



VIBRANT CLEANSE®

The Powdered Master Cleanse

The Convenient,
Organic Lemonade Diet

WHERE SCIENCE & NATURE MEET
VIBRANT HEALTH®

FULL DISCLOSURE LABEL | NO PROPRIETARY BLENDS

Supplement Facts

Serv. Size 1 packet (15g) Serv. per container 15

	Amount per serving	% DV
Calories	59	
Calories from fat	2	
Total Carbohydrate	14 g	5%
Sugars	12 g	
Vitamin C	6.6 mg	11%
Calcium	19.35 mg	2%
Iron	0.1 mg	<1%
Grade B Maple Syrup powder (certified organic)	12.71 g	*
Lemon Juice crystals (certified organic)	2.15 g	*
Cayenne pepper powder (certified organic)	140 mg	*

*Daily value not established

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*Formulated by Mark Timon,
Founder, Vibrant Health
MS Clinical Nutrition

Manufactured for & Distributed by:
Vibrant Health, Canaan, CT 06018
1-800-242-1835 www.vibranthealth.us
MADE IN THE USA SINCE 1992
Certified Organic by QAI



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The Convenient,
Organic Lemonade Diet

VIBRANT CLEANSE®

The Powdered Master Cleanse

Certified Organic
Grade B Maple Syrup Powder
Lemon Juice Crystals
and Cayenne Pepper

15 SINGLE SERVING PACKETS
GLUTEN FREE
Net Wt. 225 grams (7.94 oz.)
DIETARY SUPPLEMENT
CLINICALLY FORMULATED*



LOOK WHAT'S INSIDE

3 Ingredient Formula

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3 Ingredient
Formula

TRUTH TRUST TRANSPARENCY™

► Master Cleanse with Vibrant Cleanse

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.*

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 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.*

Directions As a dietary supplement, mix 1 packet of Vibrant Cleanse powder into 8 ounces of warm or cold water and drink. Repeat six to eight times throughout the day. Keep out of reach of children. Store in a cool dry place.

*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.

► **Post Cleanse: Breaking the Cleansing 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.

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 absent of grains, with more fruit and vegetables, and less animal protein and fats, will be healthy and invigorating.

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Grade B Maple Syrup Powder
Lemon Juice Crystals
and Cayenne Pepper

15 SINGLE SERVING PACKETS