

ENIVAHealth® Product Use Guide*

STEP 1: Establish a Nutritional Foundation

Use 1 ounces of VIBE® daily; split between AM/PM.

- Mix with 8–10 ounces of water/juice, if desired.
- If you have a sensitive stomach, start slowly and gradually increase amount.
- Use 2 softgels of Efacor® daily; 10–15 min. before meal.

STEP 2: Focus on Wellness Goals

Dependent upon health goals, add/delete other Eniva products, as necessary.* Please reference the guide below.

For Best Results:

- Continue using VIBE daily for your nutritional foundation.
- Please do not exceed 3 unique Eniva products in the first month.
- When adding additional products, please add one at a time, with 1–2 week intervals between additions.
- Please involve your personal health care practitioner before starting any new nutritional product or program.

Dear Friend:

I am often asked, “What is the best way to use VIBE® and the other Eniva Health products?” Here my thoughts. **Proper preparation and “nutritional conditioning” helps your body achieve its desired healthy state.*** Your body knows what to do when given the proper nutrition. We just need to give it that opportunity.

If you have an immediate or serious health concern, consult a medical professional. I always recommend consulting your primary health care provider when you begin a supplementation program — individuals often have unique nutritional needs. Eniva Health products may help address these unique nutritional demands. Eniva products do not treat, reduce or cure disease.

My brother Andrew and I wish you the very best on your wellness journey.*

God bless,



















— Benjamin J. Baechler, MD



























Benjamin J. Baechler, MD.
Chief Medical Officer
Eniva Health

Providing Nutritional Support for the Body in the following areas:*

This information is for educational purposes and is not medical advice.

Health Goal	Step 1	Step 2	Step 3	Step 4
 General Health* —Adults		+	<ul style="list-style-type: none"> • Liquid Vitamin D3 4 droppers • Natural Whey Protein 2 scoops • ResVante 1.28 ounces 	<ul style="list-style-type: none"> • Preferably in AM • Preferably in AM • On an empty stomach
 General Health* —Kids		+	<ul style="list-style-type: none"> • VIBE® Kid's 1 ounce • Probiotic+ 1 capsule 	<ul style="list-style-type: none"> • Preferably in AM • Preferably in AM before a meal
 Weight Management*		+	<ul style="list-style-type: none"> • Natural Whey Protein 2-4 scoops • LifeCleanse* 1-3 scoops • Lean PM 1 TBSP • Cholesterol Health 1 ounce • Green Coffee Bean Extract 2 capsules 	<ul style="list-style-type: none"> • Split dose between AM/PM • Mix with apple juice • 2 hours before bedtime • 5 min. before a meal • Split dose between AM/PM
 Cardiovascular Health*		+	<ul style="list-style-type: none"> • CoQ10+ 1-2 TBSP • ResVante 1.28 ounces • Cholesterol Health 1 ounce • ATP-Pro® (D-Ribose) 1-2 scoops 	<ul style="list-style-type: none"> • Split between AM/PM • On an empty stomach • 5 min. before a meal • Split between AM/PM
 Neurologic / Nervous System Health*		+	<ul style="list-style-type: none"> • CoQ10+ 1-2 TBSP • Liquid Vitamin D3 4 droppers • ResVante 1.28 ounces 	<ul style="list-style-type: none"> • Split between AM/PM • Preferably in AM • On an empty stomach
 Blood Sugar Health*		+	<ul style="list-style-type: none"> • VanChroZin 1-2 tsp • Liquid Vitamin D3 4 droppers • B-Complex 1 TBSP • ResVante 1.28 ounces 	<ul style="list-style-type: none"> • 10 min. before lunch/supper • Preferably in AM • Preferably in AM • On an empty stomach
 Energy and Muscle Health*		+	<ul style="list-style-type: none"> • Magnesium 1-2 ounces • Muscle Aid®* 4 tsp • Liquid Vitamin D3 4 droppers • ATP-Pro® (D-Ribose) 2 scoops 	<ul style="list-style-type: none"> • Split between AM/PM • Split between AM/PM • Preferably in AM • Split between AM/PM
 Joint Health*		+	<ul style="list-style-type: none"> • Flex ES®*(glucosamine) 1-2 ounces • JointZyme® 2-3 capsules • Liquid Vitamin D3 4 droppers 	<ul style="list-style-type: none"> • Split between AM/PM • On an empty stomach • Preferably in AM
 Vision and Eye Health*		+	<ul style="list-style-type: none"> • Eye Health+®* (macular health) 	<ul style="list-style-type: none"> • In AM

Health Goal	Step 1	Step 2	Step 3	Step 4
 Women's Health*		+ <div> • Cal-Mag 2 ounces • Liquid Vitamin D3 4 droppers • Probiotic+ 2 capsules </div>	• Add 2 oz to 12 oz water • Preferably in AM • 10 min. before breakfast	
 Men's Health/ Prostate*		+ <div> • Natural Prostate Health* 4 capsules (Saw Palmetto + others) </div>	• Split between AM/PM	
 Bone Health*		+ <div> • Cal-Mag 2 TBSP • Liquid Vitamin D3 4 droppers • Strontium 2 TBSP • Cell-Ready® Minerals 2 TBSP </div>	• Split between AM/PM • Preferably in AM • Split between AM/PM • Split between AM/PM	
 Digestive / Intestinal Health* <small>*Do not use Digest-EZ® if you have stomach ulcers.</small>		+ <div> • Probiotic+ 2-4 capsules • Digest-EZ®** (enzymes) 2-4 capsules <small>Do not use Digest-EZ® if you have stomach ulcers.</small> • Cal-Mag or Cell-Ready® 1 ounce </div>	• 10 min. before breakfast • Take with meals • On an empty stomach	
 Stress Relief*		+ <div> • Liquid Vitamin D3 4 droppers • B-Complex 1 TBSP • Trace (Minerals) 1/2 ounce </div>	• Preferably in AM • In AM • In AM	
 Vibrant Skin*		+ <div> • ResVante 1.28 ounces • Nourishing Facial Spray 2-3 sprays • Natural Salon Pack daily Body Wash, Shampoo, Conditioner </div>	• On an empty stomach • Preferably after a shower • With shower/bath	
 Immune Health*		+ <div> • Liquid Vitamin D3 4 droppers • Zinc 2 tsp • Probiotic+ 2 capsules • Vitamin C 1 1/2 tsp </div>	• Preferably in AM • Take with food • 10 min. before breakfast • Preferably in AM	
 Cleanse*		+ <div> • LifeCleanse* 1-3 scoops • Chlorophyll+ 1-3 tsp • Probiotic+ 2 capsules • Sulfur 1 tsp </div>	• Mix with apple juice • Add 1 tsp to 8 oz water • 10 min. before breakfast • In AM	
 Healthy Pressures† <small>†Maintains levels already within the normal range</small>		+ <div> • Potassium 1 ounce • Cal-Mag 1 ounce • Natural Whey Protein 2-4 scoops • B-Complex 3 tsp </div>	• In AM • In AM • Split between AM/PM • 2 tsp AM, 1 tsp PM	
 Airways & Oxygenation*		+ <div> • Lung & Sinus Health 2 capsules • Probiotic+ 2 capsules • Liquid Vitamin D3 4 droppers </div>	• Preferably in AM • 10 min. before breakfast • Preferably in AM	
 Fitness*		+ <div> • Natural Whey Protein 2-4 scoops • Muscle Aid®** (Recovery) 2-4 tsp • Vascular Advantage®** 4 scoops • ATP-Pro® (D-Ribose) 1-2 scoops </div>	• Before/after workout • After workout • Before workout • Before/after workout	
 Healthy Cooking Solutions*		+ <div> • Heart Healthy Cooking Oil As needed • Omega 3-6-9 Salad Oil As needed </div>	• For cooking • For salads and dipping	

* 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.

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