

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 Efacor® 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

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	S (N)	+ Addit	Natural Whey ProteinProbiotic+Liquid Vitamin D3ResVante	2 scoops 1 capsule 1 dropper 1 ounce	Preferably in AM10 min. before breakfastPreferably in AMOn an empty stomach
General Health* -Kids	A COLOR	ional produc	VIBE® Kid's Probiotic+ Vitamin D3 Cell Ready Minerals	1 ounce 1 capsules 1/2 dropper 1 TBSP	Preferably in AM10 min. before breakfastPreferably in AMIn juice before bed
Weight Management*	with the state of	tional products if necessary	Natural Whey Protein Nighttime Toning Cholesterol Health Apple Cider Vinegar O Apple Cider Vinegar Gu LifeCleanse		 Split between AM/PM 2 hours before bedtime 5 min. before a meal In between meal with water Snacks in between meals Mix with apple juice
Cardiovascular Health*	agin agin agin agin agin agin agin agin	Additional pro	CoQ10+ Cholesterol Health ATP-Pro® (D-Ribose) ResVante Heartflow Super B's	1–2 TBSP 1 ounce 1–2 scoops 1 ounce 1 ounce	 Split between AM/PM 5 min. before a meal Split between AM/PM On an empty stomach Split between AM/PM
Neurologic / Brain Health*	i vi	products if nee	• CoQ10+ • MCT Oil • Trace Minerals • ResVante	1–2 TBSP 1 TBSP 1 ounce 1 ounce	Split between AM/PMWith food or drinksBefore bedtimeOn an empty stomach
Blood Sugar Health*	Name of the second seco	cessary A	VanChroZin Liquid Vitamin D3 B-Complex ResVante	1–2 tsp 4 droppers 1 TBSP 1 ounce	10 min. before lunch/supperPreferably in AMPreferably in AMOn an empty stomach
Adrenal & Fibro/ Muscle Health*	A VIDE	Additional products + +	Magnesium Muscle Aid®* ATP-Pro® (D-Ribose) Natural Whey Protein Liquid Vitamin D3	1–2 ounces 4 tsp 2 scoops 2–4 scoops 4 droppers	 Split between AM/PM Split between AM/PM Split between AM/PM Split between AM/PM Preferably in AM
Joint Health*	VIDE I	===	• Flex ES® (glucosamine) • JointZyme® • Liquid Vitamin D3 • Cal-Mag	1–2 ounces 2–3 capsules 4 droppers 1 ounce	Split between AM/PM On an empty stomach Preferably in AM Preferably in AM
Vision and Eye Health*	S S S S S S S S S S S S S S S S S S S	necessary +	Eye Health +®* (macular health) Liquid Vitamin D3 ResVante	1 ounce 4 droppers 1 ounce	In AMPreferably in AMOn an empty stomach

1113 1111011	mation is for educational purposes an Health Goal	Step 1			Step 2	Step 3: M	aximize Nutrients
				`	Liquid Vitamin D3	4 droppers	Preferably in AM
(2) (2) (A)	Women's Health	<u> </u>		Additiona	• Probiotic+	1 capsules	• 10 min. before breakfast
KARIN .	& Menopause*	div with	+	litio	ResVante	1 ounce	On an empty stomach
\succeq	·	S. INC.		_	Cell Ready Minerals	1 ounce	Before bedtime with water
8	,			products			Split between AM/PM
	Men's Health/	ėj 🤲		du	JointZyme® Cell Ready Minerals	2–3 capsules 1 ounce	On an empty stomachBefore bedtime with water
ED	Prostate*	Mary Mary Mary Mary Mary Mary Mary Mary	+	cts	Vitamin D3	4 droppers	Preferably in AM
		Waster State		if necessary	• Cal-Mag	2 TBSP	Split between AM/PM
8,000	Bone Health*	O	_	эсе.	Liquid Vitamin D3	4 droppers	Preferably in AM
	воне пеанн	11be	+	ssa	• Strontium	2 TBSP	 Split between AM/PM
$\underline{}$				2	Cell-Ready® Minerals	2 TBSP	Split between AM/PM
				Ā	Probiotic+	1-2capsules	• 10 min. before breakfast
10	Digestive /	O SATES		ddit	• Digest-EZ®*(enzymes)	2-4 capsules	Take with meals
	Intestinal Health*	ilbe	+	ion	Do not use Digest-EZ® if you have ston • Apple Cider Vinegar	1 ounce	In between meal with water
	*Do not use Digest-EZ® if you		•	a/ p	Apple Cider Vinegar Gum		Snacks in between meals
	have stomach ulcers.			roa	Cal-Mag or Cell-Ready®	1 ounce	On an empty stomach
100		6		Additional products if necessary Additional products if necessa	Liquid Vitamin D3	1–3 droppers	Preferably in AM
27,	Stress Relief*	ilbe.	+	s if	• B-Complex	1 TBSP	• In AM
				nec	• Trace (Minerals)	1/2 ounce	• In AM
				sess	Nourishing Facial Spray		Preferably after a shower
		O COURT		sary	 Natural Salon Pack Body Wash, Shampoo, Cor 	Daily	With shower/bath
25/	Vibrant Skin*	e a la l	+	_	• Silica	1 ounce	After lunch
0			•	Ad	ResVante	1 ounce	• On an empty stomach
				ditic	 Cell-Ready® Minerals 	2 TBSP	Before bedtime
		_		nai	Liquid Vitamin D3	4 droppers	Preferably in AM
				pro	Liquid Zinc	2 tsp	4 dropper• Take with food
	Immune Health*	e le		npc	Coldbuster Drabiation	1 ounce	Preferably in afternoon
		Name of the second of the seco	T	cts	Probiotic+ Lung & Sinus	1 capsule 2 capsules	10 min. before breakfastSplit AM/PM
				if n	• Immuno-7	2 scoops	Split AM/PM with juice
To the second	01 +	in /a		есе.	Cell-Ready Minerals	1 ounce	At bedtime
(W)	Sleep*	odiv vilo	+	ssa	Natural Sleep*	1 TBSP	Half hour before bedtime
		AATA AATA		7	 Chlorophyll Plus 	1 tsp	 Mix with water
	Detox & Cleanse*	nibe.	+	Ada	LifeCleanse	1–3 scoops	Mix with apple juice
230					Muscle Aid	1 TBSP	• Daily
a				iona	Flex ES Relief Stick	1 TBSP As needed	Mix with water dailyRub on painful areas
2 VS	Pain Relief	in ser	+	al pi	JointZyme®	2–3 capsules	Daily on empty stomach
		VI D		rod	Do not use JointZyme® if you have stor	nach ulcers.	
	Healthy Pressures [†]			ıcts	Potassium	1 ounce	• In AM
(**)		ψ ₁ . (α)	+	if 1		1 ounce	• In AM
\checkmark	TMointaina lavala alice edi.					2 4 000000	
	†Maintains levels already within the normal range	ALL AND THE PROPERTY OF THE PR		пес		2-4 scoops 3 tsp	Split between AM/PM2 tsp AM, 1 tsp PM
		W YIL		necessa	• B-Complex	3 tsp	• 2 tsp AM, 1 tsp PM
P	within the normal range Airways &	PICONIC PROPERTY OF THE PROPER		necessary	• B-Complex	•	•
	within the normal range	3011	+	necessary /	B-Complex Lung & Sinus Health Probiotic+ Calcium	3 tsp 2 capsules	• 2 tsp AM, 1 tsp PM • Split AM/PM • 10 min. before breakfast • Preferably in AM
	within the normal range Airways &	A CALLED	+	necessary Addi	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM
	within the normal range Airways &		+	necessary Addition	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout
	within the normal range Airways &		+	necessary Additional p	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily
	within the normal range Airways &		+	necessary Additional proc	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout
	Airways & Oxygenation*		+	necessary Additional produc	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid Creatine	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP 1 scoop	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily With a meal
	Airways & Oxygenation*		+	necessary Additional products if	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid Creatine L-Glutamine ATP-Pro (D-Ribose) Vascular Advantage®*	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP 1 scoop 1 scoop 1 scoop 4 scoops	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily With a meal With a meal Split AM/PM Before workout
	Airways & Oxygenation*		+	necessary Additional products if nec	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid Creatine L-Glutamine ATP-Pro (D-Ribose) Vascular Advantage®* UltraShot	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP 1 scoop 1 scoop 1 scoop 4 scoops 1 ounce	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily With a meal Split AM/PM Before workout To replace caffeine
	Airways & Oxygenation* Fitness*		+	necessary Additional products if neces	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid Creatine L-Glutamine ATP-Pro (D-Ribose) Vascular Advantage®* UltraShot Heart Healthy Cooking Oil	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP 1 scoop 1 scoop 1 scoop 4 scoops 1 ounce As needed	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily With a meal With a meal Split AM/PM Before workout To replace caffeine For cooking
	Airways & Oxygenation* Fitness* Healthy Cooking			necessary Additional products if necessary	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid Creatine L-Glutamine ATP-Pro (D-Ribose) Vascular Advantage®* UltraShot Heart Healthy Cooking Oil Omega 3-6-9 Salad Oil	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP 1 scoop 1 scoop 1 scoop 4 scoops 1 ounce As needed As needed	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily With a meal Split AM/PM Before workout To replace caffeine For cooking For salads and dipping
	Airways & Oxygenation* Fitness*		+ +	tional products if necessary Additional products if necessary	B-Complex Lung & Sinus Health Probiotic+ Calcium Liquid Vitamin D3 Clean & Natural Isolate Muscle Aid Creatine L-Glutamine ATP-Pro (D-Ribose) Vascular Advantage®* UltraShot Heart Healthy Cooking Oil	3 tsp 2 capsules 1 capsule 1 ounce 1–3 droppers 2–4 scoops 1 TBSP 1 scoop 1 scoop 1 scoop 4 scoops 1 ounce As needed	2 tsp AM, 1 tsp PM Split AM/PM 10 min. before breakfast Preferably in AM Preferably in AM Before/after workout Daily With a meal With a meal Split AM/PM Before workout To replace caffeine For cooking

*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

