<ul style="list-style-type: none"> • Clean & Natural Isolate 2-4 scoops • Muscle Aid 1 TBSP • Creatine 1 scoop • L-Glutamine 1 scoop • ATP-Pro (D-Ribose) 1 scoop • Vascular Advantage®* 4 scoops • UltraShot 1 ounce <ul style="list-style-type: none"> • Before/after workout • Daily • With a meal • With a meal • Split AM/PM • Before workout • To replace caffeine
 Healthy Cooking Solutions*		+	<ul style="list-style-type: none"> • Heart Healthy Cooking Oil As needed • Omega 3-6-9 Salad Oil As needed • MCT Oil As needed • Apple Cider Vinegar As needed <ul style="list-style-type: none"> • For cooking • For salads and dipping • In drinks and recipes • Drink diluted, use in soups or salad dressings

* 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.

0630.02.2022Rev.07



For more product and health information go to www.eniva.com

