

# VIBRANT HEALTH®

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## VIBRANT CLEANSE®



### Supplement Facts

Serving Size 1 level scoop (15g)  
Servings per container 24

Amount per serving	% Daily Value	
Calories	60	
Calories from fat	0	
Total Carbohydrate	14 g	5%**
Sugars	12 g	
Vitamin C	7 mg	10%
Calcium	19 mg	2%
Iron	0.1 mg	<1%
Late Season Maple Syrup powder <b>certified organic</b>	12.71 g	*
Lemon Juice crystals <b>certified organic</b>	2.15 g	*
Cayenne pepper powder <b>certified organic</b>	140 mg	*

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

► **Directions** As a dietary supplement, mix 1 scoop of Vibrant Cleanse powder into 8 ounces of warm or cold water and drink. Repeat six to eight times throughout the day. **During the cleanse, you will not eat any solid foods.** Keep out of reach of children. Store in a cool dry place.

**Vibrant Cleanse is available in:**  
**24 Servings**, 360 gm/12.7 oz. powder  
**48 Servings**, 720 gm/25.4 oz. powder  
**Box of 15 Single Serve Packets**, 225 gm/7.94 oz.

### Our Mission **Optimum Health**

To assist through supplemental nutrition the healing of illness and the establishment of optimum health. To design and market the most efficacious Nutritional Food Supplements for the benefit of all men, women and children.

Manufactured for and Distributed by  
**VIBRANT HEALTH**  
 1 Waterview Drive, Shelton, CT 06484  
 Made in the USA since 1992

\*These statements have not been evaluated by the FDA.  
This product is not intended to diagnose, treat, cure or prevent any disease.

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# THE POWDERED Master Cleanse



## The Convenient, Organic Lemonade Diet

- ✓ **Certified Organic Late Season Maple Syrup Powder**
- ✓ **Certified Organic Lemon Juice Crystals**
- ✓ **Certified Organic Cayenne Pepper**



**Look What's Inside**

Vibrant Cleanse provides a broad array of vitamins and minerals concentrated from the flowing early Spring sap of northern Maple trees, and freeze dried organic lemon juice. Reconstituted in water, with a dash of organic cayenne pepper, they provide sustenance as the sole source of nutrition in a lemonade diet intended to take the place of regular meals as a short term liquid fast.\*

## Cleansing Benefits:

- ✓ Eliminates Excess Waste\*
- ✓ Increases Energy Levels\*
- ✓ Strengthens the Immune System\*
- Increases Mental Focus\*
- ✓ Clearer Skin and Shinier Hair\*
- ✓ Leaves you feeling great!

magnesium, manganese, sodium, phosphorus, iron, zinc and copper) plus organic acids utilized in the Krebs (energy producing) cycle inside each cell's mitochondria. These include malic, citric, fumaric and succinic acids. There are also small to trace amounts of B-vitamins. Grade B syrup is darker in color and richer in flavor than syrup made from early flowing sap gathered in the first few days of the maple sugaring season. As time goes on, and the trees' roots have more time to absorb nutrients from the soil, nutrient content of the sap improves and the resultant syrup darkens.\*

## Organic Lemon Juice Crystals

Lemon juice crystals add vitamin C with vitamin A and additional amounts of B-complex vitamins and minerals.\*

## Organic Cayenne Pepper Powder

The Cayenne pepper in Vibrant Cleanse is a tonic to stimulate digestion, elimination and cellular expulsion of waste products.\*

## Why Cleanse?

The purpose of a cleansing fast is to remove metabolic waste and accumulated environmental toxins from the cells of the body. Vibrant Cleanse is intended to dissolve and eliminate cellular waste to preserve youth and elasticity regardless of your years.\*

## How to Cleanse

During the cleanse, **you will not eat any solid foods**. You will drink 6-8 glasses of Vibrant Cleanse per day. You can have unlimited amounts of water, and herbal tea. You can stay on the cleanse for as little as 3 days and with the guidance of a health professional, up to 30 days. A 10 day cleansing fast is common.\*

## Laxative

Complete elimination and cleansing can be accelerated if desired through the use of an effective laxative herb tea (Senna or Smooth Move™) in the morning and/or evening. Most find it more convenient and helpful to drink a gentle laxative tea at night to aid morning elimination.\*

## Salt Water Purge

A thorough cleansing of the gastrointestinal tract can be achieved through the additional use of an internal salt water bath composed of two level teaspoons of non-iodized sea salt dissolved in one quart lukewarm water. The entire quart is to be taken on an empty stomach. Total elimination can be expected within an hour or two, and sometimes even more quickly. Multiple eliminations may occur. The salt water purge will quickly flush toxins released during the fast.\*

When you have finished cleansing you must slowly reintroduce foods.\*

## Day 1

You can drink unlimited amounts of fresh fruit and vegetable juices. It is a good idea to fortify 1 or 2 servings with added Field of Greens or Green Vibrance green food powders.\*

## Day 2

You can have unlimited amounts of fruit and vegetable juices, and warm vegetable broth. Again, fortification with Field of Greens or Green Vibrance enhances replenishment of key nutrients.\*

## Day 3

You may begin eating whole fruits and vegetables and unlimited vegetable broth.\*

## Day 4-10

Now you are ready to introduce other food sources. Vegetables cooked soft, herb teas, fresh vegetable and fruit juices should be used for 5 to 7 days.\*

## Day 11+

Concentrated proteins (i.e. meat, fish and eggs) may be reintroduced in small amounts, increasing the portions gradually over the next 10 days.\*

After successful cleansing you may use Vibrant Cleanse to replace 1 or 2 meals a day for maintenance.\*

## Long term

We suggest you consider modifying your diet to maintain the benefits of the cleanse. A diet absent of grains, with more fruit and vegetables, and less animal protein and fats, will be healthy and invigorating.\*

