



## product use guide

Dear Friend:  
I am often asked,  
"What is the best way  
to use VIBE® and the  
other Eniva Health  
products?" Here are  
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

### STEP 1: Establish a Nutritional Foundation

- Take 1 ounce of VIBE® daily; split between AM/PM.
- Mix with 8+ ounces of water/juice.
- If you have a sensitive stomach, start slowly and gradually increase amount.
- Take 2 softgels of Efacor® daily; 10–15 minutes before a meal.

### STEP 2: Focus on Wellness Goals























- Dependent upon health goals, add/delete other Eniva products, as necessary.\* Please reference the guide on the following pages.

### STEP 3: Maximize Nutrients

- Continue using VIBE daily for your nutritional foundation.
- If you have a sensitive stomach or GI issues, do not exceed 3 unique Eniva products in the first month.
- When adding new products, please add one at a time, with a 1–2 week interval between additions.
- Consult your personal health care practitioner before starting any new nutritional product or program.





















# 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
 <b>General Health* — Adults</b>		+ <ul style="list-style-type: none"> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>Natural Whey Protein</b> 2 scoops</li> <li>• <b>Probiotic+</b> 2 capsules</li> </ul>	<ul style="list-style-type: none"> <li>• Preferably in AM</li> <li>• Preferably in AM</li> <li>• 10 min. before breakfast</li> </ul>	
 <b>General Health* — Kids</b>		+ <ul style="list-style-type: none"> <li>• <b>VIBE® Kid's</b> 1 ounce</li> <li>• <b>Vitamin D3</b> 1-17 years old: 15 mcg (.75 mL) daily</li> <li>• <b>Probiotic+</b> 1 capsule</li> </ul>	<ul style="list-style-type: none"> <li>• Preferably in AM</li> <li>• In AM before a meal</li> </ul>	
 <b>Weight Management*</b>		+ <ul style="list-style-type: none"> <li>• <b>Detox &amp; Cleanse Kit</b> See Guidebook for meal suggestions.</li> <li>• <b>LifeCleanse (in Deluxe Kit)</b> 1-3 scoops</li> <li>• <b>Protein / Whey or Plant</b> 2-4 scoops</li> <li>• <b>Lean PM</b> 1 TBSP</li> <li>• <b>Apple Cider Vinegar OR</b> 1 ounce</li> <li>• <b>Apple Cider Vinegar Gummies</b> 2-4</li> </ul>	<ul style="list-style-type: none"> <li>• Mix with apple juice</li> <li>• Split between AM/PM</li> <li>• 2 hours before bedtime</li> <li>• Between meals in water</li> <li>• Snacks between meals</li> </ul>	
 <b>Cardiovascular Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>CoQ10+</b> 1-2 TBSP</li> <li>• <b>ResVante Resveratrol</b> 1.28 ounces</li> <li>• <b>Heartflow Super Bs</b> 1 TBSP</li> <li>• <b>ATP- Pro® (D-Ribose)</b> 1-2 scoops</li> <li>• <b>Heart Healthy Cooking &amp; Salad Oils</b></li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• On an empty stomach</li> <li>• Daily</li> <li>• Split between AM/PM</li> <li>• Use in your recipes</li> </ul>	
 <b>Neurologic / Nervous System Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>CoQ10+</b> 1-2 TBSP</li> <li>• <b>MCT Oil</b> 1 TBSP</li> <li>• <b>ResVante Resveratrol</b> 1 ounce</li> <li>• <b>Ashwagandha Gummies</b> 2 gummies up to 2 times daily (4 a day)</li> <li>• <b>Creatine Monohydrate</b> 5 g Daily</li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• With food or drinks</li> <li>• On an empty stomach</li> <li>• 2 times daily (4 a day)</li> <li>• Mix with 8 ounces liquid</li> </ul>	
 <b>Blood Sugar Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>VanChroZin</b> 1-2 tsp</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>B-Complex</b> 1 TBSP</li> <li>• <b>ResVante Resveratrol</b> 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>• 10 min. before lunch/supper</li> <li>• Preferably in AM</li> <li>• Preferably in AM</li> <li>• On an empty stomach</li> </ul>	
 <b>Energy and Muscle Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>Magnesium</b> 1-2 ounces</li> <li>• <b>Muscle Aid®*</b> 4 tsp</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>ATP- Pro® (D-Ribose)</b> 2 scoops</li> <li>• <b>UltraSHOT Energy*</b> 1-2 ounces</li> <li>• <b>Creatine Monohydrate</b> 5 g daily</li> <li>• <b>L-Glutamine</b> 5 g daily</li> <li>• <b>Protein / Whey or Plant</b> 2-4 scoops</li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• Split between AM/PM</li> <li>• Preferably in AM</li> <li>• Split between AM/PM</li> <li>• Split between AM/PM</li> <li>• Mix with 8 ounces liquid</li> <li>• Preferably in AM</li> <li>• Split between AM/PM</li> </ul>	
 <b>Joint Health*</b> *Do not use JointZyme® if you have stomach ulcers.		+ <ul style="list-style-type: none"> <li>• <b>Flex ES®* (glucosamine)</b> 1-2 ounces</li> <li>• <b>JointZyme®</b> 2-3 capsules</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>Cal-Mag</b> 1 ounce</li> <li>• <b>Relief Stick</b> As needed</li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• On an empty stomach</li> <li>• Preferably in AM</li> <li>• Preferably in AM</li> <li>• Rub on painful areas</li> </ul>	
 <b>Vision and Eye Health*</b> (macular health)		+ <ul style="list-style-type: none"> <li>• <b>Eye Health +®*</b> 1 ounce</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>ResVante Resveratrol</b> 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>• In AM</li> <li>• Preferably in AM</li> <li>• On an empty stomach</li> </ul>	
 <b>Women's Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>Cal-Mag</b> 2 ounces</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>Probiotic+</b> 2 capsules</li> <li>• <b>Ashwagandha Gummies</b> 2 gummies up to 2 times daily (4 a day)</li> </ul>	<ul style="list-style-type: none"> <li>• Add 2 oz to 12 oz water</li> <li>• Preferably in AM</li> <li>• 10 min. before breakfast</li> <li>• 2 times daily (4 a day)</li> </ul>	
 <b>Men's Health/ Prostate*</b>		+ <ul style="list-style-type: none"> <li>• <b>Natural Prostate Health*</b> 4 capsules</li> <li>• <b>JointZyme®</b> 2-3 capsules</li> <li>• <b>Vascular Advantage*</b> 4 Scoops</li> <li>• <b>Protein / Whey or Plant</b> 2-4 scoops</li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• On an empty stomach</li> <li>• Split between AM/PM</li> <li>• Split between AM/PM</li> </ul>	

# 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
 <b>Bone Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>Cal-Mag</b> 2 TBSP</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>Strontium</b> 2 TBSP</li> <li>• <b>Cell-Ready® Minerals</b> 2 TBSP</li> <li>• <b>Silica</b> 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• Preferably in AM</li> <li>• Split between AM/PM</li> <li>• Split between AM/PM</li> <li>• Daily</li> </ul>	
 <b>Digestive / Intestinal Health*</b> *Do not use Digest-EZ® if you have stomach ulcers.		+ <ul style="list-style-type: none"> <li>• <b>Probiotic+</b> 2-4 capsules</li> <li>• <b>Digest-EZ® (enzymes)</b> 2-4 capsules</li> <li>• <b>Apple Cider Vinegar or Gummies</b> 1 oz / 2-4 gummies to curb appetite</li> <li>• <b>L-Glutamine</b> 5 g daily</li> <li>• <b>Cal-Mag or Cell-Ready®</b> 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>• 10 min. before breakfast</li> <li>• Take with meals</li> <li>• Preferably in AM</li> <li>• On an empty stomach</li> </ul>	
 <b>Stress Relief &amp; Sleep*</b>		+ <ul style="list-style-type: none"> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>B-Complex</b> 1 TBSP</li> <li>• <b>Trace or Cell-Ready Minerals</b> 1/2 oz</li> <li>• <b>Ashwagandha Gummies</b> 2 gummies up to 2 times daily (4 a day)</li> <li>• <b>Natural Sleep</b> 1 TBSP</li> </ul>	<ul style="list-style-type: none"> <li>• Preferably in AM</li> <li>• In AM</li> <li>• In AM</li> <li>• Half hour before bedtime</li> </ul>	
 <b>Vibrant Skin*</b>		+ <ul style="list-style-type: none"> <li>• <b>ResVante Resveratrol</b> 1 ounce</li> <li>• <b>Silica</b> 1 ounce</li> <li>• <b>Nourishing Facial Spray</b> 2-3 sprays</li> <li>• <b>Natural Salon Pack</b> daily</li> <li>• <b>Replenish or Rejuvenate Hydrating Lotions</b></li> </ul>	<ul style="list-style-type: none"> <li>• On an empty stomach</li> <li>• Daily</li> <li>• Preferably after a shower</li> <li>• With shower/bath</li> <li>• With shower/bath</li> </ul>	
 <b>Immune Health*</b>		+ <ul style="list-style-type: none"> <li>• <b>Immune Support</b> 1-2 ounces</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>Zinc</b> 2 tsp</li> <li>• <b>Probiotic+</b> 2 capsules</li> <li>• <b>Vitamin C</b> 1 1/2 tsp</li> <li>• <b>Lung &amp; Sinus Health</b> 2 capsules</li> </ul>	<ul style="list-style-type: none"> <li>• Take with food</li> <li>• Preferably in AM</li> <li>• Take with food</li> <li>• 10 min. before breakfast</li> <li>• Preferably in AM</li> <li>• Preferably in AM</li> </ul>	
 <b>Detox &amp; Cleanse*</b>		+ <ul style="list-style-type: none"> <li>• <b>Detox &amp; Cleanse Kit</b> See Guidebook for meal suggestions.</li> <li>• <b>LifeCleanse® (in Deluxe Kit)</b> 1-3 scoops</li> <li>• <b>Chlorophyll+</b> 1 tsp</li> <li>• <b>Muscle Aid®</b> 1 TBSP</li> <li>• <b>Probiotic+</b> 2 capsules</li> </ul>	<ul style="list-style-type: none"> <li>• Mix with apple juice</li> <li>• Add 1 tsp to 8 oz water</li> <li>• Daily</li> <li>• 10 min. before breakfast</li> </ul>	
 <b>Healthy Pressures†</b> †Maintains levels already within the normal range.		+ <ul style="list-style-type: none"> <li>• <b>Potassium</b> 1 ounce</li> <li>• <b>CoQ10+</b> 1-2 TBSP</li> <li>• <b>Vascular Advantage</b> 2-4 scoops</li> <li>• <b>B-Complex</b> 3 tsp</li> <li>• <b>Heartflow Super Bs</b> 1 TBSP</li> </ul>	<ul style="list-style-type: none"> <li>• In AM</li> <li>• Split between AM/PM</li> <li>• Split between AM/PM</li> <li>• 2 tsp AM, 1 tsp PM</li> <li>• Daily</li> </ul>	
 <b>Airways &amp; Oxygenation*</b>		+ <ul style="list-style-type: none"> <li>• <b>Lung &amp; Sinus Health</b> 2 capsules</li> <li>• <b>Probiotic+</b> 2 capsules</li> <li>• <b>Liquid Vitamin D3</b> 4 droppers</li> <li>• <b>Calcium</b> 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>• Preferably in AM</li> <li>• 10 min. before breakfast</li> <li>• Preferably in AM</li> <li>• Preferably in AM</li> </ul>	
 <b>Fitness*</b>		+ <ul style="list-style-type: none"> <li>• <b>Protein / Whey or Plant</b> 2-4 scoops</li> <li>• <b>Vascular Advantage®</b> 4 scoops</li> <li>• <b>Muscle Aid® (Recovery)</b> 2-4 tsp</li> <li>• <b>ATP-Pro® (D-Ribose)</b> 1-2 scoops</li> <li>• <b>Creatine Monohydrate</b> 5 g daily</li> <li>• <b>L-Glutamine</b> 5 g daily</li> </ul>	<ul style="list-style-type: none"> <li>• Split between AM/PM</li> <li>• Before workout</li> <li>• After workout</li> <li>• Before/after workout</li> <li>• Mix with 8 ounces liquid</li> <li>• Preferably in AM</li> </ul>	
 <b>Healthy Cooking Solutions*</b>		+ <ul style="list-style-type: none"> <li>• <b>Heart Healthy Cooking Oil</b> As needed</li> <li>• <b>Omega 3-6-9 Salad Oil</b> As needed</li> <li>• <b>MCT Oil</b> As needed</li> <li>• <b>Apple Cider Vinegar</b> As needed</li> </ul>	<ul style="list-style-type: none"> <li>• For cooking</li> <li>• For salads and dipping</li> <li>• In drinks and recipes</li> <li>• Drink diluted, use in soups or salad dressings</li> </ul>	

## Giving You Our Best for Your Success

### Proven Science — Nature Based Nutritionals

At Eniva Health, our wellness products are based on the timeless values of **safety, quality and effectiveness.**

Our formulas have been **third-party tested for stability, purity and integrity** by credentialed laboratories and universities. For over 26 years, VIBE and Eniva Health's entire line of innovative nutritionals have been used by millions of people around the globe to support healthy living.

**You deserve the best.** Whether it's high quality products, helping you save money and earn rewards, or supporting causes important to you, we always give you our top efforts. — Life is better with Eniva Health!



You want results. We have answers.

• Safety • Quality • Proven



catch some wellbeing vibes!



For more product & health information go to [www.eniva.com](http://www.eniva.com)

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