

Reset System

Cleanse* | Detox* | Replenish*



*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.

Reset your digestive system

Day after day, week after week, month after month, your body takes in pollutants, impurities, and thousands of pounds of food. (Really!) Most of the time, your body is very efficient at removing harmful contaminants, but over time, even your body needs a reset.

Think of it like this: When you drive a brand-new car off the lot, everything runs effortlessly. Over weeks and months, systems and machinery can get clogged and bogged down. The same thing goes for your digestive system. Use the Digest4Life Reset System twice a year to help cleanse, detox, and replenish your digestive system and keep everything running the way it should.*

Did you know?

Your immune system and digestive system are closely connected. In fact, many of your immune system cells reside in your gut microbiome, where digestion takes place. Gut health impacts many different areas of overall wellness, including immune system health, weight, cognition, mood, and more. 4Life® is the Immune System Company™, so it makes perfect sense that we would create exceptional digestive health products.*

**Use the Digest4Life Reset System
twice a year and Tea4Life® as needed.**



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Usage Instructions

	Quantity/Servings	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25			
Fibre System Plus	1 10 days	Take 3 packets a day until gone.																											
Digestive Enzymes	1 90 count	Take 2 capsules before each meal until gone.																											
Super Detox	1 60 count											Take 2 capsules twice a day until gone.																	
Pre/o Biotics	2 15 count											Take 2 stick packs a day until gone.																	
Aloe Vera Stix	1 15 count											Take 2 stick packs a day until gone.																	
4Life Transfer Factor Tri-Factor Formula	1 60 count											Take 2 capsules day until gone.																	



Step 1—Cleanse and Prepare

Before you do anything else, it's time to cleanse your gastrointestinal tract.

Fibre System Plus™

Day 1—Take 3 packets a day until gone.

- Cleans and purifies the gastrointestinal tract*
- Helps release matter that's built up over time*
- May help improve nutrient absorption from food and supplements*
- Improves elimination transit time*

Digestive Enzymes

Day 1—Take 2 capsules before each meal until gone.

- Assists with breaking down food so it can easily transition through your intestinal tract*



Diet and exercise recommendations

- Consume a plant-based diet that's high in fiber (40% carbohydrates, 20–30% fats, and 20–30% protein).
- Include color variation in the fruits and vegetables you eat.
- Cut out or greatly reduce your consumption of red meat. Once a week is great.
- Limit your intake of dairy products (1–2 servings a day).
- Remove simple sugars from your diet (sodas, white bread, sweets, etc.).
- Choose healthy fats like canola oil, olive oil, and fish oil.
- Drink at least 8 glasses of water every day.
- For cooking, use slow heat or low heat to improve release of nutrients.
- Engage in moderate-intensity exercise to improve gut function.

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Step 2—Detox and Support Your Liver

Your liver is one of the most important organs in your body. It filters harmful toxins and produces bile that helps your body process fats.

Super Detox®

Day 11—Take 2 capsules twice a day until gone.

- Nourishes liver function, supporting its role in the digestive process*
- Supports the liver's blood cleansing process*



Diet and exercise recommendations

- Increase your dietary fiber intake.
- In addition to the recommendations from step 1, you can introduce more dairy products.
- Keep up with your regular exercise program to support healthy gut function.



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Step 3—Renew and Replenish

Replenish essential nutrients in the gut microbiome.

Aloe Vera Stix

Day 11—Take 2 stick packs per day until gone.

- Soothes and supports the gastrointestinal tract*
- Replenishes electrolytes*

Pre/o Biotics®

Day 11—Take 2 stick packs a day until gone.

- Optimizes healthy gut bacteria growth with our exclusive microbeadlet delivery*
- Increases the amount and longevity of beneficial gut flora by up to 1,000 times over standard delivery*
- Supports healthy immune system function and digestive health with the power of 4Life Transfer Factor®*
- Supports healthy digestion*

4Life Transfer Factor® Tri-Factor® Formula

Day 11—Take 2 capsules twice a day.

- Promotes healthy immune system function that, in turn, promotes healthy energy levels and the healthy function of all other systems throughout the body*
- Stimulates healthy gut bacteria growth*
- Stimulates growth of the probiotics found in Pre/o Biotics by up to 868%*+

+Independent in-vitro study conducted at Weber State University

Diet and exercise recommendations

Keep up with the diet and exercise recommendations from steps 1 and 2.



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Frequently Asked Questions

What can I expect when I take the products in the Digest4Life Reset System?

Around day 3, you should start to feel some stomach discomfort and increased elimination. If you see blood in your stool, stop taking the products in the system and consult with your physician.

Should I exercise when taking the Digest4Life Reset System?

Of course! Regular exercise helps keep food moving through your gastrointestinal tract and promotes digestive health.

Can I still take other supplements?

It's best to wait until step 1 is complete, or around day 11. Once that step is complete, feel free to reincorporate 4Life products you take on a regular basis.

How often should I complete the Digest4Life Reset System?

Complete the system twice a year, and use Tea4Life as needed.

Why is 4Life Transfer Factor Tri-Factor Formula included in the system?

Many of your immune system cells reside in your gut. Researchers have even theorized that digestive system health is synonymous with immune system health. 4Life Transfer Factor helps promote your immune system's ability to more effectively recognize, respond to, and remember potential health threats. In fact, 4Life Transfer Factor Tri-Factor Formula stimulates the growth of the probiotics found in Pre/o Biotics by up to 868%.*[†]

Why are some product directions in the guidebook different from what is listed on the product labels?

The Digest4Life Reset System is a concentrated program intended to thoroughly cleanse, detox, and replenish your gastrointestinal tract, liver, and gut microbiome in a short period of time. This safe, but intensive, program is recommended for most individuals twice a year or prior to beginning a dietary supplement regimen.*

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