

# VIVRI<sup>®</sup> CHALLENGE

INTERMITTENT FASTING



# THE SCIENCE OF INTERMITTENT FASTING

*Imagine that your body  
has a 'switch'  
to accelerate the  
mechanism by which  
your cells repair,  
regenerate and  
multiply.*

**Would you  
turn it on?**

---



# INTERMITTENT FASTING

## AND AUTOPHAGY

### **AUTOPHAGY >>>**

### **CELLULAR REGENERATION**

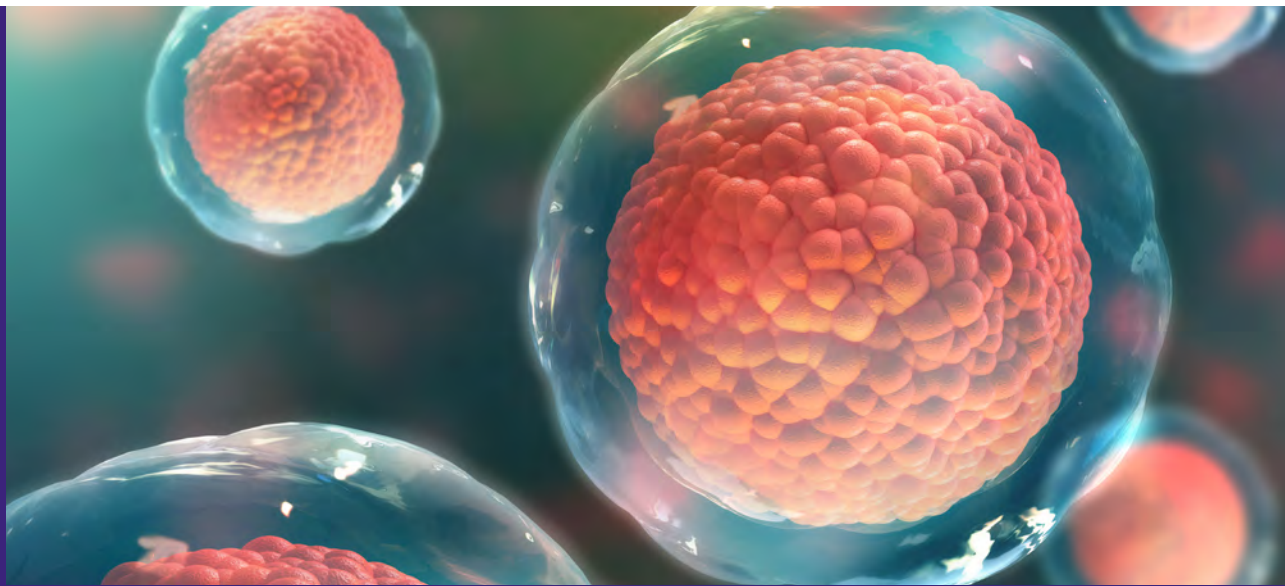
In 2016, Dr. Yoshinori Ohsumi won the world's most prestigious award, the *Nobel Prize in Medicine*, for discovering the amazing mechanism of Autophagy.<sup>1</sup> This discovery is so valuable that it is considered one of the most important of the century in nutrition and health.

### **AUTOPHAGY >>>**

### **CELLULAR REGENERATION >>>**

### **CELLULAR LONGEVITY**

As the Autophagy process is activated in your body, cell regeneration and the life expectancy of your cells *-and yours!-* increases. Specifically, Autophagy is a natural cellular process that allows cells to self-repair, self-regenerate and generate new cells using their useless parts as a natural source of energy. The etymology of the name of the process tells us a lot, “auto” meaning “self” and “phagia” meaning “eating”; which is why intermittent fasting is the ideal way to turn on the switch.



# INTERMITTENT FASTING:

## AUTOPHAGY'S BEST FRIEND



## INTERMITTENT FASTING >>> AUTOPHAGY

The wonderful process of accelerated autophagy is activated in a safe, healthy and scientifically proven way, through Intermittent Fasting 8:16 –*putting all your meals of the day in a consecutive eating window of 8 hours; leaving 16 hours of fasting to accelerate autophagy in your cells.* It is proven that autophagy accelerates between 12 and 14 hours of fasting, because at that moment the cells have already used up the calories they received before fasting and are forced to look for another source of “fuel”, which in turn accelerates autophagy.<sup>2</sup>

---

# INTERMITTENT FASTING

## THE BEST WAY TO FAST

Intermittent Fasting has a great advantage over prolonged fasting.<sup>3</sup> It is one hundred percent healthy and sustainable on the long term because it allows you to start a new period of healthy eating every day, once the useless components of the cells have been used as energy (or rather, “reused”, that is, used and eliminated).

Having a new daily eating period, as long as 8 hours, gives you peace of mind, plenty of energy to lead a fully active lifestyle –*even suitable for high-performance athletes*– and provides you with new nutrients for your cells to continue performing their normal functions.



## RECOGNITION AND BENEFITS THAT MERIT THE NOBEL PRIZE IN MEDICINE<sup>4</sup>

The scientific community notes:

“Autophagy **controls important physiological functions** where cellular components need to be degraded and recycled.”

“Autophagy can rapidly provide fuel for energy and building blocks for the **renewal of cellular components** and is therefore essential for the cellular response to hunger and other types of stress.”

“After infection, autophagy **can eliminate** invading intracellular bacteria and viruses.”

“**Autophagy contributes to embryonic development** and cell differentiation.”

“Cells also use autophagy to remove damaged proteins and organelles, a quality control mechanism that is essential to **counteract the negative consequences of aging.**”

“**Healthy autophagy has been associated with prolonging the onset of Parkinson’s, type 2 diabetes,** and other disorders that appear in older people.”

“Scientists are studying the ways in which **autophagy prolongs the arrival of mutations in genes** that can cause genetic diseases.”



# INTERMITTENT FASTING: SURPRISING EVEN BEYOND AUTOPHAGY

Numerous studies have shown that in addition to supporting Autophagy, *Intermittent Fasting supports brain and body health in the following ways:*

## **SECRETION OF HUMAN GROWTH HORMONE.**

Several studies have found that intermittent fasting could significantly increase human growth hormone (HGH) levels. This hormone is essential for longevity and for many aspects of health, including metabolism, weight loss and muscle strength.<sup>5</sup>

## **WEIGHT CONTROL**

Not only does restricting caloric intake to a few hours a day help reduce calorie intake, studies also show that intermittent fasting can stimulate metabolism and increase weight loss.<sup>6</sup>

## **CARDIOVASCULAR HEALTH**

Studies of the effects of long term intermittent fasting on blood pressure and lipid profile have revealed that fasting can reduce the levels of LDL (bad) cholesterol and triglycerides in the blood by 25% and 32% respectively.<sup>7</sup>

## **IMMUNE SYSTEM AND INFLAMMATION.**

Studies have shown that intermittent fasting for a month can support the immune system and help decrease inflammatory markers (by suppressing the expression of pro-inflammatory cytokines).<sup>8</sup>

## **SUGAR IN THE BLOOD.**

According to a study in people with type 2 diabetes, short-term intermittent fasting (up to 8 hours a day) significantly lowered blood sugar levels, allowing fasting insulin levels to be reduced by up to 30%.<sup>9</sup>

## **RESISTANCE TO OXIDATIVE STRESS.**

When our organs respond to intermittent fasting, oxidative stress is decreased and the restoration of homeostasis, which is a state of balance in cells, is supported.<sup>10</sup>

## **IMPROVEMENT IN THE QUALITY OF SLEEP.**

Avoiding food consumption at night supports the biological clock, promoting physiological processes to take place at the optimal times, facilitating deep sleep.<sup>11</sup>

<sup>1</sup> Levine B, Klionsky DJ. Autophagy wins the 2016 Nobel Prize in Physiology or Medicine: Breakthroughs in baker's yeast fuel advances in biomedical research. *Proc Natl Acad Sci U S A*. 2017;114(2):201-205. doi:10.1073/pnas.1619876114

<sup>2</sup> Jamshed H.;Beyl A.B.;Della Manna D.L.; et.al. Early time-restricted feeding improves 24-hour glucose levels and affects markers of the circadian clock, aging, and autophagy in humans. *Nutrients*. 2019 May; 11: 1234. doi:10.3390/nu11061234

<sup>3</sup> The duration of the 'long fasting' varies; for example 1 whole day, several days or even several weeks.

<sup>4</sup> Press release. NobelPrize.org. Nobel Media AB 2020. Mon. 5 Oct 2020. <<https://www.nobelprize.org/prizes/medicine/2016/press-release/>>

<sup>5</sup> Salgin B, Marcovecchio ML, Hill N, Dunger DB, Frystyk J. The effect of prolonged fasting on levels of growth hormone-binding protein and free growth hormone. *Growth Horm IGF Res*. 2012 Apr;22(2):76-81. doi: 10.1016/j.ghir.2012.02.003.

<sup>6</sup> Byrne NM, Sainsbury A, King NA, Hills AP, Wood RE. Intermittent energy restriction improves weight loss efficiency in obese men: the MATADOR study. *Int J Obes (Lond)*. 2018;42(2):129-138. doi:10.1038/s41325-017-206

<sup>7</sup> Beleslin B, Cirić J, Zarković M, et al. The effects of three-week fasting diet on blood pressure, lipid profile and glucoregulation in extremely obese patients. *Srp Arh Celok Lek*. 2007 Jul-Aug;135(7-8):440-6. Serbian. doi: 10.2298/sarh0708440b.

<sup>8</sup> Faris MA, Kacimi S, Al-Kurd RA, et al. Intermittent fasting during Ramadan attenuates proinflammatory cytokines and immune cells in healthy subjects. *Nutr Res*. 2012 Dec;32(12):947-55. doi: 10.1016/j.nutres.2012.06.021.

<sup>9</sup> Arnason TG, Bowen MW, Mansell KD. Effects of intermittent fasting on health markers in those with type 2 diabetes: A pilot study. *World J Diabetes*. 2017;8(4):154-164. doi:10.4239/wjd.v8.i4.154

<sup>10</sup> Dan L. Longo. Effects of Intermittent Fasting on health, aging and disease. *N Engl J Med* [2019] 381;26

<sup>11</sup> Patterson R.E.; Laughlin G.A.; et al. Intermittent fasting and human metabolic health. *J Acad Nutr Diet*. 2015 Aug; 115(8): 1203-1212.

# WHAT HAPPENS TO THE BODY DURING FASTING



## Brain:

- Reduction of inflammation.<sup>1</sup>
- Acceleration of metabolizing nutrients.<sup>2</sup>
- Improved quality of sleep.<sup>3,4</sup>



## Heart:

- Decreased blood pressure.<sup>5</sup>
- Heart rhythm regulation.<sup>5,6</sup>



## Liver:

- Improved insulin control.<sup>5,7</sup>
- Control of glucose levels.<sup>4,7</sup>



## Bowels:

- Improved energy use.<sup>2</sup>
- Reduction of inflammation.<sup>1</sup>



## Body mass:

- Use of fat reserves in the body.<sup>2</sup>
- Reduction of inflammation in muscles.<sup>1</sup>
- Increase in the efficiency of energy use.<sup>2</sup>

## Referencias

<sup>1</sup> Faris MA, Kacimi S, Al-Kurd RA, et al. Intermittent fasting during Ramadan attenuates proinflammatory cytokines and immune cells in healthy subjects. *Nutr Res*. 2012 Dec;32(12):947-55. doi: 10.1016/j.nutres.2012.06.021.

<sup>2</sup> Byrne NM, Sainsbury A, King NA, Hills AP, Wood RE. Intermittent energy restriction improves weight loss efficiency in obese men: the MATADOR study. *Int J Obes (Lond)*. 2018;42(2):129-138. doi:10.1038/ijo.2017.206

<sup>3</sup> Patterson R.E., Laughlin G.A.; et al. Intermittent fasting and human metabolic health. *J Acad Nutr Diet*. 2015 Aug; 115(8): 1203-1212.

<sup>4</sup> Jamshed H.; Beyl A.B.; Della Manna D.L.; et al. Early time-restricted feeding improves 24-hour glucose levels and affects markers of the circadian clock, aging, and autophagy in humans. *Nutrients*. 2019 May; 11: 1234. doi:10.3390/nu11061234

<sup>5</sup> Sutton E.F.; Beyl R.; Early K.S.; et al. Early time-restricted feeding improves insulin sensitivity, blood pressure, and oxidative stress even without weight loss in men with prediabetes. *Cell Metabolism*. 2018 Jun; 27: 1212-1221. doi.org/10.1016/j.cmet.2018.04.010

<sup>6</sup> Beleslin B, Cirić J, Zarković M, et al. The effects of three-week fasting diet on blood pressure, lipid profile and gluco-regulation in extremely obese patients. *Srp Arh Celok Lek*. 2007 Jul-Aug;135(7-8):440-6. Serbian. doi: 10.2298/sarh0708440b.

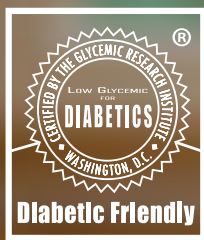
<sup>7</sup> Arnason TG, Bowen MW, Mansell KD. Effects of intermittent fasting on health markers in those with type 2 diabetes: A pilot study. *World J Diabetes*. 2017;8(4):154-164. doi:10.4239/wjd.v8.i4.154

**VIVRI  
FASTING**



**ABSOLUTELY  
SUPERIOR**

**ESSENTIAL NUTRITION SYSTEM  
FORMULATED BY HARVARD UNIVERSITY  
AND STANFORD UNIVERSITY GRADUATES,  
MADE IN THE USA TO THE HIGHEST  
WORLDWIDE QUALITY STANDARDS:**



\*Check the corresponding certifications of each product in your country on the back of the packaging.

# VIVRI FASTING

VIVRI Fasting is the easiest, most practical and effective way to obtain the benefits of intermittent fasting. It will be an exciting way to improve your eating decisions and take your best version to the next level. With VIVRI Fasting you get the most unique Essential Nutrition System in the world, designed with a format that adapts to your lifestyle and that you can share with family and friends.

## EXAMPLES OF 8 HOUR EATING WINDOW

From 12 pm to 8 pm

From 10 am to 6 pm

From 8 am to 4 pm



# DETAILED EXAMPLE

WITH EATING WINDOW FROM 12 PM TO 8 PM



Fast! Water + Unsweetened tea + Calorie-free drinks (they don't break the fast)



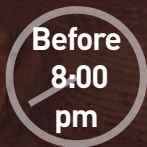
Break-fast with **Shake Me!** + **Power Me!** to your taste (optional fruit)



**Healthy Food** with VIVRI Plate + **Cleanse Me!**



Healthy Snack (+ **Cleanse Me!** optional)



Dinner Salad + **VIVRI Soups** or **Shake Me!**



## RECOMMENDATIONS



Make your meals based on the VIVRI Plate



Drink 8 glasses of water during the day



Do at least 30 minutes of exercise a day



Check out the recommended recipes

- Avoid alcoholic beverages
- Follow the VIVRI Essential Nutrition System
- Get support from your Leader

# FREQUENTLY ASKED QUESTIONS

## VIVRI FASTING

### 1. Who can do intermittent fasting?

Any healthy adult can do intermittent fasting. However, a health professional should be consulted before beginning any change in the diet, especially for pregnant or lactating women, people who take medication or have any health problems in general.

### 2. How is this different from the VIVRI Challenge?

In the VIVRI Challenge, Essential Nutrition is obtained at the traditional breakfast, lunch and dinner hours. In VIVRI Fasting the same Essential Nutrition is received for a more compact period of time (8 continuous hours). It is up to each person, and the recommendation of their health professional, to choose which option best suits their lifestyle.

### 3. Is it better than the Keto diet?

Yes, the scientific community ranks the Keto diet as the least healthy diet that exists and warns that it can cause serious damage to your health. In addition, the Keto diet statistically increases the percentage of body fat even in those who lose weight; and generates weight-regain. On the other hand, intermittent fasting is considered safe and sustainable in the short, medium and long term by the medical community since it includes all the essential nutrients in a balanced way, with three meals a day. Furthermore, it is much easier and more practical to follow, and it does not generate weight-regain.

### 4. What can you eat during the fasting period?

It is recommended to maintain good hydration, mainly with natural water. You can also incorporate other natural drinks without calories, such as your favorite natural teas or black coffee (unsweetened and without milk in all cases).

### 5. Is there a calorie limit during the meal period?

It is recommended not to exceed 2,000 calories, or the calories you burn daily according to your activity rhythm, and always follow the VIVRI Fasting Guide.

### 6. Are there foods that are not recommended during the meal period?

Follow your VIVRI Fasting Guide to learn about the most (and least) recommended foods.

### 7. What happens if I go over the suggested schedule?

If this happens, you should reset your schedule, first complying with the 16-hour fast and then cutting short the next meal period. For example, if your normal lunch period

is from 12 pm to 8 pm, but you had dinner one day an hour later (9:00 pm), then have your breakfast an hour later the next day (at 1 pm) and follow your meals until 8:00 pm, which is an irregular period of 7 hours (instead of 8) that allows you to reestablish your Intermittent Fasting schedule.

### **8. If I have a social event?**

Our recommendation is that, for special occasions, you break the fast to participate and enjoy the meal with your family or friends. The important thing is to reset your schedule the next day, as outlined in the previous answer, and not to abandon your long-term plan for just one “free” day!

### **9. Isn't skipping breakfast considered unhealthy?**

Yes, simply skipping breakfast is considered unhealthy, and it frequently results in overeating and eating poor quality foods, as well as slowing down your metabolism. However, in VIVRI Fasting you do not skip any meal of the day. You simply have your three meals (breakfast, lunch and dinner) within the 8-hour period, obtaining all the nutrients that your body needs. Thereby leaving enough time for Autophagy (a discovery that resulted in the 2016 Nobel Prize in Medicine). Think about it, when you break the fast with your Shake Me!, regardless of what time it is, you are literally going to break-fast.

### **10. Can I exercise while fasting?**

Yes. An advantage of exercising in the fasting period is that stored carbohydrates, known as glycogen, are likely to be depleted, so you will burn fat to fuel your workout. If you start to feel weak or dizzy, you may have low blood sugar or be dehydrated. Opt for a calorie-free electrolyte drink with no added sugars and no artificial sweeteners. Remember to listen to your body.

### **11. Why don't calorie-free drinks break the fast?**

These drinks do not provide any calories and therefore do not activate the metabolism.

### **11. Who can I direct my additional questions to?**

Direct your additional questions to a VIVRI representative by writing to: [intermittentfasting@vivri.com](mailto:intermittentfasting@vivri.com) or contacting them through our social networks.

**Now you are ready to become the best version of yourself!**

Intermittent Fasting is based on a diet with structured periods of food and fasting, supervised by a health professional. Due to their quality, VIVRI products can be adapted to Intermittent Fasting or any healthy lifestyle.

\*This material is for exclusive use in the U.S. These statements have not been evaluated by the FDA.

VIVRI® products are not intended to cure, diagnose, treat, or prevent any disease.

VIVRI® products must be part of a healthy lifestyle, that includes sleeping, workout and good nutrition, with adequate fruits and vegetables.

# FREQUENTLY ASKED QUESTIONS

## VIVRI FASTING

### 1. Who can do intermittent fasting?

Any healthy adult can do intermittent fasting. However, a health professional should be consulted before beginning any change in the diet, especially for pregnant or lactating women, people who take medication or have any health problems in general.

### 2. How is this different from the VIVRI Challenge?

In the VIVRI Challenge, Essential Nutrition is obtained at the traditional breakfast, lunch and dinner hours. In VIVRI Fasting the same Essential Nutrition is received for a more compact period of time (8 continuous hours). It is up to each person, and the recommendation of their health professional, to choose which option best suits their lifestyle.

### 3. Is it better than the Keto diet?

Yes, the scientific community ranks the Keto diet as the least healthy diet that exists and warns that it can cause serious damage to your health. In addition, the Keto diet statistically increases the percentage of body fat even in those who lose weight; and generates weight-regain. On the other hand, intermittent fasting is considered safe and sustainable in the short, medium and long term by the medical community since it includes all the essential nutrients in a balanced way, with three meals a day. Furthermore, it is much easier and more practical to follow, and it does not generate weight-regain.

### 4. What can you eat during the fasting period?

It is recommended to maintain good hydration, mainly with natural water. You can also incorporate other natural drinks without calories, such as your favorite natural teas or black coffee (unsweetened and without milk in all cases).

### 5. Is there a calorie limit during the meal period?

It is recommended not to exceed 2,000 calories, or the calories you burn daily according to your activity rhythm, and always follow the VIVRI Fasting Guide.

### 6. Are there foods that are not recommended during the meal period?

Follow your VIVRI Fasting Guide to learn about the most (and least) recommended foods.

## **7. What happens if I go over the suggested schedule?**

If this happens, you should reset your schedule, first complying with the 16-hour fast and then cutting short the next meal period. For example, if your normal lunch period is from 12 pm to 8 pm, but you had dinner one day an hour later (9:00 pm), then have your breakfast an hour later the next day (at 1 pm) and follow your meals until 8:00 pm, which is an irregular period of 7 hours (instead of 8) that allows you to reestablish your Intermittent Fasting schedule.

## **8. If I have a social event?**

Our recommendation is that, for special occasions, you break the fast to participate and enjoy the meal with your family or friends. The important thing is to reset your schedule the next day, as outlined in the previous answer, and not to abandon your long-term plan for just one “free” day!

## **9. Isn't skipping breakfast considered unhealthy?**

Yes, simply skipping breakfast is considered unhealthy, and it frequently results in overeating and eating poor quality foods, as well as slowing down your metabolism. However, in VIVRI Fasting you do not skip any meal of the day. You simply have your three meals (breakfast, lunch and dinner) within the 8-hour period, obtaining all the nutrients that your body needs. Thereby leaving enough time for Autophagy (a discovery that resulted in the 2016 Nobel Prize in Medicine). Think about it, when you break the fast with your Shake Me!, regardless of what time it is, you are literally going to break-fast.

## **10. Can I exercise while fasting?**

Yes. An advantage of exercising in the fasting period is that stored carbohydrates, known as glycogen, are likely to be depleted, so you will burn fat to fuel your workout. If you start to feel weak or dizzy, you may have low blood sugar or be dehydrated. Opt for a calorie-free electrolyte drink with no added sugars and no artificial sweeteners. Remember to listen to your body.

## **11. Why don't calorie-free drinks break the fast?**

These drinks do not provide any calories and therefore do not activate the metabolism.

## **12. Who can I direct my additional questions to?**

Direct your additional questions to a VIVRI representative by writing to: [intermittentfasting@vivri.com](mailto:intermittentfasting@vivri.com) or contacting them through our social networks.

**Now you are ready to become the best version of yourself!**

# PRODUCT, RECIPE AND TIP GUIDE



# ESSENTIAL NUTRITION

With VIVRI products, you get 100% of the required daily nutrients for a meal.\*

## MICRO NUTRIENTS

- ✔ Vitamins
- ✔ Minerals

**=1%** of required nutrients

THERE ARE TWO TYPES OF ESSENTIAL NUTRIENTS:

## MACRO NUTRIENTS

- ✔ Proteins
- ✔ Carbohydrates
- ✔ Healthy Fats

**=99%** of required nutrients

\*In accordance with the parameters established by the US Food and Drug Administration for a diet of 2000 calories per day. It is not recommended to replace all meals.

# VIVRI<sup>®</sup> PRODUCTS



**Shake Me!**  
CHOCOLATE  
DELIGHT<sup>®</sup>  
DELEITE  
DE CHOCOLATE

Complete Meal Replacement  
Sustituto Completo de Comida



SHAKE ME!®



This material is for exclusive use in the U.S.

# CONTAINS



45 Essential Nutrients<sup>(1)</sup>

45

All Macro and Micro Essential Nutrients



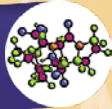
23 Essential Vitamins and Minerals

23

22 g Premium Protein<sup>(2)(3)</sup>

22

All Essential Amino Acids



Gluten-Free (<20 ppm)

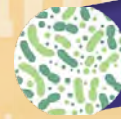


8 Vegetables

spinach, kale, Brussel, sprouts, broccoli sprouts, broccoli, carrot, onion and tomato

8

Prebiotics<sup>(4)</sup>



B+

Vitamins B6, B12, Biotin and Antioxidants

3y6

Omega 3 and 6



Folic Acid

5

5 g Fiber<sup>(3)</sup>



Natural Sweetener



Nutrients that Boost the Immune System

## PROMOTES<sup>(5)</sup>



Weight Management



Muscle Mass Maintenance



Appetite Control



Satiety and Portion Control

## CERTIFICATIONS<sup>(6)</sup>



**All of the Good, None of the Bad!** Try the delicious varieties of Shake Me! with:

- ✓ Natural Ingredients
- ✓ No Added Sugar

- ✓ No Artificial Flavoring
- ✓ No Preservatives

- ✓ Low Glycemic Index
- ✓ Gluten-Free Certified

- ✓ Non-GMO Ingredients
- ✓ No Artificial Colors

- ✓ No Artificial Sweeteners
- ✓ No Added Hormones

- ✓ Vegetarian
- ✓ Vegan

Check the individual label for the nutritional content of each product. For further information, contact your trusted LIV or your VIVRI supplier.

# EASY HEALTHY AND DELICIOUS



**Chocolate  
Delight**

**Vanilla  
Extravaganza**

**Strawberry  
Sensation**

**Cookies  
& Cream**

**Chocolate  
Fusion**

(1) Shake Me! contains 45 essential nutrients that integrally strengthen your body to do any activity and lead even the most demanding lifestyle.

(2) VIVRI's Proprietary Triple Protein Blend provides a combination of protein from premium international quality sources: 50% non-GMO pea protein and a 50% mix from no-added hormones milk isolate protein and no-added hormones premium whey protein.

(3) Data shown in Shake Me! Chocolate Delight.

(4) Substances that stimulate the growth of healthy bacteria, helping produce digestive enzymes that have favorable effects on the intestinal flora.

(5) This material is for exclusive use in the U.S. 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.

(6) Certifications may vary from product to product.

**POWER ME!®**



# CONTAINS



**Green Tea**  
(Polyphenols - EGCG)<sup>(1)</sup>



**Guarana Seed Extract**



**Yerba Mate Extract**



**B Complex:**  
B1, B2, B3, B5, B6, B12<sup>(2)</sup>



**Natural Sweetener**



**Kosher Certification**



**Naturally Gluten-Free**

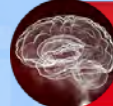


**B+**

**Biotin**



**Vegan Certification**



**Caffeine that stimulates your brain**



**With Natural Fruit and Vegetables Extracts**



**Energy from Natural Sources**

## PROMOTES<sup>(3)</sup>



Fat Burning



Natural Energy



Protection Against Oxidative Stress

## CERTIFICATIONS<sup>(4)</sup>



**All of the Good, None of the Bad!** Try the delicious varieties of Power Me! with:

- ✓ Natural Ingredients
- ✓ Vegetarian
- ✓ No Added Hormones
- ✓ Non-GMO Ingredients
- ✓ No Artificial Sweeteners
- ✓ No Preservatives
- ✓ Vegan
- ✓ Gluten-Free Certified
- ✓ No Artificial Colors
- ✓ Natural Flavors

Check the individual label of each product for its nutritional information and certifications. For further information, you can contact your trusted LIV or your VIVRI supplier at any time.

# YOUR ANTIOXIDANT STRENGTH



Caffe Latte

Fruit Punch

Orange - Mango

(1) Contains the same amount of EGCG antioxidants as a cup of green tea.

(2) Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine), B12 (Cyanocobalamin).

(3) This material is for exclusive use in the U.S. 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.

(4) Certifications may vary from product to product.

CLEANSE ME!®



This material is for exclusive use in the U.S.

# CONTAINS

- Aloe Vera**
- Prickly Pear Fiber**
- 3 g of Fiber**
- Low-Calories**
- With Natural Fruit and Vegetable Extracts**
- Natural digestive**
- Prebiotics<sup>TM</sup>**
- Kosher Certification**
- Natural Sweetener**
- Vegan Certification**
- Gluten-Free (<20 ppm)**

## PROMOTES<sup>(2)</sup>



Intestinal Flare and Digestive Balance



Maintenance of a Healthy Metabolism



Nourishes Good Bacteria

## CERTIFICATIONS



## All of the Good, None of the Bad! Try the delicious varieties of Cleanse Me! with:

- ✓ Natural Ingredients
- ✓ No Preservatives
- ✓ Vegetarian
- ✓ Vegan
- ✓ Free of Hormones
- ✓ Gluten-Free Certified
- ✓ Non-GMO Ingredients
- ✓ No Artificial Colors
- ✓ No Artificial Sweeteners
- ✓ Natural Flavors
- ✓ No Added Sugar

Check the individual label of each product for its nutritional information and certifications. For further information, you can contact your trusted LIV or your VIVRI supplier at any time.

# YOUR NATURAL BALANCE



*Jamaica Hibiscus*



*Pineapple - Orange*



*Lime Lemon Chia*

(1) Substances that stimulate the growth of healthy bacteria, helping produce digestive enzymes that have favorable effects on the intestinal flora.

(2) This material is for exclusive use in the U.S. 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.

The ingredients contain: Fibersym® RW, Fibersol®-2, Fibregum™ and ACTiValoe®

# QUICK AND EASY TO PREPARE



**Step 1:**  
Fill the Shaker halfway  
with cold or room  
temperature water.  
Add ice, if desired.



3 Scoops



1 Scoop



1 Scoop



**Step 3:**  
Shake! And enjoy!

**Step 2:**  
Add the appropriate  
amount of product  
indicated on the pouch.

It is important to follow these preparation instructions to make sure the product is mixed well.

# MY VIVRI<sup>®</sup> PLATE



# MY VIVRI PLATE

## HEALTHY OILS



Minimize or eliminate oils. When cooking or on salads, use only healthy oils such as olive, coconut, canola, avocado or sunflower. Each tablespoon of oil contains approximately 120 calories. Avoid butter and trans fats.

## VEGETABLES

Main component of a healthy diet. The greater the quantity and variety of vegetables you eat, the better. Avoid vegetables high in starch, such as potatoes. Consume in small quantities only.

## FRUITS

Take your daily serving of fruit and avoid those high in sugar. Variety matters.



Create your own healthy meals with the VIVRI Plate.  
For best results, follow these guidelines:



## WATER

Drink 8 glasses of water a day. Coffee, tea or mineral water are allowed without added sugar. Avoid sugary and/or artificially sweetened drinks, including sodas and juices.

## WHOLE GRAIN

Consume whole grains such as brown rice, whole-wheat bread and wheat pasta. Avoid refined grains such as white rice and white bread.

## HEALTHY PROTEIN

Choose legumes, fish and poultry; limit red meat; avoid cold cuts and other processed meats.



# SUGGESTED FOOD LIST

This is only a guide where we suggest foods high in nutrients and low in sugar and fat.



## PROTEINS



GO!

**Poultry:** skinless chicken, turkey, whole eggs (2 maximum)\*, wild poultry.

**Fish:** anchovies, sea bass, catfish, cod, halibut, haddock, hake, mahi-mahi, pike, perch, red snapper, shark, mackerel, flounder, swordfish, tilapia, fresh tuna, trout, turbot, walleye and wild salmon.

**Vegetables:** green peas, lentils, beans (except when fried with oil), bee pollen, spirulina, soy and tofu.

**Pork:** lean cooked ham and pork loins.

**Seafood:** crabs, clams, mussels, shrimp, prawns, scallops (4 large ones) and squid. **Other:** bison, deer, elk and ostrich.

\*Quantity suggested to limit cholesterol.

⊗ **STOP!**

Processed beef and pork meats like ham, sausage and bacon. Anything fried or breaded. Try to avoid or minimize the consumption of lactose products high in fat such as milk, cheese and creams.

## VEGETABLES

✔ **GO!**

Seaweed, alfalfa, asparagus, arugula, broccoli, bean sprouts, cauliflower, celery, chicory, cabbage, watercress, cucumbers, fennel, green onions, peppers, kale, leeks, mushrooms, okra, onions, radish, spinach, chard, turnip, zucchini, brussels sprouts, eggplant, hearts of palm, kohlrabi, peas, tomatoes, carrots, pumpkins and jicama.

⊗ **STOP!**

Potatoes and beets.

## FRUITS

✔ **GO!**

Apples, pears, kiwis, pineapples, watermelons, cantaloupes, papaya, peaches, guavas, tomatoes and avocado (in small amounts).

⊗ **STOP!**

Oranges, grapefruit and mango.

## GRAINS, FLOUR AND CEREALS

✔ **GO!**

Brown rice, wheat pasta, quinoa and amaranth.

⊗ **STOP!**

White rice and white pasta, white bread and refined flours.

# OILS

- ✔ **GO!**  
Use only sporadically in small amounts or spray-canned: extra virgin olive oil, canola oil, flaxseed oil, coconut oil, sunflower oil and avocado oil.
- ✘ **STOP!**  
Butter, margarine, mayonnaise, high fat dressings and nuts (only small amounts).

# BEVERAGES

- ✔ **GO!**  
Natural water, water prepared with fresh fruit, mineral water, tea or coffee without adding sugar. You can drink Cleanse Me! (dissolve in the desired amount of water, up to two times per day).
- ✘ **STOP!**  
Alcohol, fruit juices and sodas (including low caloric ones).

# SWEETENERS

- ✔ **GO!**  
Stevia.
- ✘ **STOP!**  
Artificial sweeteners, refined sugar, high fructose corn syrup and evaporated cane juice.  
**Our main recommendation is to limit all types of sweeteners.**

# CONDIMENTS

- ✔ **GO!**  
Use natural ones with zero calories such as fresh herbs: parsley, coriander, oregano, etc. You can also use lime, lemon, or seasonings without calories. Use little to no salt.
- ✘ **STOP!**  
Avoid all products high in sodium (salt), fat or sugar.

# RECIPES



## OPTION 1-LUNCH/DINNER



310 CALORIES

### Chicken salad



#### Ingredients:

- 120 g chicken breast, without excess fat
- 3 cups of lettuce
- 1/2 tomato
- 1/4 onion
- 2 dehydrated or nopal tostadas
- 1 teaspoon extra virgin olive oil
- Sauce to taste

#### Preparation:

##### - Chicken (there are 2 options)

##### 1. Baked:

Season the 120 g chicken breast with salt, garlic and/or paprika. Don't use oil. Oven bake until the chicken is cooked through.

##### 2. Boiled:

Take a skillet and fill it half full of water. Heat it on the stove. While the water is being heated, add a pinch of salt, pepper, garlic powder, paprika, dried basil and, if you like, half a lemon. Don't use oil. Place the chicken breast in the seasoned water. Turn the breast over several times until it is cooked through.

##### - Salad:

Place 3 cups of lettuce in a bowl. Chop the tomato, onion and chicken into small strips or cubes. Add 1 teaspoon of extra virgin olive oil and sauce to taste. Stir until all the ingredients are mixed together. Enjoy with dehydrated or nopal tostadas.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

## OPTION 2-LUNCH/DINNER



395 CALORIES



### Salmon fillet

#### Ingredients:

- 170 g salmon fillet
- 1/2 cup of brown rice
- 8 asparagus
- 75 g cherry tomatoes
- 1 medium zucchini (optional)

#### Preparation:

##### - Salmon (there are 2 options)

###### 1. Baked:

Place the salmon fillet on a baking tray. Chop the vegetables and add them. Season with a little salt, pepper and garlic powder. Don't use oil. Put the baking tray into the oven. Bake until cooked through.

###### 2. Skillet:

Spray the skillet with nonstick spray. Place the salmon fillet on a sheet of aluminum foil. Chop the vegetables and add them. Season with a little salt, pepper and garlic powder. Don't use oil on the aluminum foil. Fold the corners and wrap the salmon and vegetables in the foil. Place in the skillet and cook over a low heat until the salmon is done.

##### - Rice

Prepare the rice in the usual way: boil the water, add the rice and spices, simmer until cooked through.

#### Recommendations:

- Add a little soy sauce to the salmon if you like.
- Wash down your meal with a glass of Cleanse Me!

## OPTION 3-LUNCH/DINNER



415 CALORIES



### Beef tenderloin with rice

#### Ingredients:

- 150 g lean tenderloin
- 1 tomato in cubes
- ¼ diced onion
- A handful of cilantro
- Serrano chili to taste
- ½ cup brown rice
- 1 teaspoon of sunflower oil
- Sauce to taste

#### Preparation:

##### - Rice

Prepare in the usual way: boil the water, add the rice and spices, simmer until the rice is cooked through.

##### - Beef tenderloin (there are 3 options)

###### 1. Baked:

Place the meat on a baking tray. Season with a little salt, pepper and garlic powder. Don't use oil. Place the baking tray in the oven. Flip the meat over if necessary and bake until it's cooked through. Add the Mexican salad.

###### 2. Boiled:

Put 6 tablespoons of water in a skillet. Place it on the stove and heat it. While the water is heating up add a pinch of salt, pepper, garlic (a clove or powder) and onion powder. Don't use oil. Place the meat in the seasoned water. Turn it over a few times until it's cooked through. Add Mexican salad.

###### 3. Pan-fried:

Put a teaspoon of sunflower oil in a skillet and heat the meat until it is cooked through. Add the Mexican salad.

#### Recommendations:

- You can accompany this dish with a cup of vegetables (no starch).
- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 4-LUNCH/DINNER



300 CALORIES



### Beef fajitas with rice

#### Ingredients:

- 150 g steak
- 2 nopal tortillas
- ½ red pepper
- ½ green pepper
- ½ onion

#### Preparation:

##### - Fajitas (there are 2 options)

##### 1. Baked:

Cut the beef into strips and place on a baking tray. Chop vegetables and add them. Season with a little salt, pepper and garlic powder. Don't use oil. Place the baking tray in the oven. Turn the meat over if necessary and bake until it's completely cooked.

##### 2. Skillet:

Add 6 tablespoons of water to a skillet. Heat it on the stove. While the water is heating up add a pinch of salt, pepper and garlic (a clove or in powder). Don't use oil. Place the fajitas in the seasoned water. When they're almost ready, add the chopped vegetables. Turn the meat a few times until it is completely cooked.

#### Recommendations:

- Accompany the dish with a cup of vegetables prepared to your taste.
- Wash down your meal with a glass of Cleanse Me!

## OPTION 5-LUNCH/DINNER



405 CALORIES



### Chicken chop suey

#### Ingredients:

- 120 g chicken, without excess fat
- 1/2 cup of broccoli
- 1 medium zucchini
- Soy sauce
- 1 pepper (green or yellow)
- 1/4 onion
- 1/2 cup of brown rice

#### Preparation:

##### - Rice

Prepare the rice in the usual way: boil the water, add the rice and spices and simmer until cooked through.

##### - Chop Suey

Chop 120 g of chicken into small cubes. Add them to a bowl and season with a little salt, pepper, garlic (in powder or chopped), and soy sauce. Chop the vegetables into small cubes. Add 6 tablespoons of water to a frying pan and heat it on the stove. Don't use oil. Add the chicken to the pan, along with a little more soy sauce. When the chicken is almost cooked, add the vegetables. Stir several times until everything is cooked. Serve with the rice and enjoy.

#### Recommendations:

- You can substitute bean sprouts for chives or celery.
- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 6-LUNCH/DINNER



260 CALORIES



### Cauliflower ceviche

#### Ingredients:

- 2 tomatoes
- 2 cups of cauliflower
- 1 cup of cucumber
- 2 lemons
- 1 cup of pineapple
- 1/2 red onion
- 1/2 cup of coriander
- 1 serrano chili
- 2 dehydrated or nopal tostadas

#### Preparation:

##### - Ceviche

Heat water in a saucepan. Once it boils, add the cauliflower and allow it to cook for 2 minutes. Remove the saucepan from the heat and let it cool. Chop all the ingredients into small cubes and put them in a bowl. Add the lemon juice and season with a little sea salt and pepper. Mix well and serve with dehydrated or nopal tostadas.

#### Recommendations:

- You could eat the cauliflower raw for greater absorption of nutrients.
- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 7-LUNCH/DINNER



400 CALORIES



### Vegetable stew

#### Ingredients:

- 2 green onions
- 2 cups of sliced mushrooms
- 1 cup of broccoli
- 3 tablespoons of chopped ginger
- Sesame seeds to taste
- ½ cup of quinoa (80 g)
- 1 teaspoon of coconut oil

#### Preparation:

##### - Quinoa

Boil the water, add the quinoa, simmer until cooked.

##### - Vegetable stew

Spray a little coconut oil onto a frying pan. Add the finely-chopped ginger and the broccoli and cook for 2-3 minutes. Add the mushrooms and green onions and cook for another 5 minutes. Finally, add sesame seeds to taste, and cook for 1 more minute. Serve on a bed of pre-cooked quinoa.

#### Recommendations:

- Instead of quinoa you could use brown rice.
- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 8-LUNCH/DINNER



340 CALORIES

### Chicken and pineapple skewers



#### Ingredients:

- 120 g chicken breast cut into cubes
- ¼ cup of diced pineapple
- Brochettes soaked in water before use
- ⅓ cup brown rice
- ½ red onion

#### Salad:

- 1 ½ cup of lettuce
- 1 cup of cucumber
- 1 tomato

#### For the chicken marinade:

- 2 tablespoons of chopped onion
- 1 tablespoon of mustard seed
- ¼ cup of soy sauce
- ½ teaspoon of freshly ground pepper
- 1 garlic clove, finely chopped
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons lemon juice
- A pinch of salt

#### Preparation:

##### - Sauce for marinating

Mix all the ingredients in a deep bowl, stirring until they emulsify.

##### - Brochettes

Chop the chicken breasts into cubes and marinate for three hours. Then, drain the excess marinade from the cubes of chicken and skewer them on the brochettes, interspersing each chicken cube with a piece of pineapple and a piece of red onion. Once the brochettes are ready, cook them on the grill or in a frying pan, making sure they are well browned on the outside but still juicy inside. Serve with brown rice and salad.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

## OPTION 9-LUNCH/DINNER



350 CALORIES

### Sautéed vegetables with tofu



#### Ingredients:

- 250 g of tofu
- 1 green pepper
- 1 cup of carrot
- ½ cup of onion
- 1 ½ cup of mushrooms
- 1 tablespoon of olive oil
- 1 clove of garlic
- 4 dried red chilies
- 2 tablespoons of soy sauce
- 1 tablespoon of vinegar
- 1 tablespoon of freshly grated ginger
- A little salt and pepper

#### Preparation:

Chop the garlic, ginger and dried red chilies. Prepare a marinade with the soy sauce and vinegar. Brown the tofu in a frying pan with the oil, garlic, ginger and chopped dried red chilies. When the tofu is cooked on all sides, remove from the heat. Peel the carrot and cut into Julienne strips. Do the same with the mushrooms, pepper and onion. Sauté the vegetables for a few minutes. Add the tofu and the marinade and serve.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 10-LUNCH/DINNER



290 CALORIES



### Shrimps in sauce

#### Ingredients:

- 20 shrimps
- 1 green onion
- 2 garlic cloves
- 4 ripe tomatoes
- 1 cup of vegetable stock
- 1 tablespoon of vinegar
- 1 tablespoon of olive oil
- A little salt and pepper

#### Preparation:

Peel the shrimp, finely chop the onion and garlic and fry in a frying pan in a tablespoon of olive oil. When the shrimp is transparent add the vinegar and grated tomatoes. Sauté for a couple of minutes and then add a cup of vegetable stock. Simmer until the stock is reduced, Add the shrimp, salt and pepper. Cook for 5 more minutes. Finally, sprinkle with chopped parsley.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 11-LUNCH/DINNER



530 CALORIES



### Salmon cannelloni

#### Ingredients:

- cups of sliced eggplant
- ½ cup of leek
- ½ cup of onion
- 120 g of fresh salmon
- 1 teaspoon of olive oil
- 50 g of crumbly tofu
- A little salt and pepper

#### Bechamel sauce:

- 1 tablespoon of olive oil
- 100 g of tofu
- ½ liter of vegetable broth or water
- Nutmeg
- 5 tablespoons of grated tomato
- 1 spoonful of paprika
- A little salt and pepper

#### Preparation:

Slice the eggplant and sear in a frying pan for a minute on each side. Chop the onion and leek and sauté in a saucepan with a little olive oil.

When the eggplant slices are soft, add the salmon (skinless) in cubes. Sauté for a few minutes without letting the salmon break apart, add a pinch of salt and remove from the heat.

Spread the slices of eggplant over a baking tray and distribute the filling over them equally.

Roll up each slice with the filling inside and place them on a baking tray brushed with olive oil.

To prepare the bechamel sauce, put the tofu, grated tomato, paprika, salt, pepper, olive oil and water or vegetable stock in the blender and blend.

Cover the cannelloni with the bechamel, sprinkle crumbled tofu and chopped parsley on top, and grill in the oven for 10 minutes.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

## OPTION 12-LUNCH/DINNER



400 CALORIES

### Eggplant layers with quinoa



#### Ingredients:

- 80 g of quinoa
- 1 green pepper
- 1 onion
- 1 large tomato
- 1 garlic clove
- 1 teaspoon of canola or linseed
- 1 eggplant
- Vegetable stock
- A little salt and pepper

#### Preparation:

Peel and finely chop the onion and garlic. Place in a pot with a tablespoon of olive oil. When the onion and garlic has softened, add the chopped green pepper and leave for a few minutes. Then add the quinoa (it should have been rinsed in water beforehand).

Add the vegetable stock so it covers the other ingredients. Cook through. Add salt to taste. Cut the eggplant into very thin slices. Cook them in a frying pan with a spoonful of olive oil and a pinch of salt and pepper on each side. Make a layer of eggplant slices, put quinoa on top and then a slice of tomato on top of that. Repeat this process until you have used all your ingredients. Garnish with chopped parsley.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 13-LUNCH/DINNER



270 CALORIES

### Fish fillet in creole sauce



#### Ingredients:

- 160 g fish fillet
- 1 onion
- 1 red pepper
- 1 green pepper
- 4 pear tomatoes
- 1 tablespoon of vinegar
- 1 bay leaf
- 2 tablespoons of chopped fresh cilantro
- 2 tablespoons of olive oil
- 3 garlic cloves
- A little salt and pepper

#### Preparation:

Wash and dry the fish. Add salt and pepper. Heat some olive oil in a frying pan and add the thinly sliced onion, peppers and garlic. Sauté for a couple of minutes, then add the grated tomato, bay leaf and vinegar. Sauté gently for 5-10 minutes. Add one and a half cups of vegetable stock or water and simmer for about 10 minutes until the liquid is reduced. Add the fish and cook over a medium heat for 5 minutes. Turn the fillet over and cook for another 5 minutes. Sprinkle with chopped fresh cilantro.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 14-LUNCH/DINNER

325 CALORIES

### Salmon or tuna tabbouleh



#### Ingredients:

- 100 g couscous
- ¼ teaspoon of salt
- 2 cans of tuna or salmon in water
- 1 cup of cherry tomato
- 1 red onion
- 1 cup of bell pepper
- 1 cup of cucumber
- 1 cup of fresh parsley

#### Vinaigrette:

- Juice of 3 lemons
- 2 tablespoons of extra virgin olive oil
- A little salt and pepper

#### Preparation:

Shake all the vinaigrette ingredients until they emulsify. Set aside for serving later with the salad. Wash and disinfect the vegetables, cut the tomatoes in half, dice the pepper, cut the cucumbers into half-moons and finely chop the onion and parsley. Cook the couscous according to the instructions on the packet. Add a quarter of a teaspoon of salt. Once the couscous is done, cover for 15 minutes until it cools. Then gently separate the couscous balls with a fork.

Mix the vegetables, salmon/tuna, and couscous in a salad bowl. Pour the vinaigrette over it and add seasoning if needed. Refrigerate for 30 minutes to an hour.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

## OPTION 15-LUNCH/DINNER



400 CALORIES



### Chicken stew

#### Ingredients:

- 150 g chicken
- 3 seedless, peeled and cubed tomatoes
- 1 red onion cut into very small cubes
- ½ green pepper cut into small cubes
- ½ yellow pepper cut into small cubes
- 1 cup of peeled peas
- 2 carrots, peeled and cut into cubes or slices
- 1 teaspoon of finely-chopped garlic
- 1 tablespoon of salt
- 1 teaspoon of pepper
- 1 teaspoon of cumin
- 1 teaspoon of ground oregano
- 2 tablespoons of canola oil
- ½ cup of chicken stock or ½ cup of water and ¼ cup of vinegar

#### Preparation:

Begin by dressing the chicken with salt, pepper and cumin. Then heat a tablespoon of canola oil in a frying pan. Once the oil is hot, add the chicken and sear it. Then add the chopped onion and tomato. Cover and let it sweat. Add the green pepper, yellow pepper, garlic, salt, pepper and cumin. Then add the ground oregano and stock or water and bring to a boil. Cover and lower the heat, add the chicken and let it simmer for 20 minutes. Now add the peas and carrots. Cover again and leave it to simmer over a low heat. When the chicken is soft and juicy, add the peas and carrot cubes. Cover once more and simmer for another 10 minutes. Serve with steamed brown rice.

#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## OPTION 16-LUNCH/DINNER



290 CALORIES



### Brown rice snacks

#### Ingredients:

- 1 cup of brown rice
- 2 canned roasted peppers
- 2 tablespoons of olive oil
- 1 green apple
- 2 kiwis
- 4 slices of whole wheat bread
- Chopped chives

#### Preparation:

To cook the rice, add three cups of water to a pot, add the rice, cover and cook over low heat with a pinch of salt for 50 minutes. If it needs more time, add more liquid and cook until ready. Remove from heat and leave to stand covered for 15 minutes. Drain the canned peppers well, remove seeds and cut into cubes. Remove the apple peel, cut into cubes and mix with the peppers. Add to the cooked rice with a little olive oil, salt and pepper.

Cut the bread slices into rectangles and toast. Once toasted, spoon a little rice onto each rectangle. Peel the kiwis and cut into slices and then cut in half again. Place two halved slices of kiwi on each rectangle and decorate with chopped chives.




#### Recommendations:

- Wash down your meal with a glass of Cleanse Me!

This recipe was provided by Maria Esther Martín Barba LIV, who we would like to thank for her collaboration.

## TIPS FOR A HEALTHIER LIFESTYLE

- ✓ Bake your meals instead of frying them
  - ✓ Choose the most natural and healthy food possible (unprocessed)
  - ✓ Eat your meals at the same time every day
  - ✓ Get the portions and the minimum suggested calories for every meal
  - ✓ Have raw vegetables on hand as low-calorie snacks
  - ✓ Opt for appetite suppressants low in calories: soups and teas
  - ✓ Never prepare your Shake Me! with less than 1 serving (3 scoops)
  - ✓ Eat lots of fresh vegetables
  - ✓ Drink at least 8 glasses of water a day
- Remember that all recipes prepared with oil can also be prepared without it, so we suggest reducing and even avoiding oil when preparing your meals, because it is high in calories. If you still want to use oil, we suggest the following healthier options:

-  Coconut oil (117 Cal per tablespoon)
-  Olive oil (120 Cal per tablespoon)
-  Sunflower oil (120 Cal per tablespoon)



# KEY TIPS

## TO START

Get rid of any temptations in your home by discarding all unhealthy food from your cupboards.



CANDIES



WHITE BREAD



SODAS  
(INCLUDING LOW  
CALORIC SODAS)



CHIPS



DESSERTS



## MAKE AN EDUCATED CHOICE BEFORE EACH MEAL

### EMOTIONAL EATING

VS.

### PHYSICAL HUNGER

Your appetite increases suddenly

You want to eat one food in particular

You feel the urge to eat immediately

You keep eating even after you feel satisfied

You feel guilty after you are done eating

Your appetite increases gradually

You are able to consider various options

You don't have to eat immediately

You stop when you are satisfied

You feel fine after you eat

# PRIORITIZE

## YOUR GOAL

### **YOUR GOAL VS. YOUR SOCIAL COMMITMENTS**

We know it is challenging to have a social life in which you do not control the selection of food or beverages being served. However, you always control the decisions you make. You can resist any temptation with a little bit of planning. For example, if you are eating out at a restaurant, try choosing one that offers a variety of healthy options.

Take this time to get out of your comfort zone and become more independent.

Use this moment to reflect upon the habits that work for you and the ones that do not.



# VIVRI<sup>®</sup> MIXES



# “NAPOLITAN”



The diagram shows a Vivri shaker on the left. An arrow points to three packets of Shake Me! powder: Chocolate Delight, Vanilla Extravaganza, and Strawberry Sensation. Below each packet is a small measuring cup containing a scoop of powder. A plus sign is placed between each cup. A second arrow points to the final product: a shaker filled with a brown liquid.

Fill the Shaker halfway with cold or room temperature water. Add ice, if desired.

SHAKE ME!<sup>®</sup> **CHOCOLATE DELIGHT** (1 scoop) + SHAKE ME!<sup>®</sup> **VANILLA EXTRAVAGANZA** (1 scoop) + SHAKE ME!<sup>®</sup> **STRAWBERRY SENSATION** (1 scoop)

Shake! And enjoy!

# “CHOCO-STRAWBERRY”



The diagram shows a Vivri shaker on the left. An arrow points to two packets of Shake Me! powder: Strawberry Sensation and Chocolate Delight. Below the Strawberry Sensation packet are two measuring cups, and below the Chocolate Delight packet is one measuring cup. A plus sign is placed between the two sets of cups. A second arrow points to the final product: a shaker filled with a reddish-brown liquid.

Fill the Shaker halfway with cold or room temperature water. Add ice, if desired.

SHAKE ME!<sup>®</sup> **STRAWBERRY SENSATION** (2 scoops) + SHAKE ME!<sup>®</sup> **CHOCOLATE DELIGHT** (1 scoop)

Shake! And enjoy!

# “MOKACCINO”



The diagram shows a Vivri shaker on the left. An arrow points to two packets of Shake Me! powder: Chocolate Delight and Power Me! Caffe Latte. Below the Chocolate Delight packet are three measuring cups, and below the Power Me! Caffe Latte packet is one measuring cup. A plus sign is placed between the two sets of cups. A second arrow points to the final product: a shaker filled with a dark brown liquid.

Fill the Shaker halfway with cold or room temperature water. Add ice, if desired.

SHAKE ME!<sup>®</sup> **CHOCOLATE DELIGHT** (3 scoops) + POWER ME!<sup>®</sup> **CAFFE LATTE** (1 scoop)

Shake! And enjoy!

# “CAFFE LATTE-VANILLA”



Fill the Shaker halfway with cold or room temperature water. Add ice, if desired.

SHAKE ME!®  
**VANILLA  
EXTRAVAGANZA**  
(3 scoops)

POWER ME!®  
**CAFFE  
LATTE**  
(1 scoop)

Shake! And enjoy!

# “CHOCO-VANILLA-LATTE”



Fill the Shaker halfway with cold or room temperature water. Add ice, if desired.

SHAKE ME!®  
**CHOCOLATE  
DELIGHT**  
(2 scoop)

SHAKE ME!®  
**VANILLA  
EXTRAVAGANZA**  
(1 scoop)

POWER ME!®  
**CAFFE  
LATTE**  
(1 scoop)

Shake! And enjoy!

# “STRAWBERRY-ORANGE-MANGO”



Fill the Shaker halfway with cold or room temperature water. Add ice, if desired.

SHAKE ME!®  
**STRAWBERRY  
SENSATION**  
(3 scoops)

POWER ME!®  
**O  
RANGE-MANGO**  
(1 scoop)

Shake! And enjoy!

# OTHER FAQ



---

### **1- Can I skip my Shake Me! if I don't feel hungry?**

We recommend that you drink two shakes and have one balanced meal, even if you don't feel hungry. Aside from your appetite, your body must get necessary nutrients in a consistent manner to help your metabolic rhythm work properly. Consuming fewer calories by eliminating a meal may result in fatigue and malnourishment.

### **2- Is it normal to suddenly feel irritated and cranky during the first few days of my challenge?**

Every person is different. You are changing your eating habits. Your body needs time to adjust. Don't worry; it is temporary. Find comfort in knowing that you are making the right decision, detoxifying your body and giving it a well-deserved rest.

### **3- How many times a day can I have Cleanse Me! and Power Me!?**

We recommend consuming them once a day. Both can be consumed up to 2 times a day depending on your needs and pace of life. If you are mild-sensitive to caffeine, you can take half a portion of Power Me! **Caffeine sensitive people, children and pregnant or nursing women should not consume Power Me!**

### **4- How can I combine exercise with the products?**

You can consume Shake Me! after exercising, it will serve as a recovery drink and food for your muscles. Power Me! is great before, during and after exercising, to have the required energy to complete your workout, or to re-energize you upon competition. Cleanse Me! is also great as hydrating drink during your workout or simply as "naturally flavored water" during the day.

### **5- What certifications support VIVRI products?**

VIVRI products are manufactured at FDA-registered facilities in the United States, in accordance with the Good Manufacturing Practices (GMP) endorsed by NSF International, complying with specific food safety and quality standards. Each product also has specific certifications or labels, such as Vegan, Gluten-free, Diabetic-Friendly, Low Glycemic or Kosher. Products are distributed around the world in strict compliance with all standards outlined by the following institutions: FDA (USA and Puerto Rico), COFEPRIS (Mexico), INVIMA (Colombia), AUPSA (Panama), DIGESA (Peru) and MINSA (Costa Rica).

## **6- Some days I feel hungrier than others. What can I do about it?**

All eating regimens require an adjustment period. The body goes through a detox period while adapting to the new eating regimen. These changes may manifest in different ways and last from one to five days.

Drink lots of water and keep your fridge and pantry stocked with healthy and low-calorie options. E.g. sliced cucumbers and jicama, salads, vegetable soup, etc. If it is time for your snack and you do not have any fruits at hand, you can have half a serving of Shake Me! instead.

## **7- Why can't I drink alcoholic beverages?**

You will have better results while on the Challenge if you avoid them. Alcohol eliminates healthy bacteria in your body, causes dehydration, affects the adrenals, hinders liver detoxification, feeds intestinal yeast, and often contains approximately 7 calories per gram.

Because of this, you may be better off drinking mineral water with a splash of lemon during a social event. The most important thing is not to stress about not drinking alcohol. Sometimes we consume alcoholic beverages to fill an emotional need or due to peer pressure. Think of this "alcohol free" time as a well-deserved vacation for your liver and a chance to learn more about yourself and who you are.

## **8- I have a medical condition. Can I consume VIVRI Products?**

People with medical conditions must first consult with their doctors. As a company, VIVRI cannot answer any questions related to any medical condition or medication. Your team, as well as your VIVRI Leader, can discuss the importance of leading a healthy lifestyle, the benefits of using VIVRI products and the effectiveness of the Essential Nutrition System, but not as they relate to any medical condition.

We strongly encourage you to review the labels of our products with your doctor. Should you have any questions about this policy or other guideline, please contact us at [hello@vivri.com](mailto:hello@vivri.com)

**Now you are ready to become the best version of yourself!**

Intermittent Fasting is based on a diet with structured periods of food and fasting, supervised by a health professional. Due to their quality, VIVRI products can be adapted to Intermittent Fasting or any healthy lifestyle.

\*This material is for exclusive use in the U.S. These statements have not been evaluated by the FDA.

VIVRI® products are not intended to cure, diagnose, treat, or prevent any disease.

VIVRI® products must be part of a healthy lifestyle, that includes sleeping, workout and good nutrition, with adequate fruits and vegetables.

SHARE YOUR TESTIMONY WITH  
THE HASHTAGS  
**#VIVRIFASTING**





# Learn the three ways to become the best version of you

## VIVRI CHALLENGE

Achieve results in 10 days and discover the wonder of VIVRI Essential Nutrition, effective, practical and delicious.

## VIVRI LIFESTYLE

Discover the freedom to incorporate VIVRI Essential Nutrition into your daily lifestyle.

## VIVRI FASTING

The best version of Intermittent Fasting; effective, practical and delicious.



---

**NAME**

---

**PHONE**

---

**E-MAIL**

*This material is for exclusive use in the U.S. This material has been designed for use of VIVRI® distributors in the countries where the Company operates; who must know the correct ways of using the product as well as local laws.*

[www.VIVRI.com](http://www.VIVRI.com)



[hello@VIVRI.com](mailto:hello@VIVRI.com)