

# ABOUT 7 DAY CLEANSE

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Overall health begins with your intestines. If your intestines are not functioning properly, one easily runs the risk of slag, waste or other dirt built-up along the intestinal walls. The accumulation of waste is the cause of numerous problems throughout the body, including constipation and diarrhea, bloating, upset stomach, lack of energy, headaches, fatigue, acne, etc.

7 Day Cleanse effectively helps the intestinal tract get rid of accumulated waste, reduces bloating, and contributes to increased energy that may – alongside a healthy diet and regular exercise - lead to several kilos in weight loss.

The formula contains effective and 100% natural ingredients, such as Senna Leaves, Cayenne Pepper Powder and Cascara Sagrada, along with other natural fibers and herbs. It furthermore contains Psyllium Husks Powder and Organic Flaxseed Oil which helps maintain and balance a natural intestinal flora. You will notice an effect within 12-24 hours.

## IMPORTANT INFORMATION AND SUGGESTED USAGE

*WARNING: Pay close attention to the product ingredients in regards to food allergies or intolerances. There may be cases of severe discomfort, abdominal pain, nausea and dizziness. If any of these symptoms occur during the cleansing period, immediately stop the intake of the capsules and make sure to keep your body rested until the symptoms surpass. Do not repeat the cleanse. If symptoms do not surpass, call your doctor or physician.*

It is important to be aware that the 7-Day Cleanse, for many, can be a tough cleanse. Some people feel the intensity of the abdomen hard at work during the entire 7-day period, while others only experience discomfort during the first couple of days.

**Suggested usage: One (1) packet with 2 large glasses of water 3 times a day for 7 days, or as directed by a healthcare professional. For best results, take 1 packet mid-morning, 1 packet mid-afternoon and 1 packet at bedtime. This product should be taken in conjunction with a sensible diet high in fresh fruit and vegetables and 8 glasses of water during the day in between the packets. Do not repeat the cleansing program for at least six to eight (6-8) weeks.**

We furthermore recommend, if possible, that you start the program during the weekend, while in the comfort of your own home. This way you will be able to learn how your body reacts to the pills.

If you experience continued discomfort, you may decrease your intake to one (1) packet a day for the remainder of the cleansing period.

It is important to drink plenty of water and stay hydrated throughout the cleansing period. Furthermore you should avoid alcohol, refined sugars, gluten, dairy products and processed foods during the 7-day cleanse. Bare in mind, that your intestines are hard at work cleansing out your system and thus shouldn't be fed with foods that are difficult to break down and digest.

## FOLLOW-UP

We recommend you follow-up your 7-Day Cleanse with our Maintenance Cleanse in order to maintain a natural intestinal flora and prevent debris from building up in your intestine. Maintenance Cleanse is based on lactic acids and fibers such as Psyllium Husks, Black Walnut Powder, oat Bran, Flaxseeds, Prune Powder and Aloe Vera.

If you have any questions or concerns regarding our products, you can always get in touch with us through our live chat (open weekdays from 10.00-15.00 CET) or through mail at [viva@vitaviva.com](mailto:viva@vitaviva.com).

Sincere Regards,  
VITAVIVA

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