

Bowel Cleansing, Toning and Energizing Supplements

Experience

A 100% natural digestive support formula for cleansing the bowels, removing fat and promoting regularity

- Most effective when used as tea - empty 1 ~ 2 capsule(s) into a cup of pre-heated warm water, 2 teaspoons of Harmony or 1 teaspoon of molasses may be added.
- Start with one capsule daily for the first 3 days @ bedtime or 30-60 minutes after a meal if sensitive stomach.
- Increase to 2 capsules if you find 1 is not sufficient (2 ~ 4 capsules per day are usually sufficient).
- The amount required may vary depending on size of person and condition of bowels. Be observant of your results.
- Do not take experience at the same time as medication. Take 3 ~ 4 hours after medication.
- Avoid intake of salt, caffeine and carbonated beverages for optimal results.
- Drink 8 ~ 10 glasses of water per day to achieve best results.

Harmony

Natural food for balancing body chemistry, strengthening your immune system, increasing energy and for overall well-being

- Take 2 ~ 3 teaspoons, 1 ~ 2 times daily
- For best results, take by itself on an empty stomach. Take in cold water or in pre-heated warm water as a tea.

Clear

An organic supplement designed to rid your body of unhealthy organisms

- Take Experience and Harmony 1 week before taking clear if sensitive digestion, otherwise use all three supplements simultaneously on the same day.
- Take 1 capsule daily for the first week, 2 capsules daily for the next 6 ~ 12 months and 1 ~ 2 capsules daily as maintenance after that.
- Take capsules with 1 ~ 2 glasses of water, first thing in the morning, 1 hour first meal (note: take 1 capsule if 2 are too strong).
- Also effective for getting rid of cold and flu viruses. Swallow 1 capsule every 4 hours during the onset of a cold or flu.
- Take Clear in the morning and Experience in the evening for best results.

Important Note: If you have any questions concerning these instructions, please do not hesitate to contact your provider or visit the retail site at: vitalcleanse.awarenesslife.com



Pure Trim Shake Recipe

3 Cup Protein Shake Recipe (use glass blender if possible, easier to clean)

½ a banana or 1 whole banana (drink a glass of water after)

1 half a pack of Pure Trim

2 cups of water

2 oz of unsweetened almond milk or goat's milk

(Optional: 4-6 oz of strawberries, blueberries or pineapples)

Synergy Pro-Biotic Capsules

Take one capsule with a glass of water before or during your largest meal of the day. This adds more good bacteria in your intestine so it will aid in your digestion and help absorb your food better. Also this helps increase your immune system.

Daily Complete

Take one or half an ounce during or after a meal. Shake well before use. You can also mix with other organic unpasteurized juices or water to dilute it if you don't like it thick. Also always drink a glass of water after. Refrigerate after opening.

Pure Trim Truffles

Eat 1 Truffle with a full glass of water once or twice daily or anytime you feel hungry between meals and anytime you feel a craving coming on. Do not exceed 4 Truffles a day.