



Leader

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My VIVRI™ Journal

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THE BEST VERSION OF YOURSELF

LOADING...

AN EASY-TO-FOLLOW PLAN

VIVRI™ has designed a practical system that provides all the nutrition you need in just seconds. VIVRI™ Essential Nutritional System (ENS) is based on a clinically proven method for managing weight. Simply replace two meals a day with SHAKE ME!™, a complete low calorie meal.

VIVRI™ ESSENTIAL NUTRITION SYSTEM

Detoxify, nurture and tone your body like never before!



BREAKFAST



SNACK



ENERGY



LUNCH/DINNER
500 - 700 CAL.



DIGESTIVE



LUNCH/DINNER



8 GLASSES
OF WATER

DESCRIPTION

Breakfast

✓ **SHAKE ME!**™

Mid morning

✓ 1 Fruit + **POWER ME!**™

Lunch/Dinner

✓ Healthy meal of your choice,
between 500-700 calories

Mid afternoon

✓ **CLEANSE ME!**™

Lunch/Dinner

✓ **SHAKE ME!**™

RECOMMENDATIONS

- Drink 8 glasses of water a day
- Work out 30 minutes every day
- Do not drink any alcoholic beverages
- Follow the guidelines presented in this journal, including the VIVRI™ Plate and Go/Stop lists
- Find the support you need in your VIVRI™ Independent Leader (LIV™)

* Find recipe suggestions in this journal for your daily healthy meal between 500 and 700 calories.

SHAKE ME!™ = ESSENTIAL NUTRITION*

To receive Essential Nutrition is to give your body exactly the nutrients it needs in order to function properly. By receiving the good and avoiding the bad, your body detoxifies as it nurtures itself in an efficient way.*



With **SHAKE ME!**™ your body receives 100% of the required daily nutrients for a given meal.*

THERE ARE TWO TYPES OF ESSENTIAL NUTRIENTS:

MICRO NUTRIENTS

- + Vitamins (antioxidants)
- + Minerals

= **1%** of required nutrients

MACRO NUTRIENTS

- + Proteins
- + Carbohydrates
- + Healthy fats

= **99%** of required nutrients

POWER ME!™ provides you with the energy you need to get through the day and helps you burn fat even while at rest.*

CLEANSE ME!™ helps you eliminate toxins and maintain your digestive system functioning properly.*



QUICK AND EASY TO MAKE



+



8-10 oz. (240-360 ml) of cold water



+



6-8 oz. (180-240 ml) of cold water



+



4-24 oz. (120-710 ml) of cold water



* These statements have not been evaluated by the FDA. VIVRI™ products are not intended to diagnose, treat, cure or prevent any disease.

3 TIPS TO START

1 First thing first

Get rid of any temptations in your home by removing all unhealthy foods from your pantry.



CANDY



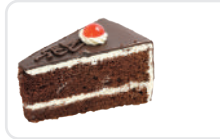
WHITE BREAD



SODAS
INCLUDING DIET ONES



CHIPS



DESSERTS

2 Make an educated decision before each meal

EMOTIONAL EATING

VS

PHYSICAL HUNGER

Your appetite increases suddenly

You want to eat one food in particular

You have to eat it immediately

You keep eating even after you feel satisfied

When you are done eating you feel guilty

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

3 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™ Products

SHAKE ME!™

PROMOTES*



Fat burning and weight management



Appetite control



Muscle mass maintenance



Healthy blood pressure



Healthy levels of cholesterol, triglycerides and blood sugar

230 cal.

CONTAINS



22 g of VIVRI's™ Proprietary Triple Protein Blend**



23 vitamins and minerals



8 vegetable extracts



Stevia + natural sweeteners



6 g of dietary fiber



20 g of carbohydrates



Biotin

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** VIVRI's™ Proprietary Triple Protein Blend optimizes protein from three premium sources: (1) naturally harvested non-GMO pea protein from France, (2) milk isolate protein free of added hormones from the U.S., (3) premium whey protein free of added hormones from the U.S.; VIVRI™ reserves the right to change country of origin of selected ingredients according to the specifications set forth by the VIVRI™ Medical and Scientific Advisory Board, and each year's crop quality.

POWER ME!™

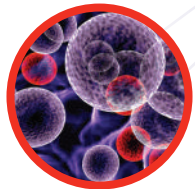
PROMOTES*



Fat burning and weight management



Good mood and concentration



Protection against oxidative stress



Orange-Mango
15 cal.
Caffè Latte
30 cal.



Natural energy



Healthy blood pressure



Healthy blood sugar levels

CONTAINS



Green tea polyphenols and EGCG**



Guarana



Yerba Mate



Vitamin B Complex***



Aloe ACTiValoe®**



Nopal



Prebiotics Fibersym™***
Fibregum™***



3 g of dietary fiber



Biotin



Stevia + natural sweeteners



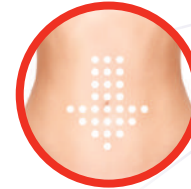
Stevia + natural sweeteners

CLEANSE ME!™

PROMOTES*



Satiety and weight control



Gastric and colon health

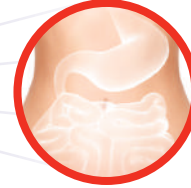


10 cal.

CONTAINS



100% natural detox and daily evacuation



Healthy digestion and PH balance



Healthy blood sugar levels

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**POWER ME!™ contains the same amount of polyphenols and EGCG than a cup of green tea.

***B12 (provides energy and produces red blood cells), B1 (stores energy and metabolizes glucose), B2 (protects against oxidative stress and free radicals), B3 (promotes healthy levels of blood sugar), B5 (promotes stress control), B6 (promotes brain serotonin production), biotin (promotes the use of amino acids and fatty acids).

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**ACTiValoe® is the Aloe with the most research and studies in the world and meets the standards of the "International Aloe Science Council."

***These prebiotics have been clinically proven in the U.S. as effective laxatives that promote a healthy balance of bacteria in the digestive system. Furthermore, Fibregum™ reduces the glycemic index of foods and helps maintain healthy blood sugar levels.

Journal

DAY 1

INITIAL WEIGHT

“Self-trust is the first secret of success.” - Ralph Waldo Emerson

- Breakfast: **SHAKE ME!**[™]
- Mid morning: 1 fruit + **POWER ME!**[™]
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**[™]
- Lunch/Dinner: **SHAKE ME!**[™]

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

My **energy** level today is:



On a scale of 1 to 5, my **appetite** today is:



This is what I will do for myself today: _____

My notes: _____

DAY 2

MY WEIGHT TODAY

DAY 3

MY WEIGHT TODAY

“Every human benefit and enjoyment, every virtue and every prudent act is founded on compromise and barter.” - Edmund Burke

“The only place where success comes before work is in the dictionary.” - Vidal Sassoon

- Breakfast: **SHAKE ME!**TM
- Mid morning: 1 fruit + **POWER ME!**TM
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**TM
- Lunch/Dinner: **SHAKE ME!**TM

- Breakfast: **SHAKE ME!**TM
- Mid morning: 1 fruit + **POWER ME!**TM
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**TM
- Lunch/Dinner: **SHAKE ME!**TM

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

My **energy** level today is:



My **energy** level today is:



On a scale of 1 to 5, my **appetite** today is:



On a scale of 1 to 5, my **appetite** today is:



I will work to achieve my goals by doing the following: _____

My notes: _____

I deserve to be the best version of myself because: _____

My notes: _____

DAY 4

MY WEIGHT TODAY

DAY 5

MY WEIGHT TODAY

“Whether you think you can, or you think you can’t you’re right.” - Henry Ford

“If you’re asked to walk one mile, walk two.” - Og Mandino

- Breakfast: **SHAKE ME!**
- Mid morning: 1 fruit + **POWER ME!**
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**
- Lunch/Dinner: **SHAKE ME!**

- Breakfast: **SHAKE ME!**
- Mid morning: 1 fruit + **POWER ME!**
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**
- Lunch/Dinner: **SHAKE ME!**

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

My **energy** level today is:



My **energy** level today is:



On a scale of 1 to 5, my **appetite** today is:



On a scale of 1 to 5, my **appetite** today is:



My favorite VIVRI™ product so far is: _____

My notes: _____

My motivation to become a better person is: _____

My notes: _____

DAY 6

MY WEIGHT TODAY

DAY 7

MY WEIGHT TODAY

"We are what we repeatedly do. Excellence then, is not an act, but a habit." - Aristóteles

"You will never know your limits until you push yourself to them." - Anónimo

- Breakfast: **SHAKE ME!**
- Mid morning: 1 fruit + **POWER ME!**
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**
- Lunch/Dinner: **SHAKE ME!**

- Breakfast: **SHAKE ME!**
- Mid morning: 1 fruit + **POWER ME!**
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**
- Lunch/Dinner: **SHAKE ME!**

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

My **energy** level today is:



My **energy** level today is:



On a scale of 1 to 5, my **appetite** today is:



On a scale of 1 to 5, my **appetite** today is:



When I'm upset (angry, sad) the best thing I can do for myself (regarding food) is: _____

My notes: _____

I'm proud of myself because: _____

My notes: _____

DAY 8

MY WEIGHT TODAY

DAY 9

MY WEIGHT TODAY

“All our dreams can come true, if we have the courage to pursue them.” - Walt Disney

“There is no failure here sweetheart, just when you quit.”
- U2

- Breakfast: **SHAKE ME!**TM
- Mid morning: 1 fruit + **POWER ME!**TM
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**TM
- Lunch/Dinner: **SHAKE ME!**TM

- Breakfast: **SHAKE ME!**TM
- Mid morning: 1 fruit + **POWER ME!**TM
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**TM
- Lunch/Dinner: **SHAKE ME!**TM

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

My **energy** level today is:



My **energy** level today is:



On a scale of 1 to 5, my **appetite** today is:



On a scale of 1 to 5, my **appetite** today is:



At the end of day 10, I will reward myself with (non-food related): _____

My notes: _____

What has motivated me to stay with the program up until now has been:

My notes: _____

DAY 10

FINAL WEIGHT

"To start a great project, you need courage. To finish a great project, you need perseverance." - Anónimo

- Breakfast: **SHAKE ME!**[™]
- Mid morning: 1 fruit + **POWER ME!**[™]
- Lunch/Dinner: Healthy meal between 500-700 calories
- Mid afternoon: **CLEANSE ME!**[™]
- Lunch/Dinner: **SHAKE ME!**[™]

- Glasses of water I drank today
- I did not consume any alcohol today
- I did not eat to satisfy an emotional need or craving
- Physical activity: description min.

My **energy** level today is:



On a scale of 1 to 5, my **appetite** today is:



Today I will reward myself with: _____

My notes: _____

My VIVRI[™] Plate

MY VIVRI™ PLATE

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

HEALTHY OILS

Minimize oils. When cooking or on salads, use only healthy oils such as olive or canola.
Avoid butter and trans fats.



VEGETABLES

Main component of your healthy eating. The greater the quantity and variety of vegetables you eat, the better.
Potatoes and French fries do not count as vegetables.



WATER

Drink 8 glasses of water a day.
Coffee, tea or mineral water are allowed without added sugar.
Avoid sugary drinks.

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.



FRUITS

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

HEALTHY PROTEIN

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

DETAILED FOOD LIST

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

GO! PROTEINS

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, wild salmon.

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

Pork: fatless 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.

GO! VEGETABLES

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 jicamas.

STOP!

Chickpeas, corn, potatoes and beets.

GO! FRUITS

Apples, pears, kiwis, pineapples, watermelons, cantaloupes, papaya, peaches, guavas and tomatoes.

STOP!

Avocados, oranges, grapes, bananas and grapefruits.

GO! GRAIN, FLOUR AND CEREALS

Wheat rice, wheat pasta, quinoa and amaranth.

STOP!

White rice and white pasta.

GO! OILS

Use only sporadically in small amounts or spray-canned: cold condensed olive oil, canola oil and linseed oil.

STOP!

Butter, margarine, mayonnaise, high fat dressings and nuts (only small amounts).

GO! BEVERAGES

Natural water, water prepared with fresh fruit, mineral water, tea or coffee without adding sugar. You can drink **CLEANSE ME!**[™] as naturally flavored water by mixing it in your entire VIVRI[™] Shaker bottle with cold water (1 scoop in 24 oz.; up to two times per day).

STOP!

Alcohol, fruit juices and sodas (including diet ones).

GO! SWEETENERS

Stevia.

STOP!

Artificial sweeteners, refined sugar, high fructose corn syrup, honey and evaporated cane juice.

GO! CONDIMENTS

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

621 CALORIES

Chicken breast with rice and beans

- 6 oz. chicken breast (fat free)
- 1 cup of brown rice
- 1 cup of beans

Instructions:

Rice and beans

Prepare the rice the traditional way by boiling water, adding rice and spices; turn down the heat and let simmer until fully cooked.

Beans are to be added to boiling water and cooked until soft. Spices and salt can be added but no oil.

Chicken breast (2 ways to prepare)

1) Broiled

6 oz. chicken breast with salt, garlic powder and paprika. Do not use oils. Place in oven until fully cooked.

2) Boiled

Fill a pot halfway with water. Place it on the stove and heat it up. Add a pinch of salt, pepper, garlic powder, paprika, basil powder and the juice of half a lime (optional) while the water comes to a boil. Do not use oil. Place the chicken breast inside the pot and turn it over a few times until it is fully cooked.

Your meal:

1 cup of cooked brown rice
1 cup of cooked whole beans
1 6 oz. cooked chicken breast
1 glass of water

**As a side dish you can have
2 to 4 cups of vegetables**

OPTION 2 LUNCH/DINNER

687 CALORIES

Pork chops with rice and beans

- 6 oz. pork chops (fat free)
- 1 cup of brown rice
- 1 cup of beans

Instructions:

Rice and beans

Prepare the rice the traditional way by boiling water, adding rice and spices; turn down the heat and let simmer until fully cooked.

Beans are to be added to boiling water and cooked until soft. Spices and salt can be added but no oil.

Pork chops (2 ways to prepare)

1) Broiled

Season the 6 oz. pork chops with salt, garlic powder and pepper. Do not use oil. Place in oven until fully cooked.

2) Boiled

Fill a pot halfway with water. Place it on the stove and heat it up. Add a pinch of salt, pepper, garlic powder, paprika, basil powder and the juice of half a lime (optional) while the water comes to a boil. Do not use oil. Place the pork chop in the seasoned water and turn it over a few times until fully cooked.

Your meal:

1 cup of cooked brown rice
1 cup of cooked whole beans
1 6 oz. pork chop cooked
1 glass of water.

**As a side dish you can have
2 to 4 cups of vegetables**

OPTION 3 LUNCH/DINNER

562 CALORIES

Chicken taco salad

- 6 oz. chicken breast (lean)
- ¼ cup of light sour cream
- 4 cups of shredded lettuce
- ¼ cup of fat free cheddar cheese
- 1 cup of salsa
- 1 oz. of tortilla chips (11 chips total)

Instructions:

Chicken breasts (2 ways to prepare)

1) Broiled

Season the 6 oz. chicken breast with salt, garlic powder and paprika. Do not use oils. Place in oven until fully cooked.

2) Boiled

Fill a pot halfway with water. Place it on the stove and heat it up. Add a pinch of salt, pepper, garlic powder, paprika, basil powder and the juice of half a lime (optional) while the water comes to a boil. Do not use oil. Place the chicken breast in the seasoned water and turn it over a few times until it is fully cooked.

Salad

Place all the tortilla chips and the 4 cups of shredded lettuce in a bowl. Add the chicken breast on top and pour the sour cream and salsa over it. Take the cheddar cheese and sprinkle around the bowl.

Your meal:

1 chicken taco salad
1 glass of water

As a side dish you can have
2 to 4 cups of vegetables

OPTION 4 LUNCH/DINNER

685 CALORIES

Hamburger with rice and beans

- 6 oz. lean ground meat (90/10)
- ¼ cup of salsa
- 1 cup of brown rice
- 1 1 cup of whole beans

Instructions:

Rice and beans

Prepare the rice the traditional way by boiling water, adding rice and spices; turn down the heat and let simmer until fully cooked.

Beans are to be added to boiling water and cooked until soft. Spices and salt can be added but no oil.

Hamburger (2 ways to prepare)

Season the 4 oz. of ground meat with salt, garlic powder and pepper (and others spices if desired). Shape the ground beef into a patty cake. Do not use oil.

1) Broiled

Place the patty on an oven tray and broil in oven (flipping when needed) until cooked thoroughly.

2) Boiled

Take a frying pan and add 4 tablespoons of water. Place on stovetop and heat. During the heating of the water, add a pinch of salt, pepper, garlic (powder or chopped) and onion powder. Do not use oil. Place the patty into the simmering seasoned water and cook. Flip several times until the patty is thoroughly cooked.

Your meal:

1 cup of cooked brown rice
1 hamburger
1 cup of cooked whole beans
1 glass of water
¼ cup of salsa

As a side dish you can have
2 to 4 cups of vegetables

OPTION 5 LUNCH/DINNER

621 CALORIES

Steak with rice

- 6 oz. lean steak
- 1 cup of brown rice
- ¼ cup of light sour cream

Instructions:

Rice

Prepare the rice the traditional way by boiling water, adding rice and spices; turn down the heat and let simmer until fully cooked.

Steak (2 ways to prepare)

1) Broiled

Take the 6 oz. steak and place on an oven tray. Season with salt, pepper and garlic powder. Do not use oil. Take the tray and place it oven and broil (flipping when needed) until thoroughly cooked.

2) Boiled

Take frying pan and add 6 tablespoons of water. Place on the stovetop and heat. Add a pinch of salt, pepper, garlic (chopped or powder) and onion powder while the water comes to a boil. Do not use oil. Place the steak into the simmering seasoned water and cook. Flip several times until the steak is thoroughly cooked.

Your meal:

1 cup of cooked brown rice
1 6 oz. cooked steak
1 glass of water
¼ cup of light sour cream

As a side dish you can have
2 to 4 cups of vegetables

FAQs

FREQUENTLY ASKED QUESTIONS

Will my weight bounce back after I stop using the products?

VIVRI's™ system was designed in such a way that once you have achieved your health goals, you may continue a simple maintenance plan where you take SHAKE ME!™ once a day. SHAKE ME!™ helps you get the nutrition you need with only 230 calories. If you stop using the VIVRI™ system, your weight will not bounce back as long as you continue to maintain a balanced diet.

Can I skip my SHAKE ME!™ if I don't feel hungry?

We recommend that you take 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.

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.

Why are the first three days of the challenge so important?

The first three days your body detoxifies itself. For most, this transition is easy and will result in a feeling of being energized and better nourished. However, there is a possibility of a slight headache or change in consistency and frequency of bowel movements, as a natural consequence of the body cleansing process. We suggest drinking a lot of water to help the process of removing toxins.

After the first three days, your body gets used to getting essential nutrition and the amount of food it needs to function well. It is important to listen to your body and give it what it asks for, as long as it is nutritious and healthy.

How important is it to exercise at the start of the challenge?

Exercise is fundamental to healthy living. However, it is recommended that in the first 3 days, you maintain your normal physical activity. Starting on the 4th day, you may increase your regular

exercise or start with 30 minutes 3 times a week. To maintain a healthy weight is 80% nutrition and 20% exercise. When you exercise regularly you achieve better results.

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.

I'm still on the VIVRI™ Challenge after the two initial weeks and I've noticed that I'm losing weight at a lower pace. Am I doing something wrong? Is there anything I should change?

Don't worry; weight loss can sometimes happen in phases. Your body begins to adapt itself to your new habits and it needs time to "stabilize" itself.

Make sure you are going to the bathroom at least once a day. You may also lose a bit more weight by working out or exercising more throughout the day and by drinking more water.

How many times a day can I take POWER ME!™?

You can take POWER ME!™ up to two times a day, depending on your sensibility to caffeine and your lifestyle. If you are sensitive to caffeine, you can try half of the recommended dose and see how you feel. **People who are caffeine intolerant, women who are pregnant or lactating and children should not consume POWER ME!™.**

What can I do if I am constipated?

You can take an additional serving of CLEANSE ME!™ at mid-morning or as a cold beverage with your meal. Increase your intake of vegetables with your healthy meal and make sure you drink plenty of water.

I initially lost weight but now I have regained some of it. What is happening?

It is normal for weight to fluctuate due to any of the following: body cycles, frequency of bowel movements, fluid retention, hormonal changes, etc. Most likely, you will notice that your dress size remains unchanged.

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 food preservatives obtained from either wheat or corn.

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.

I have a medical condition. Can I do the VIVRI™ Challenge?

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 info@VIVRI.com.

Our disclaimer is as follows: VIVRI™ products are not intended to diagnose, treat, cure or prevent any disease.

THE BEST VERSION OF YOURSELF



CLICK HERE TO ENTER

www.VIVRI.com