

# SueroViv

## 3-Day Cleanse



I'm Jordan Rubin and I would like to invite you to take part in a new cleanse that is sweeping the nation. If you want to experience an increase in energy, transform your health from the inside out and even lose a few pounds in just three days, I have the plan for you.

**Toxicity is a major reason why many Americans can't lose weight.**



The **SueroViv 3-Day Cleanse** is designed to support the body's natural cleansing and detoxification systems and help you reach a higher level of health than you've ever experienced.†

I believe that when you give your body the proper tools—like the **SueroViv 3-Day Cleanse**—you will begin a total health transformation from the inside out.

Regular cleansing is the best way to support detoxification of the colon, liver, kidneys and lymphatic system.† Some of the most well respected natural health experts including Dr. Bernard Jensen, Dr. Paul Bragg, Dr. Norman Walker, Dr. Ann Wigmore, V.E. Irons and many others believe that the first step to achieving the health of your dreams is by cleansing.

**Jordan Rubin**  
*New York Times*  
*Bestselling Health Author*

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease or condition.

One of the most common questions I receive on a daily basis is, “Should I do a cleanse and if so, for how long?” I believe that in just three days of avoiding what is wrong and consuming what is right, you can jump start your health. Although everyone’s experience and results will vary during a SueroViv 3-Day Cleanse, we’ve had overwhelming success stories, such as Bill’s below.



*“I have been an unhealthy eater for years and decided it was time to make a change. I lost several pounds during the SueroViv 3-Day Cleanse and my energy is the highest it’s ever been.\*\* I never knew cleansing could be so easy and I really wasn’t even hungry! I am going to make the Suero Cleanse a monthly event!”*

*— Bill J.*



## Why Cleanse?

Every day you are exposed to some type of toxin—whether it be environmental pollution, cigarette smoke, household cleaning products, chemicals found in drinking water or food, heavy metals, aluminum from cans, radiation from microwaves and cell phones, just to name a few!

Many other health conditions such as fatigue, joint discomfort, digestive issues, hormonal imbalances and even brain fog can be linked to excessive toxicity.

Not to mention, certain toxins are stored in your fat cells. This provides even more incentive to do what most Americans struggle with: exercising regularly, which can

***With our daily toxic exposure on the rise, we need to take the time to cleanse our bodies, and our cells, on a regular basis.***

help with both your weight loss and cleansing goals.

Unfortunately, toxicity doesn't just affect adults! It's also causing great harm to our children. Childhood cognitive issues have skyrocketed over the past 20 years and more children are overweight today than ever before. I believe a major reason for this is due to the accumulation of toxins in our bodies, and this can even start at birth!



**The American Red Cross examined the umbilical-cord blood of 10 newborn babies and found an average of 287 chemicals including methylmercury and dioxins. This is a result of toxins that are passing on from mother to child.<sup>1</sup>**

1. Source: Environmental Working Group analysis of tests of 10 umbilical cord blood samples conducted by AXYS Analytical Services (Sydney, BC) and Flett Research Ltd. (Winnipeg, MB).

## Cleansing Your Cells

By now, you may be asking the question, “What exactly is a cleanse?” A cleanse is any program that supports your body in naturally removing toxins from the body, and some are more effective than others.

According to health expert Dr. Daniel Pompa, **“True cleansing starts at a cellular level.”**

Your body is made up of 75 trillion cells and in order for you to be healthy, your cells must be healthy.

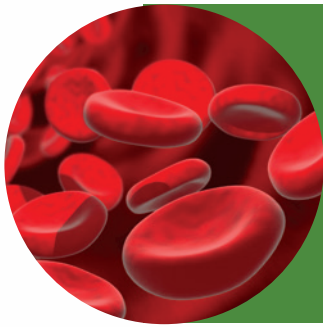
A healthy cell is able to bring nutrients in and push toxins out. If your cells are unable to accomplish this task, your health will suffer.

According to *Guyton's Medical Physiology*, your body is made up of 60% water. Now, imagine your cells as a bunch of little lakes. The cleanest, purest lakes are ones that are spring-fed.

Spring-fed lakes are constantly sending in new fresh water that has been filtered by the earth and flushing out existing water. A healthy cell is able to exchange the unhealthy cellular fluid (think stagnant water) for healthy cellular fluid (think fresh spring water), bringing nutrients in and expelling waste.

**You're about to be introduced to the 2,000-year-old health secret that can transform the “river of life” that flows inside each and every one of us.**





## So how do you get your cells clean and healthy?

- Proper hydration
- A correct ratio of the electrolytes sodium & potassium
- Balanced intestinal flora

### Cultured Whey

Whey is a co-product of cheese production and was called “healing water” by Hippocrates.

Hippocrates, who was also known as the father of medicine, recommended whey to his patients over 2,400 years ago; so you could say it has history on its side.

Whey contains H<sub>2</sub>O and a balance of sodium and potassium. Sodium is essential for hydration because it pumps water and nutrients into your cells. Potassium functions by pumping waste products out of the cells.

A major reason so many Americans are unable to cleanse properly is the overconsumption of sodium and the underconsumption of potassium. Your body needs approximately 500 mg

of sodium per day, but many Americans consume upwards of 5,000 mg per day—10 times more than needed!

Conversely, Americans should be consuming 4,700 mg of potassium, but fall short, consuming approximately 1/10th the potassium necessary for optimal health.†

By consuming cultured whey every day, your cells will begin to bring new water and nutrients into your cells and start flushing toxic waste out.

***Cultured whey has an excellent ratio of Sodium to Potassium to help your cells function properly!***

Also, cultured whey contains live probiotics. Probiotics are “good bacteria” that line your digestive tract and support your body in cleansing.†

A study published in the *British Medical Journal* found that probiotics promote healthy digestion and elimination, while supporting your immune system.†

**Historically, cultured whey has been prized for its ability to support the body's health in four unique ways:**

- 1.** Cultured whey, with its natural blend of sodium and potassium, helps stimulate intestinal peristalsis (to support healthy bowel function).<sup>†</sup>
- 2.** Cultured whey, with its probiotics and prebiotics, supports intestinal flora.<sup>†</sup>
- 3.** Cultured whey hydrates the body and provides essential minerals to help flush excess water out via the kidneys and urinary tract.<sup>†</sup>
- 4.** Cultured whey contains a high percentage of water and organically-bound minerals to support elimination via the liver, kidneys and colon.<sup>†</sup>

***"I lost 6 pounds in 3 days on the SueroViv 3-Day Cleanse and feel amazing! I have now told several friends about the cleanse and they are experiencing great results as well."***<sup>\*\*</sup>

***— Becky A.***





## The SueroViv 3-Day Cleanse Plan

The SueroViv 3-Day Cleanse features SueroViv, a certified organic, alkalizing cultured whey beverage containing vitamins, minerals, probiotics, enzymes, organic acids, and an infusion of organic essential oils. It comes in 3 flavors: **Citrus, Orange Cinnamon, and Suero Gold.**



The SueroViv 3-Day Cleanse comes in three options:  
**Bronze, Silver, and Gold**

If you're a first time cleanser, we recommend you start with **Bronze**. During the 3-day cleanse, it is best not to eat or drink anything other than the six bottles of SueroViv following the recommendations on the next page.



## 3-Day Plan

For maximum results, follow the schedule below for each of the three days of your cleanse.



### SueroViv Bronze 3-Day Cleanse

**7:30am:** 16 oz Orange Cinnamon

**10am:** 16 oz Citrus

**12:30pm:** 16 oz Orange Cinnamon

**2pm:** 16 oz Citrus

**4:30pm:** 16 oz Orange Cinnamon

**7pm:** 16 oz Citrus

**#USBY0017**

9 bottles of each flavor



### SueroViv Silver 3-Day Cleanse

**7:30am:** 16 oz Citrus

**10am:** 16 oz Gold

**12:30pm:** 16 oz Citrus

**2pm:** 16 oz Gold

**4:30pm:** 16 oz Citrus

**7pm:** 16 oz Gold

**#USBY0018**

9 bottles of each flavor



### SueroViv Gold 3-Day Cleanse

**7:30am:** 16 oz Gold

**10am:** 16 oz Gold

**12:30pm:** 16 oz Gold

**2pm:** 16 oz Gold

**4:30pm:** 16 oz Gold

**7pm:** 16 oz Gold

**#USBY0019**

18 bottles

# Frequently Asked Questions

**Q: After a day or two on the SueroViv 3-Day Cleanse, I have a coated tongue—is that normal?**

A: When cleansing it is very common to experience a coated tongue or other minor changes, including an increase in activity of the urinary tract and digestive system.

**Q: Can I eat while on the Suero Cleanse?**

A: For best results, do not consume any food or beverages, other than SueroViv, during the SueroViv 3-Day Cleanse.

**Q: Can I cleanse if I have diabetes?**

A: If you have diabetes or are being treated for any illness, it is advised to consult your physician before undertaking any cleanse.

**Q: Can I cleanse if I am on medications?**

A: If you're on prescription medications, please consult your physician before undertaking any cleanse.



**Q: Will I have any symptoms during the cleanse?**

A: Everyone has a different experience while cleansing but some people may experience minor fatigue on the first day or two followed by an increase in energy by day three.

**Q: Can I exercise during a cleanse?**

A: You may participate in light exercise and stretching, but be careful not to overdo it.

**Q: I've been told that fasting is a good way to cleanse. Do you agree?**

A: There are many ways to cleanse the body and one of the most popular is fasting. Fasting is a great way to cleanse, but can be very difficult causing extreme fatigue and for some who are extremely toxic, can even be dangerous.

**Q: What are your thoughts on juice cleansing?**

A: Juice cleansing has great benefits, but can be very time-consuming if you make the juice yourself. And if you try one of the popular pre-packaged 3-day juice cleanses, you could spend approximately \$200 plus shipping. The Suero Cleanse is cost-effective, and can provide incredible results!

**Q: What should I do after the cleanse?**

A: Consume 1-2 bottles of SueroViv a day until your next Suero Cleanse. Reduce the consumption of processed foods from your diet and follow a healthy eating plan that includes organic meats, cultured dairy, vegetables, fruits, nuts, seeds, and sprouted grains and legumes.





### About the Author

Jordan Rubin is regarded by many as one of the most respected and beloved natural health experts in America. His personal health story has resonated with millions around the world and is one of the most dramatic natural health stories ever told. He is the founder of Garden of Life and Beyond Organic, and *New York Times* bestselling author of *The Maker's Diet* and *Live Beyond Organic*.



FOR MORE INFORMATION, CONTACT:

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