

# NIGHTTIME RELEASE FORMULA

## Healthy Weight Management

Eniva Nighttime Release Formula™ is a non-stimulant, synergistic blend of nutrients and botanicals designed to help promote healthy weight management.\* It is a new paradigm of weight supplementation designed to be safe, convenient and effective. It contains a blend of nutritive and botanical components which are designed to support your weight goals.\* Eniva's Nighttime Release Formula helps your body achieve a healthy weight as well as encourages body cleansing.\*

Eniva Nighttime Release Formula utilizes Eniva's proprietary advanced aqueous nutrient delivery system to promote enhanced bio-availability and absorption. It contains nutrients focused on accessing stored fat, promoting energy and fat metabolism and stimulating lean muscle mass development. Plus, the product contains no stimulants, no artificial colors, no artificial flavors, and is guaranteed for purity.

## BENEFITS OF NIGHTTIME RELEASE

- Non-stimulant
- Synergistic blend of botanicals and nutrients
- Safe, convenient, and effective
- Promotes energy and fat metabolism, accessing stored fat
- Assists with body cleansing\*
- Supports lean muscle mass development\*
- Supports metabolic function\*
- Helps the body achieve a healthy weight\*



*Nutrients for Life™  
Replenishing the Essence  
of Vibrant Health™*

### Days 1-3: Cleanse\* SUGGESTED PROGRAM

**Breakfast:** 7:00 AM

- VIBE®: 1 ounce
- PowerPulse™ Protein: 2 scoops
- Water: 20 ounces

**10:00 AM**

- LifeCleanse: 1 scoop in 8 ounces apple juice
- Bio-Chlor® Liquid Greens: 1 tsp in 8 ounces water

**Noon:** Salad for Lunch

- Absolutely no cheese, noodles, creamy dressing
- May add chicken (absolutely not fried)
- No soda

**2:30 PM**

- LifeCleanse: 1 scoop in 8 ounces apple juice
- Bio-Chlor® Liquid Greens: 1 tsp in 8 ounces water

**6:00 PM**

- VIBE®: 1 ounce
- PowerPulse™ Protein: 2 scoops
- Water: 20 ounces

**8:30 PM**

- LifeCleanse: 1 scoop in 8 ounces apple juice
- Water: 20 ounces

**DURING DAYS 1-3:** It is critical to have 20 minutes of daily cardiovascular exercise to aid in the cleansing process (recommended: 20-minute workout or brisk walk).

### Days 4-5: Replenish\* SUGGESTED PROGRAM

**Breakfast:** 7:00 AM

- VIBE®: 1 ounce
- PowerPulse™ Protein: 2 scoops
- Probiotic+™: 2 capsules
- Water: 20 ounces

**10:00 AM**

- EFACOR™: 1 softgel
- Water: 20 ounces

**Noon:**

- Lowfat soup and/or sandwich; vegetable, fruit
- No soda! Drink NON-sweetened iced tea or water

**2:30 PM**

- EFACOR™: 1 softgel
- Water: 20 ounces
- VIBE®: 1 ounce

**6:00 PM:** Salad for Supper

- Absolutely no cheese, noodles, creamy dressing
- May add chicken (NOT fried), turkey, tuna (no mayo) or tofu
- No soda

**8:30 PM**

- LifeCleanse: 1 scoop
- Water: 20 ounces
- Eniva Nighttime Release™: 1 TBSP

### Days 6-7: Nourish\* SUGGESTED PROGRAM

**Breakfast:** 7:00 AM

- VIBE®: 1 ounce
- PowerPulse™ Protein: 2 scoops
- Probiotic+™: 2 capsules
- Water: 20 ounces

**10:00 AM**

- EFACOR™: 1 softgel
- Water: 20 ounces

**Noon:**

- Lowfat soup and/or sandwich; vegetable, fruit
- No soda! Drink NON-sweetened iced tea or water

**2:30 PM**

- EFACOR™: 1 softgel
- Water: 20 ounces
- VIBE®: 1 ounce

**6:00 PM:**

- Lowfat sandwich or entrée; vegetable, fruit

**8:30 PM**

- Water: 20 ounces
- Eniva Nighttime Release™: 1 TBSP

This is intended as a one-week program only. You may repeat cycle starting on Day 1 if you desire further results.

\*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Proper weight management should be accomplished in conjunction with a good diet and exercise. Eniva products are meant to assist the body in weight management and do not guarantee weight loss.

