

VIVRI[®]
CLEANSE ME![®]



ALL YOU NEED TO KNOW!



Good Health Starts with Healthy Digestion.

The whole body benefits from a healthy digestive system, which extracts nutrients and energy from the food you eat. When everything in your digestive system is working well, you enjoy energy and a life full of health, but if anything goes wrong, you can experience discomfort, pain and poor health.

Stress, a sedentary lifestyle, and high processed food diets can all contribute to digestive problems such as occasional indigestion, constipation, heartburn, gastro-intestinal distress and even weight gain.

Unfortunately, no one is immune to digestive issues. From the child whose tummy ache is really constipation to the elderly woman who no longer has the right mix of helpful bacteria in her gastrointestinal (GI) tract, digestive problems strike everyone.

Introducing VIVRI® CLEANSE ME!®



VIVRI® CLEANSE ME!® is a formula created to help with digestive distress. It is a great tasting Pineapple-Orange flavored mix that you just add to water.

VIVRI® CLEANSE ME!® combines aloe vera gel, nonal and soluble and insoluble fibers to naturally promote:

- * Gentle daily digest
- * pH balance
- * Help with occasional heartburn
- * Intestinal balance
- * Weight management
- * Normal, healthy blood sugar levels
- * Gastric and colon health
- * Detox

CLEANSE ME!® has three Key Components that work in Synchrony:

1. ACTIValoe® Aloe Vera Gel Extract



As a succulent plant with many medicinal uses, Aloe vera grows in arid areas all over the world, including some parts of South America, Central America, the Caribbean and the United States.

The gel of the aloe plant has several therapeutic properties. It has a soothing effect on the entire GI tract, so it's helpful for all kinds of digestive issues.* It increases the water content of the stool, which helps ease occasional constipation,* and it detoxifies the colon while promoting pH balance helping to avoid occasional heartburn*

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



VIVRI® CLEANSE ME!® contains ACTIValoe®, the most researched brand of aloe in the world. As a high-purity aloe vera inner leaf fillet, ACTIValoe® meets the high standards of the International Aloe Science Council.

2. Nopal



Nopal is the pad of the prickly pear cactus, which comes from Mexico, where it is eaten as a vegetable. It has also traditionally been used in the Hispanic world for digestive support and as a source of both insoluble and especially soluble fiber.*

Nopal is similar to aloe, they both contain a thick gel, and are soothing to the GI tract.* Because the gel is rich in mucilage and fiber, it may also promote daily regularity and slow down the digestion and absorption of sugar from foods — supporting normal, healthy blood sugar levels.*

3. Balanced Fiber Blend

VIVRI™ CLEANSE ME!® is a good source of fiber, providing a total of 2.5 grams per serving. That's important, because you need 20-35 grams of fiber daily to move waste through your digestive system, but on average, Americans only consume 15 grams.¹

There are two kinds of fiber: soluble and insoluble. Your body needs both. Soluble fiber absorbs water, taking on a gel-like texture inside the body. By slowing the rate at which food is digested, it helps reduce spikes in blood sugar levels.* Insoluble fiber adds bulk to food and helps it move comfortably through the digestive tract.* Fiber is also filling, so it's an important part of any weight loss plan.*



VIVRI® CLEANSE ME!® contains two special types of fiber: Fibersym™, a soluble fiber from resistant wheat starch, and Fibregum™, an insoluble fiber from acacia, in a 1:1 ratio. Both are clinically proven to be effective laxatives that promote a healthy balance of bacteria in the digestive system.* Fibregum also lowers the glycemic index of foods, supporting normal, healthy blood sugar levels.*

How to Use

VIVRI® CLEANSE ME!® is a part of the VIVRI® Essential Nutrition System — a reduced-calorie meal replacement plan, in which you eat at least one regular meal, and replace one or two meals with a shake, depending on your goals. Just mix the powder with 6-24 ounces of cold water, stir and drink. Take it once or twice a day, either before a shake (to prepare the stomach)

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¹ The bottom line: Choose a fiber-filled diet, rich in whole grains, vegetables, and fruits. The Nutrition Source. Harvard School of Public Health. <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber/>



or after (to help with digestion). Even if you are not dieting, you can still take VIVRI™ CLEANSE ME!™ for overall digestive balance.

How VIVRI™ CLEANSE ME!™ Can Help...

Gentle Daily Regularity

Fortunately, VIVRI™ CLEANSE ME!™ helps because it acts as a gut transit regulator.* Aloe has been clinically proven to alleviate symptoms of occasional constipation by increasing the water-holding capacity of stool, thus speeding transit time through the bowel — without causing overly watery stool.*² In fact, aloe is also effective against occasional watery stool.*³

Resistant wheat starch (so named because it resists digestion) has also been shown to move waste quickly through the bowel by adding bulk.*⁴ However, because the fiber is slow-fermenting, its action is gentle, so it won't produce the gas or bloating that some other fiber sources can. As a result, you may notice a flatter stomach.

pH Balance and Occasional Acid Stomach (or Heartburn)

The optimal pH range of the gut is 5.0 or higher, yet thanks to the typical American diet, which emphasizes acid-producing foods, in most people it is lower (more acidic). Laboratory and

clinical research has proven that aloe can decrease secretions of gastric acid and increase pH in the colon.*^{5,6}

These results combined, show that aloe may provide relief from the occasional acid stomach or heartburn.*

Intestinal Balance

Maybe you've heard of probiotics, those good-for-you bacteria you get through food such as yogurt or supplements. But are you familiar with prebiotics?



Prebiotics act as food for probiotics, increasing their numbers in the GI tract. Among their multiple health benefits, prebiotics:

- * Promote colon health and daily regularity
- * Support the immune system
- * Maintain normal, healthy blood sugar levels

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² Bland, J. Effect of orally consumed Aloe vera juice on gastrointestinal function in normal humans. 1985. Non-peer reviewed excerpt from Linus Pauling Institute of Science and Medicine.

³ Davis K, et al. Randomized double-blind placebo-controlled trial of Aloe vera for irritable bowel syndrome. International Journal of Clinical Practice 2006; 60:1080-1086.

⁴ Thompson LU, et al. In vitro digestion of RS4-type resistant wheat and potato starches and fermentation of indigestible fractions. Cereal Chem 2011; 88(1):72-79.

⁵ Yusuf S, Agunu A, and Diana M. The effect of Aloe vera A. Berger (Liliaceae) on gastric acid secretion and acute gastric mucosal injury in rats. Journal of Ethno-Pharmacology 2004; 93:33-37.

⁶ Bland, J. Effect of orally consumed Aloe vera juice on gastrointestinal function in normal humans. 1985. Non-peer reviewed excerpt from Linus Pauling Institute of Science and Medicine.



* Increase the absorption of minerals, especially calcium and magnesium

Both Aloe vera and Fibersym function as pre-biotics. Aloe's prebiotic power comes from its ability to increase the production of short-chain fatty acids, which help healthful bacteria, such as Bifidobacteria and Lactobacilli, to grow.*^{7,8}

A recent study found that aloe may also enhance the growth of bacteria in the Bacteroidetes family, a group of microorganisms associated with promoting healthy body weight.*⁹

Meanwhile, resistant starches, such as Fibersym, also promote the growth of beneficial bacteria, specifically Bifidobacteria.*¹⁰

This particular bacteria promotes daily regulatory digestion, stimulate the immune system, balances the colon pH, gets rid of harmful bacteria, produces vitamins and antioxidants, and helps the body absorb calcium.*¹¹

Weight Management

VIVRI® CLEANSE ME!® can play an important role in helping you control your weight.* Fiber creates a sense of satiety that helps you reduce your food intake.* In fact, studies have shown eating a high-fiber diet lowers your risk of gaining weight or becoming severely overweight by 30%!*¹²

Fiber can also help your kids. Studies on teenagers found that overweight teens who increase their fiber consumption lose more abdominal fat than those who decrease their fiber intake.* Those who increase fiber intake also decrease their body mass index (BMI).*^{13,14}

Blood Sugar Control

Aloe and nopal have traditionally been used in some cultures to help maintain normal and healthy blood sugar levels. There have also been human studies that support their use.*^{15,16,17}

In fact, a human clinical trial on ACTIValoe found the extract had positive effects on blood glucose.*¹⁸

Fiber also helps prevent spikes in your blood sugar levels.* Even moderate dietary increases have been shown to be helpful — and the specific kind of resistant starch in Fibersym has been found to be especially effective.*^{19,20}

Gastric and Colon Health

Your stomach and intestines have a special coating that protect them from the acid your stomach produces to digest food. Part of maintaining gastric health is ensuring the integrity of that coating.

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8 Pogribna M, et al. Effect of Aloe vera whole leaf extract on short chain fatty acids production by Bacteroides fragilis, Bifidobacterium infantis and Eubacterium limosum. Letters in Applied Microbiology 2008; 46:575-80.

9 Marzorati, et al. In vitro modulation of the human gastrointestinal microbial community by plant-derived polysaccharide-rich dietary supplements. International Journal of Food Microbiology. 2010; 139(3):168-76.

10 Martinez I, et al. Resistant starches types 2 and 4 have different effects on the composition of the fecal microbiota in human subjects. PLOS One 2010 Nov; 5(11). <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0015046>

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12 Anderson JW et al. Health benefits of dietary fiber. Nutrition Reviews 2009; 67(4):188-205.

13 Davis JN et al. Inverse relationship between dietary fiber intake and visceral adiposity in overweight Latino youth. American Journal of Clinical Nutrition 2009 Nov; 90(5):1160-66.

14 Barclay L and Vega C. Reduced sugar or increased fiber intake may reduce risk for Type 2 diabetes in Latino children Arch Pediatr Adolesc Med 2009; 163:320-7.



One way to protect that precious lining is to take VIVRI® CLEANSE ME!®. The aloe it contains neutralizes stomach acid and protects the entire GI tract by optimizing its pH.* Multiple studies — including human clinical research — have demonstrated that aloe can protect the lining of the GI tract and aid its ability to repair itself.*^{21,22,23} Fiber is also beneficial, as high levels of fiber intake have been shown to promote the integrity of the stomach lining.*²⁴

3. Aloe activates the body's detoxification enzymes, helping metabolize toxins and eliminate them from the body.*²⁶

4. Finally, aloe raises levels of both vitamin C and E.* These antioxidants reduce levels of free radicals which inhibit the body's ability to detoxify reactive intermediates.*²⁷

Detoxification

Feel like your system could use some cleaning out? VIVRI® CLEANSE ME!® can help detoxify the GI tract in four important ways:

1. Aloe and fiber both act as prebiotics. Prebiotics increase counts of helpful bacteria, which get rid of harmful, toxin-emitting ones.*

2. Aloe improves protein digestion, reducing putrefaction in the bowel.*²⁵

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16 Yongchaiyudha S, et al. Antidiabetic activity of Aloe vera L. juice. I. Clinical trial in new cases of diabetes mellitus. *Phytomedicine*. 1996;3:241-243.

17 Bunyapraphatsara N, et al. Antidiabetic activity of Aloe vera L. juice II. Clinical trial in diabetes mellitus patients in combination with glibenclamide. *Phytomedicine*. 1996;3:245-248.

18 Devaraj S, et al. A pilot randomized placebo-controlled trial of 2 aloe vera supplements in patients with pre-diabetes/metabolic syndrome. UC Davis Medical Center. Unpublished trial.

19 Anderson JW, et al. Health benefits of dietary fiber. *Nutrition Reviews* 2009; 67(4):188-205.

20 Haub MD, et al. Different types of resistant starch elicit different glucose responses in humans. *Journal of Nutrition and Metabolism* 2010; Epub 2010 Jan 5. <http://www.ncbi.nlm.nih.gov/pubmed?term=Different%20types%20of%20resistant%20starch%20elicit%20different%20glucose%20responses%20in%20humans>

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22 Eamlamnam K, et al. Effects of Aloe vera and sucrlfate on gastric microcirculatory changes, cytokine levels and gastric ulcer healing in rats. *World Journal of Gastroenterology* 2006 Apr; 12(13):2034-9.

23 Langmead L, et al. Randomized, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis *Aliment Pharmacol Ther* 2004; 19:739-47.

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25 Bland J. Effect of orally consumed Aloe vera juice on gastrointestinal function in normal humans. 1985. Non-peer reviewed excerpt from Linus Pauling Institute of Science and Medicine.