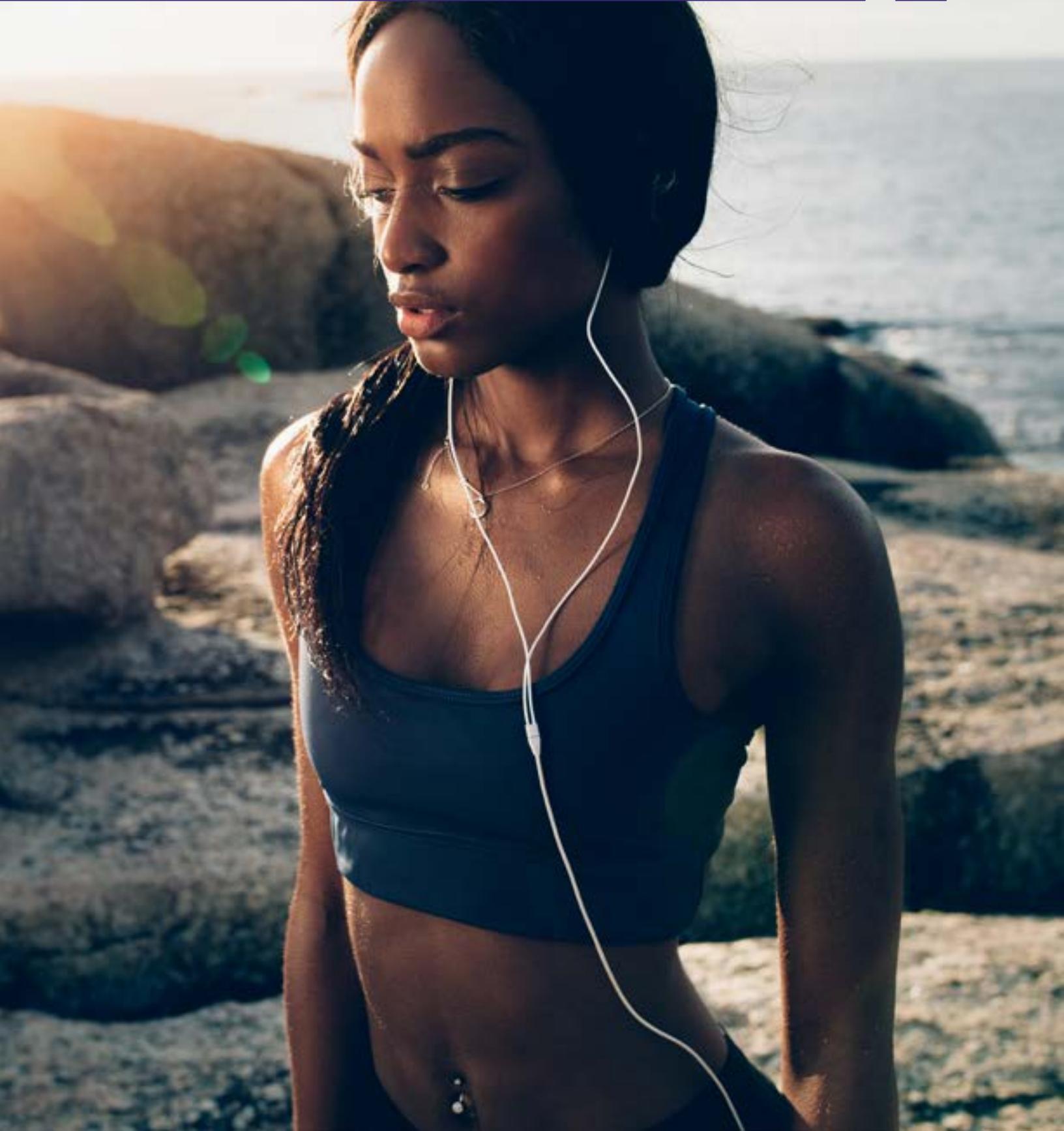
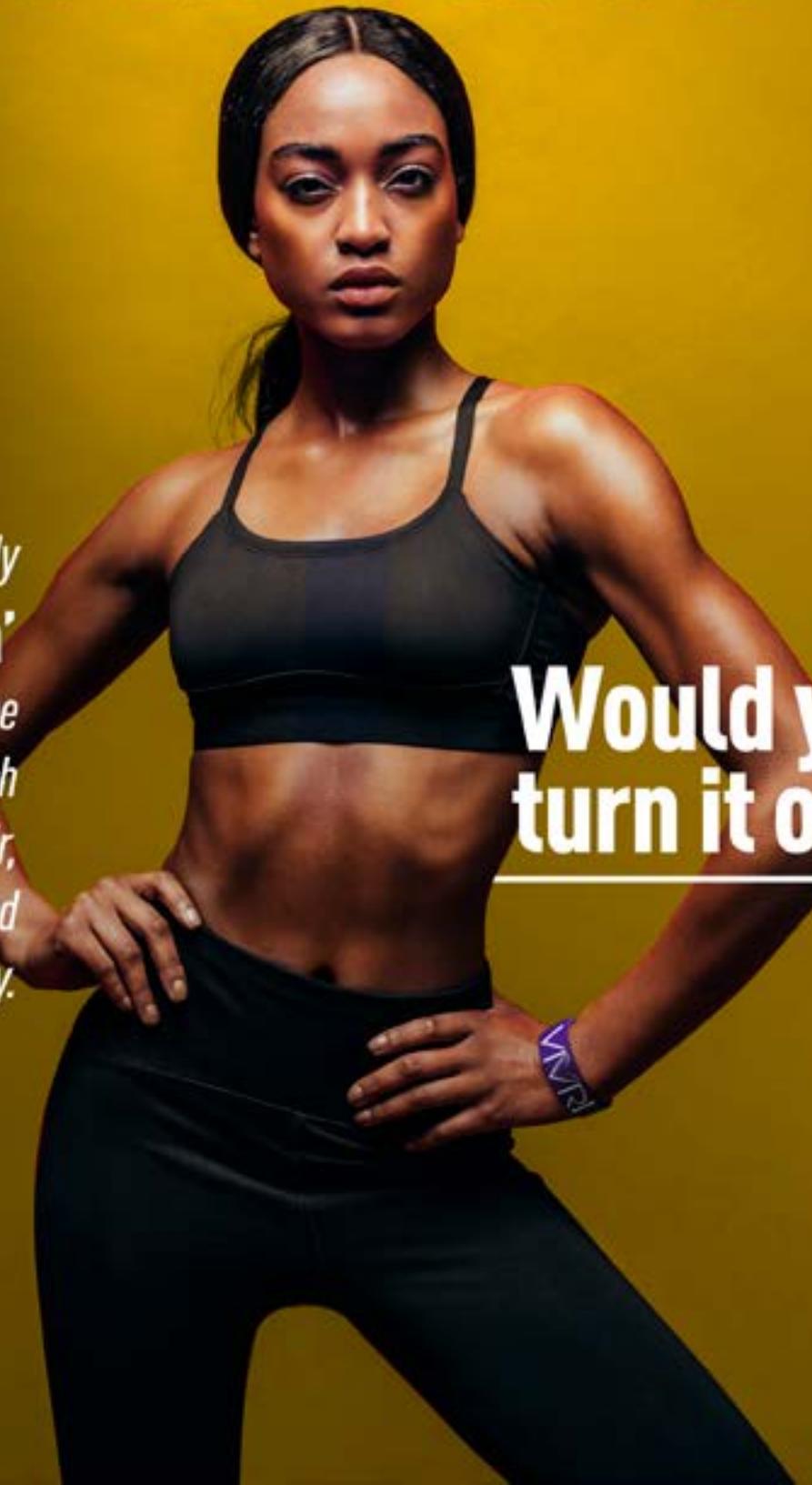


VIVRI[®] INTERMITTENT FASTING GUIDE



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

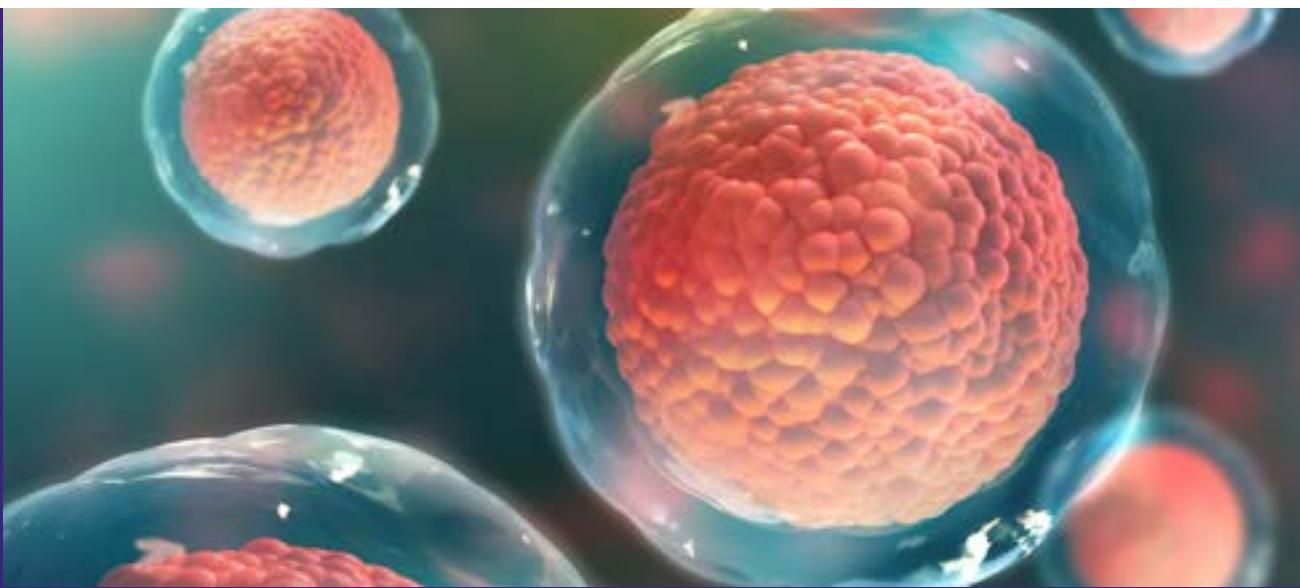
AUTOPHAGY >>> CELLULAR REGENERATION

In 2016, Dr. Yoshinori Ohsumi won the world's most prestigious award, the *Nobel Prize in Medicine*, for discovering the amazing mechanism of Autophagy.¹ 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.²

INTERMITTENT FASTING THE BEST WAY TO FAST

Intermittent Fasting has a great advantage over prolonged fasting.³ 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 MEDICINE⁴

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.⁵

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.⁶

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.⁷

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).⁸

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%.⁹

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.¹⁰

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.¹¹

¹ 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

² 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

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

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

⁵ 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.

⁶ 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

⁷ Beleslin B, Ciric J, Zarkovic 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.

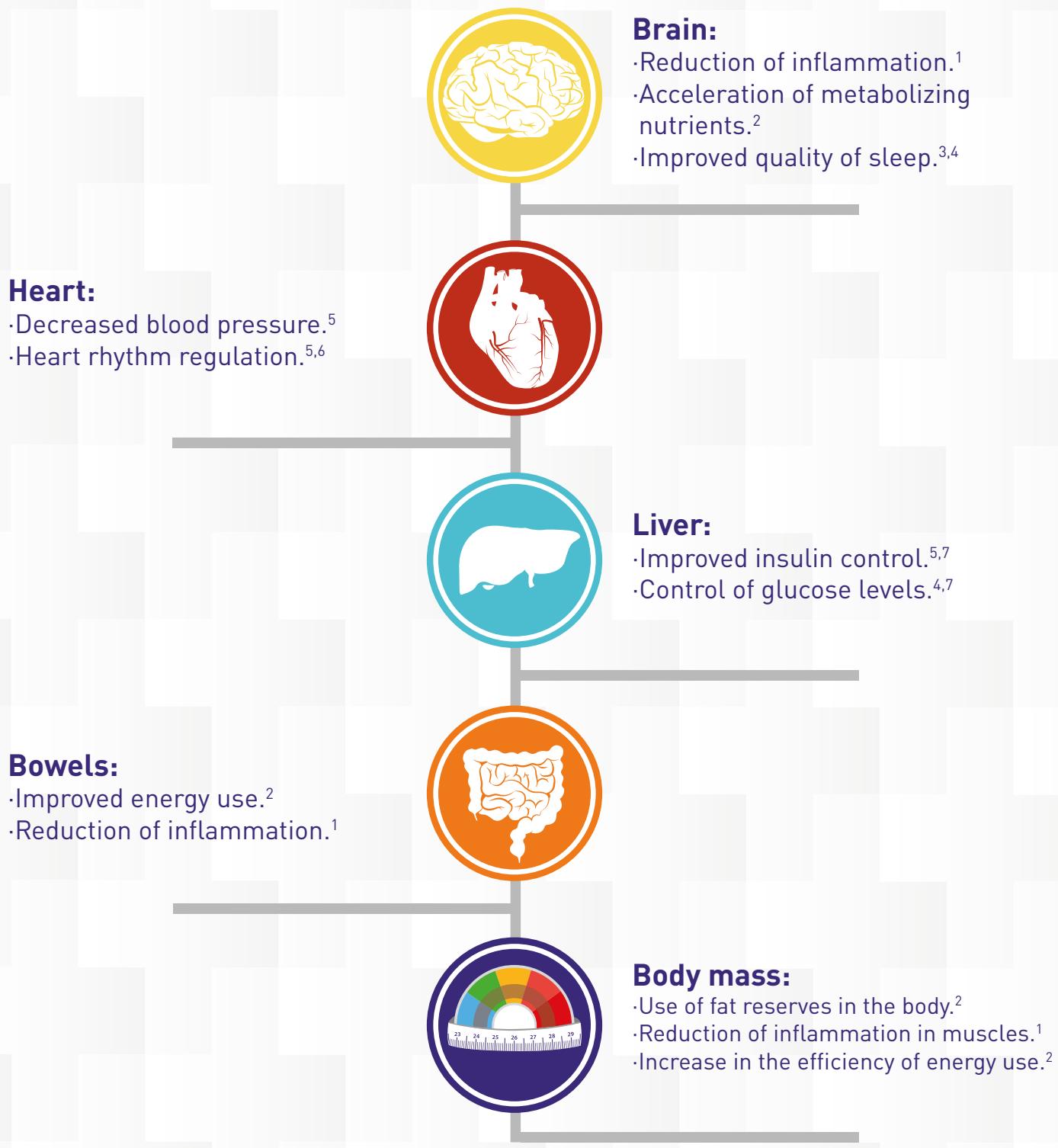
⁸ Faris MA, Kacimi S, Al-Kurd RA, et al. Intermittent fasting during Ramadan attenuates proinflammatory cytokines and immune cells in healthy subjects. *Nutr Res.* 2012 Dec;32(12):947-55. doi:10.1016/j.nutres.2012.06.021.

⁹ 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

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

¹¹ 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



Referencias

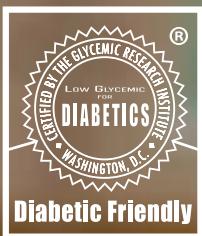
- ¹ Faris MA, Kacimi S, Al-Kurd RA, et al. Intermittent fasting during Ramadan attenuates proinflammatory cytokines and immune cells in healthy subjects. *Nutr Res.* 2012 Dec;32(12):947-55. doi: 10.1016/j.nutres.2012.06.021.
- ² Byrne NM, Sainsbury A, King NA, Hills AP, Wood RE. Intermittent energy restriction 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
- ³ Patterson R.E.; Laughlin G.A.; et al. Intermittent fasting and human metabolic health. *J Acad Nutr Diet.* 2015 Aug; 115(8): 1203-1212.
- ⁴ 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
- ⁵ 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
- ⁶ 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.
- ⁷ 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
INTERMITTENT
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

INTERMITTENT FASTING

VIVRI Intermittent 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 Intermittent 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

Before
12 noon

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



12:00
pm

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



2:30
pm

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



5:00
pm

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



Before
8:00
pm

Dinner Salad + **VIVRI Soup** 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 INTERMITTENT 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 Intermittent 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 Intermittent Fasting Guide.

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

Follow your VIVRI Intermittent 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 Intermittent 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 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.

SHARE YOUR TESTIMONY WITH
THE HASHTAGS
#VIVRIINTERMITTENTFASTING



A woman with long dark hair, wearing a blue bikini, is walking along a sandy beach towards the ocean. She is smiling and looking down at her body. The background shows the clear blue sky and the ocean waves.

**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
INTERMITTENT
FASTING**

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



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