



# CLEANSE+

When you need a quick and effective gut reset, Cleanse+ is here to help you 'go'! Start your wellness journey with five sticks of individually wrapped Cleanse+ powder in delicious Lemon-Lime flavor.

## DIRECTIONS:

Empty the contents of one stick into 10 or more ounces of cold water and mix well. Drink Cleanse+ quickly in one sitting, Take for five consecutive days in the AM before eating. Be sure to drink plenty of water throughout the day.

## BENEFITS:

- Give your gut a reset without becoming dehydrated
- Support the repair of your gut while flushing out toxins
- Nourish your microbiome and set the stage for optimal nutrient absorption

## FAQs:

### HOW IS THIS DIFFERENT FROM THE DETOX BOX?

Cleanse+ is a flavored drink mix designed to support intestinal health. It is taken over the course of five days, and is included as the first phase of the Detox Box program. This cleanse is an herbal maintenance and support product which helps clean your gut.

### DO I NEED TO TAKE THIS WITH THE DETOX BOX?

Cleanse+ is included as part of the Detox Box but can also be taken on its own, as needed. This is a great product when you are in need of a quick reset to get back on track!

### WILL I BE RUNNING TO THE BATHROOM WITH THIS PRODUCT?

While Cleanse+ is not an intense intestinal cleanse product, you may feel the effects quickly and should plan your five day Cleanse+ appropriately. Consult your physician or a healthcare professional with any specific questions or concerns.

### WHO CAN USE CLEANSE+?

This product is effective for most adults. If pregnant, nursing, or taking medication, consult your physician or healthcare provider. Cleanse+ should not be used by children.

### DO I NEED TO TAKE IT AS DIRECTED?

For the best results, follow the suggested use. Cleanse+ should be taken with water, once daily for five days. It is recommended to increase your water intake while using this product.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts		
Serving Size: 1 Stick ( 12 g )		
Servings Per Container: 5		
	Amount per serving	% Daily Value*
Calories	30	
Carbohydrates	6 g	2%
Dietary Fiber	5 g	18%
Psyllium Husk Powder	5000 mg	**
Senna Leaf Powder	3000 mg	**
Fennel Seed Powder	450 mg	**
Papaya Leaf Powder	450 mg	**
Peppermint Powder	380 mg	**
Buckthorn Bark Powder	190 mg	**
Celery Seed Powder	190 mg	**
Barberry Root Powder	190 mg	**
Rose Hips Fruit Powder	190 mg	**
*Percent Daily Values are Based on a 2,000 Calorie Diet.		
**Daily Value Not Established.		



# ENERGY

IDLife Energy provides a boost of energy when you need it most. The time-released formula gives you an instant boost, followed by a sustained energy release that lasts up to 6 hours without a crash afterwards, so you can power through your day.\*

## DIRECTIONS:

Empty the contents of one stick pack into 12-16 ounces of water and mix well. Do not exceed 3 servings per day.

## AVAILABLE FLAVORS:

- Mixed Berry
- Orange
- Fruit Punch

## BENEFITS:

- Vegan & Vegetarian Friendly
- No Artificial Flavors or Sweeteners

## FAQS:

## HOW DO THESE INGREDIENTS WORK TOGETHER?

IDLife uses the triphasic approach for energy:

**Phase 1 (Short Term):** Rapid onset of energy, concentration, appetite suppression, alertness, motivation, and enhanced metabolism.\*

**Phase 2 (Mid Term):** Sustained energy, increased focus, metabolism, cognitive function performance, and feelings of well being.\*

**Phase 3 (Long Term):** Fatigue protection, no jitters or crash, appetite suppression, elevated mood, and helps reduce fluid retention.\*

## ISN'T CAFFEINE BAD FOR YOU?

Caffeine is a natural substance that, taken in the right quantities, is not bad for you and actually has positive benefits.

## WILL THE ENERGY PRODUCTS MAKE ME FEEL JITTERY?

When taken in the right doses they should not make you feel jittery.

## WHAT ARE THE NATURAL FLAVORS IN IDLIFE ENERGY?

Mixed Berry natural flavors include strawberry fruit, blackberry fruit, raspberry juice, and blueberry juice powders.

## I HAVE HEART PROBLEMS. CAN I TAKE THIS PRODUCT?

Consumers with heart conditions are recommended to avoid all energy products, not just those manufactured at IDLife. Please consult your physician.

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Supplement Facts		
Serving Size 1 Stick Pack (7 g)		
Servings Per Container 15		
	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	4 g	1%*
Choline (as Choline Bitartrate)	640 mg	116%*
<b>Proprietary Blend</b>	890 mg	**
Acetyl L-Carnitine HCl, N-Acetyl L-Tyrosine, Caffeine as Encapsulated Caffeine and Caffeine Anhydrous (supplying 150mg of caffeine), Gamma Amino Butyric Acid (GABA), Taurine, Quercetin Dihydrate (from Sophora Japonica L.) (Flower)		
*Percent Daily Values are Based on a 2,000 Calorie Diet.		
**Daily Value Not Established.		
OTHER INGREDIENTS: Natural Flavors, Citric Acid, Malic Acid, Stevia, Silicon Dioxide, Beet Juice Powder, Alpha Lipoic Acid, Raspberry Juice Powder, Blueberry Juice Powder, Organic Blackberry Powder.		

Supplement Facts for Mixed Berry Flavor

Supplement Facts		
Serving Size: 1 Stick (9 g)		
Servings Per Container: 15		
	Amount Per Serving	% Daily Value*
Calories	30	
Total Carbohydrate	7 g	3%*
Total Sugars	4 g	**
Includes 3 g Added Sugars	6%*	
Choline (as choline bitartrate)	640 mg	116%*
<b>Proprietary Blend</b>	1000 mg	**
Acetyl L-Carnitine, N-Acetyl L-Tyrosine, Caffeine as Encapsulated and Caffeine Anhydrous (supplying 150 mg of caffeine), L-Theanine, Taurine, Gamma Amino Butyric Acid (GABA), Quercetin (flower- <i>Sophora japonica L.</i> ), Alpha Lipoic Acid.		
*Percent Daily Values are Based on a 2,000 Calorie Diet.		
**Daily Value Not Established.		
<b>OTHER INGREDIENTS:</b> Organic Cane Sugar, Natural Flavors, Citric Acid, Steviol Glycosides (Rebaudioside M), Silicon Dioxide, Beta Carotene (Color).		

Supplement Facts for Orange Flavor

Supplement Facts		
Serving Size: 1 Stick (9 g)		
Servings Per Container: 15		
	Amount Per Serving	% Daily Value*
Calories	30	
Total Carbohydrate	7 g	3%*
Total Sugars	4 g	**
Includes 3 g Added Sugars	6%*	
Choline (as choline bitartrate)	640 mg	116%*
<b>Proprietary Blend</b>	1000 mg	**
Acetyl L-Carnitine HCl, N-Acetyl L-Tyrosine, Caffeine as Encapsulated and Caffeine Anhydrous (supplying 150 mg of caffeine), L-Theanine, Taurine, (GABA) Gamma Amino Butyric Acid, Quercetin (flower- <i>Sophora japonica L.</i> ), Alpha Lipoic Acid.		
*Percent Daily Values are Based on a 2,000 Calorie Diet.		
**Daily Value Not Established.		
<b>OTHER INGREDIENTS:</b> Organic Cane Sugar, Natural Flavors, Citric Acid, Vegetable Juice (Color) Stevia Leaf Extract (Rebaudioside A), Silicon Dioxide, Steviol Glycosides (Rebaudioside M).		

Supplement Facts for Fruit Punch Flavor



# SLIM+

Slim+ is a delicious formula designed to help you manage weight, control your hunger and curb those unwanted sugar cravings while providing focus and energy to power through your day.\*

## DIRECTIONS:

Empty the contents of one stick pack into 12-16 ounces of water and mix well. For best results, consume twice daily.

## AVAILABLE FLAVORS:

- Blueberry Acai
- Berry Lemonade
- Cherry Splash
- Fruit Punch
- Strawberry Watermelon

## BENEFITS:

- No Artificial Flavors or Sweeteners
- Contains Prebiotics to Support a Healthy Gut\*
- Provides Appetite Control\*
- Helps Boost Metabolism\*
- Supports Weight Management Goals\*

## FAQs:

### WHAT IS #THEPLUSDIFFERENCE?

Most weight management solutions and diets leave people with lower energy levels, uncontrollable cravings, an inability to focus and generally in a bad mood. Slim+ changes all that. By providing a solution that addresses all of these issues, and ingredients that help support a healthy gut, reduce cravings and control your appetite, #theplusdifference is where want meets need...finally!

### WHAT ARE XYLOOLIGOSACCHARIDES?

Xylooligosaccharides are powerful prebiotics that help feed the healthy probiotics in your gut that supports and stimulates a healthy gut flora. Advancing scientific research continues to demonstrate that balanced gut microbiota is essential for digestive function, and that an unhealthy balance in the gut is a precursor to digestive issues and immune dysfunction.\*

### WHAT IS THE DIFFERENCE BETWEEN A PREBIOTIC AND A PROBIOTIC?

Probiotics add millions of friendly bacteria to your gut. Prebiotics feed the probiotics already in the gut.

### WHY DOES SLIM+ CONTAIN GREEN TEA AND NOT GREEN COFFEE?

IDLife has a commitment to review and follow the science in all the ingredients it chooses for its products. After reviewing all the available research available on both green tea and green coffee, it was

clear that green tea has been scientifically proven to have all the benefits people are looking for in a weight management product. Green Coffee, however, while promising, still lacks the support of the scientific community to support the claims being made about its effectiveness.

### WHY DOES SLIM+ CONTAIN CAFFEINE?

One of the largest complaints people on diets or trying to maintain their weight have is a lack of energy. Caffeine is a natural substance that, taken in right quantities, has positive health benefits. Slim+ contains both fast acting and time released caffeine which provides the pick-me-up you're looking for, the sustained energy you need, and avoids the dreaded crash so many other products contain.

### WHAT FORM OF CHROMIUM IS IN SLIM+?

Slim+ uses the chromium polynicotinate form of chromium which helps support a healthy blood glucose and metabolism and helps the body convert fat to energy.\*

### DON'T SLIM+ AND LEAN DO THE SAME THING?

No. Lean is a BCAA supplement designed to support a healthy metabolism, increase thermogenesis, reduce sugar cravings and help build lean muscle.\* When taken with Slim+, you have a Sugar-Busting, Muscle-Building, Mood-Enhancing, Focus-Inducing, Energy-Boosting, Weight Management Power Couple!

### CAN I TAKE SLIM+ WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed and taken together.

### WHY DID IDLIFE DEVELOP SLIM+?

Slim+ was designed to address a gap in existing weight management products on the market...we call it #theplusdifference. By creating something that people WANT, while also giving them what they NEED, IDLife has once again raised the bar on a product category.

### IS IT OKAY TO TAKE HYDRATE WITH SLIM+?

It is not recommended to be taken together because it dulls the mental focus component of Slim+, which is the main reason why people enjoy Slim+ so much.

### IS IT OKAY TO TAKE SLIM+ WHILE PREGNANT OR BREASTFEEDING?

Pregnant or nursing mothers should consult their physician and the Pregnancy Guide located in the back office.

### WHY WAS THE PROPRIETARY BLEND INGREDIENT REDUCED ON SLIM+ BLUEBERRY ACAI?

The Slim+ proprietary blend ingredient was reduced from 1955mg to 1625mg in order to eliminate the "tickle" while still providing all of the same amazing benefits. The formula also now includes 1g of fiber with every serving.

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## Supplement Facts

Serving Size: 1 Stick (6.1 g)  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	15	
Total Carbohydrate	4 g	1%*
Total Sugars	0g	**
Includes 0g Added Sugars		0%
Choline (as choline bitartrate)	100 mg	18%
Chromium (as chromium picolinate)	200 mcg	571%
Caffeine (as encapsulated sustained release and anhydrous)	80 mg	**
Xylooligosaccharide (PreticX™)	1000 mg	**
Slim+ Proprietary Blend	1625 mg	**
L-Glutamine (AjiPure®), L-Tyrosine, Decaffeinated Green Tea Extract (leaf-Camellia sinensis), Alpha Lipoic Acid, Grape Skin Extract (50% Polyphenols)		

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

OTHER INGREDIENTS: Natural Flavors, Citric Acid, Malic Acid, Stevia Leaf Extract (Rebaudioside A), Steviol Glycosides (Rebaudioside M), Vegetable Juice (Color), Silicon Dioxide, Cellulose Gum

### Supplement Facts for Blueberry Acai



# ESSENTIALS PACK

Supplement	Quantity	Time
Advanced AM	1	Morning
Advanced PM	1	Evening
Omega-3 Complex	1	Evening
Probiotic	1	Evening

## WHAT DOES THE ESSENTIALS PACK DO?

Our Essentials Pack comes with our Advanced AM & PM blends to address your morning and evening nutrient needs, but also includes a powerful Probiotic and Omega 3 to round out your essential nutritional support needs.\*

## WHAT IS OFFERED IN THE ESSENTIALS PACK

Each pack comes with a 30-day supply of convenient daily strip packs divided into morning and evening boxes. The morning box includes 30 single strip packs with 1 Advanced AM inside. The evening box contains 30 single strip packs with 1 Advanced PM, 1 Omega-3 Complex, and 1 Probiotic inside.

\*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Amount Per Serving	Morning Pack		Evening Pack	
		%DV		%DV
Vitamin A (Retinyl Acetate and 50% as Beta Carotene)	0.00 mcg RAE	0%	750.00 mcg RAE	83%
Vitamin C (from Calcium Ascorbate)	60.00 mg	66%	30.00 mg	33%
Vitamin D3 (from Cholecalciferol)	0.00 mcg	0%	12.50 mcg	83%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	10.00 mg	66%
Thiamin (from Thiamine Mononitrate)	1.00 mg	66%	0.00 mg	0%
Riboflavin	1.30 mg	100%	0.0 mg	0%
Vitamin B3 (as Niacinamide)	20.00 mg NE	100%	0.00 mg NE	0%
Vitamin B6 (from Pyridoxine hydrochloride)	2.00 mg	153%	0.00 mg	0%
Folate (from 5-MTHF ((6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and Calcium Folate)	0.00 mcg DFE	0%	100.00 mcg DFE	25%
Folate (from Calcium Folate and 5-MTHF ) (6S-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	100.00 mcg DFE	25%	0.00 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	2.00 mcg	83%	0.00 mcg	0%
Biotin (as D-Biotin)	30.00 mcg	100%	0.00 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	1.00 mg	10%	5.00 mg	50%
Calcium (from Calcium Carbonate)	0.00 mg	0%	100.00 mg	10%
Calcium (from Calcium Citrate Malate)	18.00 mg	1%	0.00 mg	0%
Choline (as Choline Bitartrate)	50.00 mg	9%	0.00 mg	0%
Iodine (from Organic Geothermal Kelp)	75.00 mcg	50%	75.00 mcg	50%
Magnesium (from Magnesium Oxide)	0.00 mg	0%	100.00 mg	25%
Zinc (from Zinc Bisglycinate Chelate)	5.00 mg	45%	1.00 mg	9%
Selenium (from L-selenomethionine)	35.00 mcg	64%	36.00 mcg	65%
Copper (from Copper Bisglycinate Chelate)	0.00 mcg	0%	500.00 mcg	55%
Manganese (as Manganese Bisglycinate Chelate)	1.00 mg	43%	1.00 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60.00 mcg	200%	0.00 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate)	0.00 mcg	0%	75.00 mcg	166%
Potassium (from Potassium Citrate)	0.00 mg	0%	50.00 mg	1%
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	190.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	250.00 mg	*
GABA (Gamma Aminobutyric Acid)	0.00 mg	*	50.00 mg	*
IDLife Probiotic Proprietary Blend (12 Billion cfu/capsule) (Saccharomyces boulardii, DE111® Bacillus subtilis, Lactobacillus paracasei, Lactobacillus acidophilus, Lactobacillus rhamnosus GG, Bifidobacterium longum, Bifidobacterium bifidum, Lactobacillus casei, Lactobacillus salivarius, Bifidobacterium breve, Lactobacillus plantarum, Streptococcus thermophilus, Bifidobacterium animalis lactis)	0.00 mg	*	100.00 mg	*
IDLife Proprietary Blend: Green Tea Extract (Camellia sinensis) (leaf), Quercetin (Dimorphandra mollis)(bud), Turmeric Extract (Curcuma longa)(-Root), Glucoraphanin (from Brassica oleracea) (seeds)	24.50 mg	*	24.50 mg	*
PABA (para-Aminobenzoic Acid)	25.00 mg	*	0.00 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate)	0.00 mcg	*	500.00 mcg	*

\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Rice Dextrin, Gelatin Capsule, Gelatin (Bovine), Glycerin, Vegetable Capsule, Stearic Acid, DI Water, Magnesium Stearate, Silica, Dicalcium Phosphate, Starch, Microcrystalline Cellulose, Maltodextrin, Medium-Chain Triglycerides Oil, Calcium Sulfate