

## Supplement Facts

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

| Amount per serving                                         | % Daily Value |
|------------------------------------------------------------|---------------|
| Calories                                                   | 60            |
| Total Carbohydrate                                         | 14 g 5%**     |
| Total Sugars                                               | 12 g *        |
| Vitamin C                                                  | 7 mg 8%       |
| Calcium                                                    | 19 mg 1%      |
| Iron                                                       | 0.1 mg >1%    |
| Late Season Maple Syrup powder<br><b>certified organic</b> | 12.71 g *     |
| Lemon Juice powder <b>certified organic</b>                | 2.15 g *      |
| Cayenne pepper powder<br><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 one (1) scoop of Vibrant Cleanse powder into eight (8) ounces of warm or cold water and drink. Repeat six to eight times throughout the day.

### Master Cleanse with Vibrant Cleanse

Vibrant Cleanse provides a broad array of vitamins and minerals concentrated from the flowing 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.†

**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 force the release and elimination of 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 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.†

**Post Cleanse: Breaking the Cleansing Fast**  
When finishing a cleanse 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 more quickly replenishes key nutrients.†

**Day 3** You may begin eating whole fruits and vegetables and unlimited vegetable broth.†

**Days 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 free of grains, with more fruit and vegetables, and less animal protein and fats, will be healthful and invigorating.†

If you are pregnant, planning to become pregnant, breast feeding, taking any prescription medication, or have a medical condition, consult your physician or healthcare professional before taking this product. Do not exceed recommended dosage. Keep out of reach of children. Store in a cool dry place.

# VIBRANT HEALTH®

# VIBRANT CLEANSE®

*The Powdered Master Cleanse*

Late season maple  
syrup, lemon juice,  
and cayenne pepper

Version 1.1

Net Wt. 360 grams (12.7 oz.)

DAIRY FREE • GLUTEN FREE • NON-GMO • SOY FREE

**24 SERVINGS** Drink Powder  
DIETARY SUPPLEMENT



Mfg. for & Dist. by  
Vibrant Health  
Shelton, CT 06484  
1-800-242-1835  
vibranthealth.com

MADE IN THE USA SINCE 1992

WITH WORLDWIDE  
INGREDIENTS

#stayvibrant f @

Certified Organic by QAI



PLEASE RECYCLE  
THIS CONTAINER

VC-01\_10394



Look What's Inside

No Proprietary Blends | Full Disclosure Labeling

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.