

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.*



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 enhances more quickly replenishes

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

► 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.*

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. 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. Keep out of reach of children. Store in a cool dry place.

VIBRANT HEALTH®

The Convenient,
Organic Lemonade Diet

VIBRANT CLEANSE®
The Powdered Master Cleanse

Certified Organic
Late Season Maple Syrup Powder
Lemon Juice Crystals
and Cayenne Pepper

GLUTEN FREE • NON-GMO • SOY FREE • DAIRY FREE
15 TO GO PACKETS Drink Powder
DIETARY SUPPLEMENT Net Wt. 225 grams (7.94 oz.)



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Supplement Facts

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

Amount per serving	% DV
Calories	60
Calories from fat	0
Total Carbohydrate	14 g 5%**
Sugars	12 g
Vitamin C	7 mg 11%
Calcium	19 mg 2%
Iron	0.1 mg <1%
Late Season Maple Syrup powder	12.71 g *
certified organic	
Lemon Juice crystals certified organic	2.15 g *
Cayenne pepper powder	140 mg *
certified organic	

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

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

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*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.

Look What's Inside

Full Disclosure Labeling

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No Proprietary Blends