

# The Elixir

PRODUCT INTRODUCTION



내 몸속 바다 리셋을 위한 시작  
디엘릭서 그린

건강하고 활기차게 채워줄 부스터  
디엘릭서 레드

The Elixir



내가 찾는 진정한 아름다움

Find Your True Beauty

About The Elixir

# The Elixir

[Elixir: A substance believed to cure illnesses and give eternal life]

The Elixir helps in maintaining a healthy balance  
suited to an individual's lifestyle to promote  
Beautiful Living & Aging.

# Brand Concept

## Emptying

We live in a time when there is a bigger focus on ‘filling’ rather than ‘emptying’. However, emptying is much more beneficial when it comes to maintaining health. Highly processed food, pollution, and other chemicals build up in our body and interfere with bodily functions increasing the risk of obesity and various medical conditions. Just as crops are rotated every year to preserve the nutrients in the land, the human body also needs ‘emptying’ time to recharge.

## Filling

‘You are what you eat’  
After taking the time to empty our bodies, it is important to refill our bodies with high-quality, safe nutrients. Nutrient quality guarantees the maintenance of a healthy internal balance, which can also help maintain a healthy look on the outside.

# Brand Keywords

**Confident**

**Energetic**

**Positive**

**Capable**

"Emptying & Filling"

My **beauty** secret

My **healthy** routine

# The Elixir



## Emptying

# Body Rest

# Unhealthy Dietary Habits

What we eat is very important.

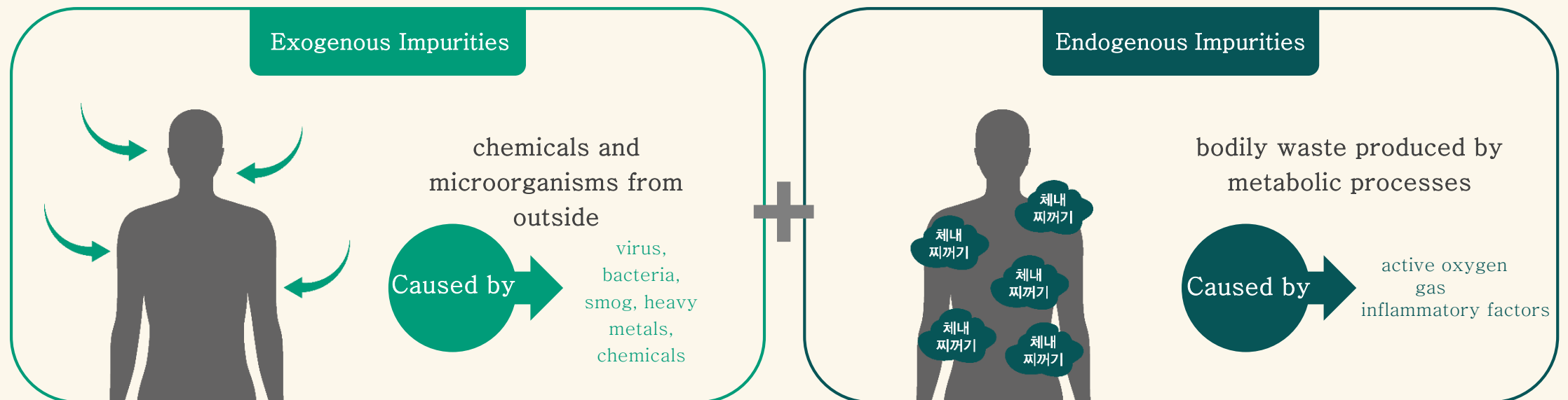
But with people becoming busier, convenience is more important than ever.

Processed and fast foods are convenient, but contain numerous chemicals that are detrimental to health. A diet based on large amounts of processed and fast foods greatly increase the risk of serious medical conditions.

## · Definition

| Substances that interfere with the normal function of the human body and may cause harm.

## · Types





# Endogenous Impurities

01

By-products and waste discharged after normal cell activity

lactic acid, ketone, amino acid, etc.

02

active oxygen after metabolic activity

03

toxins from bacteria inside the body

# Endogenous Impurities

- virus, bacteria
- heavy metals
- fine dust
- compounds in shampoos and detergents
- food additives
- endocrine disruptors



## Information

### Bisphenol A (BPA)

One of the most widespread endocrine disruptors. Displays an effect very similar to estrogen when absorbed by the body, greatly increasing the chance of hormonal disruption and other medical conditions.

#### Products containing BPA

various plastics  
receipts  
cans



# Types of Endocrine Disruptors



1970s

Anti-miscarriage  
agents



1980s

Pesticides



1990s

Disposable  
plastics



2000s

Dioxins, food additives, heavy metals, etc.

Since the 2000s, there are more than 43,000 types of chemical substances in circulation within South Korea.

More than 400 new chemical substances are created annually

# Types of Food Additives

Type	Use
flavor enhancers	flavor enhancement
coloring agents	artificial coloring
bleaching agents	artificial bleaching
preservatives	food preservation
aromatics	artificial scent
acidity regulator	acidity increase, base neutralization
color enhancers	artificial coloring

food additives accumulate to create impurities

## Food Additives

Ramen, a signature Korean fast food, contains more than 20 additives!



### Noodle

MSG  
acidity regulator  
antioxidant  
emulsifier  
refined salt  
refined sugar  
aromatics  
dextrin  
MSG  
nutritional supplements

### Soup

refined salt  
refined sugar  
seasoning powder  
soy sauce extract  
yeast extract  
flavor enhancer  
dextrin  
caramel coloring  
MSG

## [ Check List ]

- ① Constantly tired ☐
- ② Blurry vision and poor digestion ☐
- ③ Bleeding gums and nausea ☐
- ④ Frequent and heavy drinking ☐
- ⑤ Long history of medication use ☐
- ⑥ Liver complications ☐
- ⑦ Abdominal obesity ☐
- ⑧ Allergic to certain foods ☐
- ⑨ Frequent skin troubles ☐
- ⑩ Bad breath, bad body odor ☐
- ⑪ Constipation, diarrhea ☐
- ⑫ Frequent stomach discomfort ☐
- ⑬ Excessively sleepy ☐
- ⑭ Frequent bloating after meals ☐
- ⑮ Frequent muscle and bone aches ☐

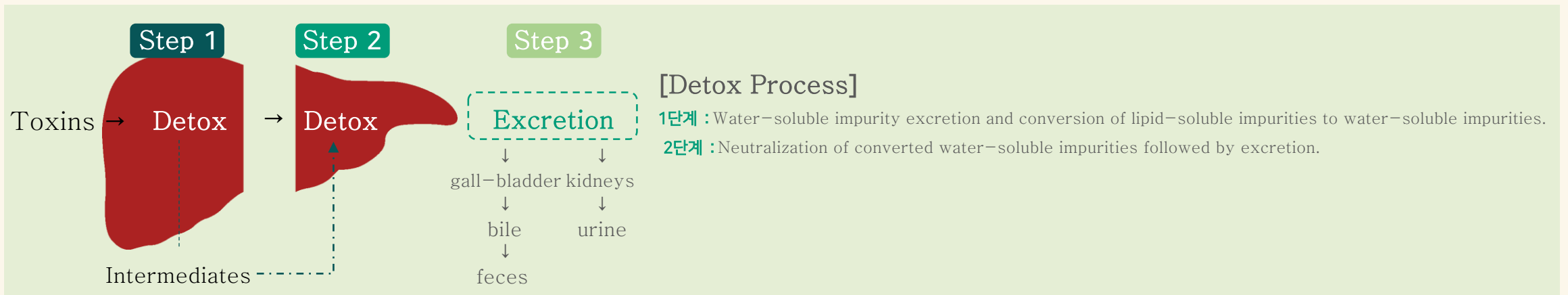
If 2 or more conditions apply,  
Detox is highly recommended

## What is Detox?

- Removal or neutralization of "toxic" impurities within the body.
- A concept more relevant now due to the commercial and industrialized nature of food production.
- Promotes "toxin" excretion through stimulus of the intestines, kidneys, lungs, skin, etc.

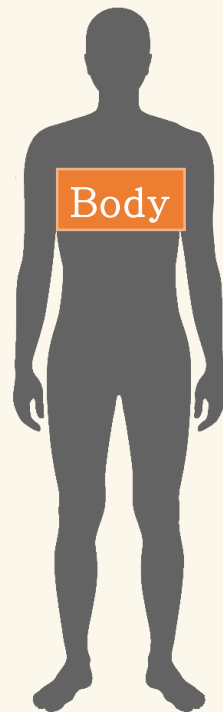
## The Body's Natural Detox Process

- The liver is the body's detox organ. It plays an important role in metabolizing, synthesizing, and storing ingested nutrients and excreting various waste products through feces.



## If the liver is not functioning properly,

impurities that enter the body are not properly filtered and excreted, increasing risk of medical conditions.



Optimal Liver Function



impurities excreted through the liver, kidneys, large intestine, sweat, etc.

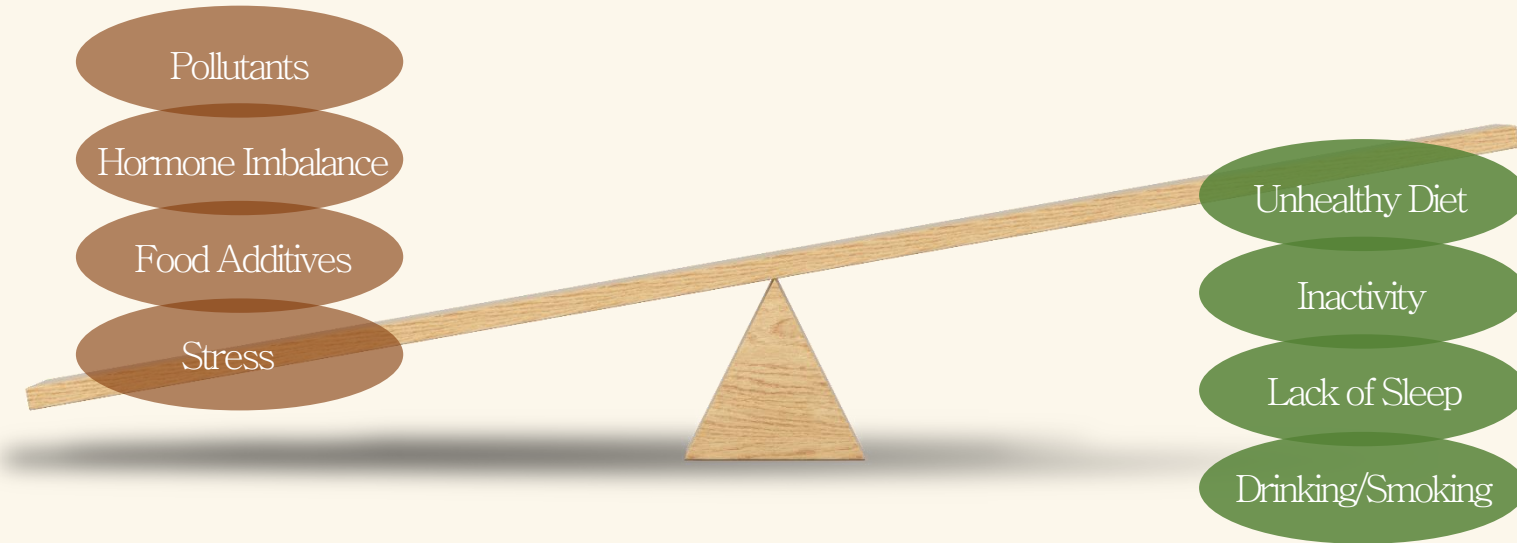
Failing Liver Function



- increased risk of medical conditions
- **chronic inflammation**

## Why Detox?

### [Impurity Accumulation]



### [Unhealthy Habits]

- ✓ Accumulated impurities combined with unhealthy habits increase the risk of developing more serious medical conditions.



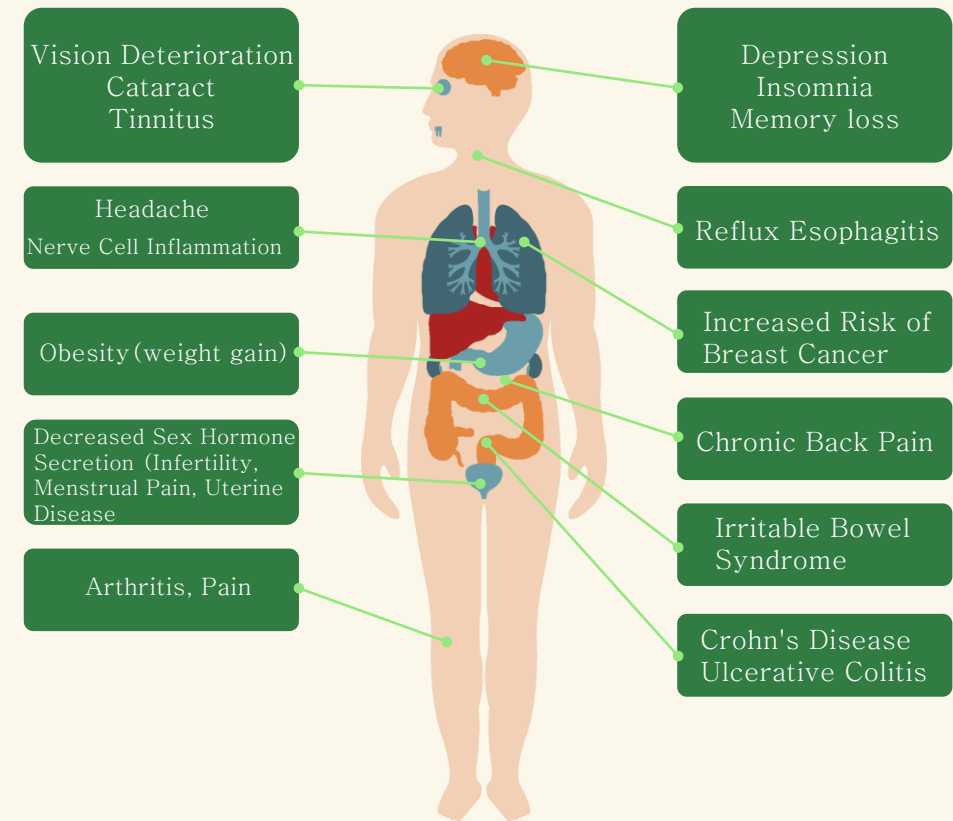
## Risk of Impurity Accumulation

Unhealthy habits strain the body and reduce its natural detox function, causing impurities to accumulate within tissue and organs.



### Resulting Medical Conditions

Obesity, fatigue, inflammation, weakened immune system, metabolic conditions, digestive and skin problems



[The Effect of Impurities on the Body]

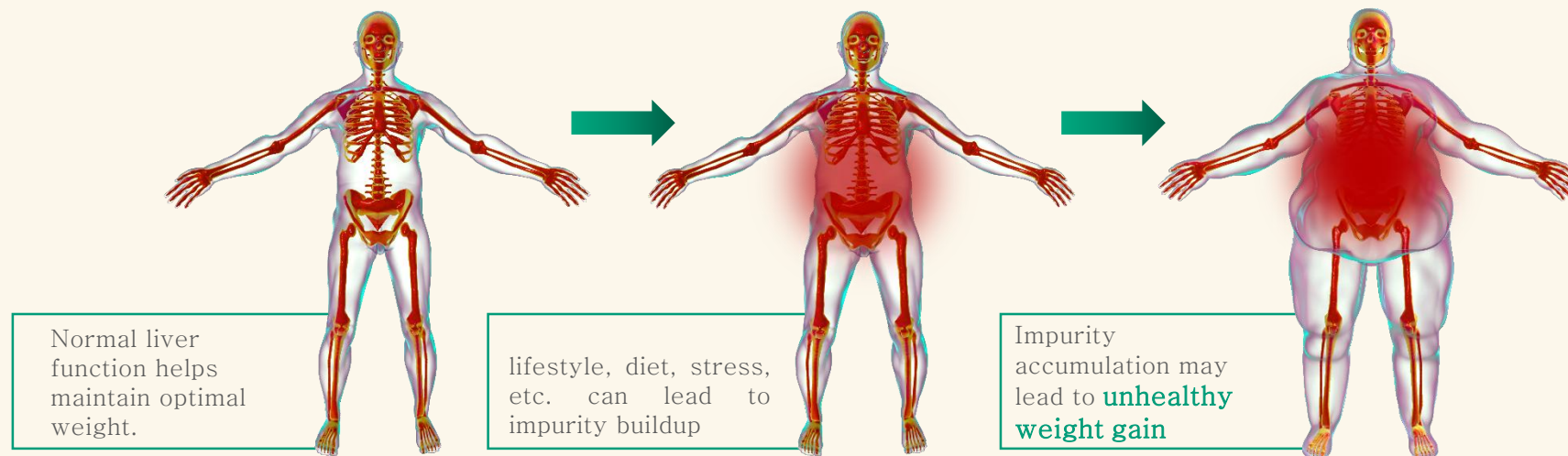
## Obesity

Accumulation of impurities increases likelihood of weight gain

Impurities unfiltered by the liver accumulate within fatty tissue.

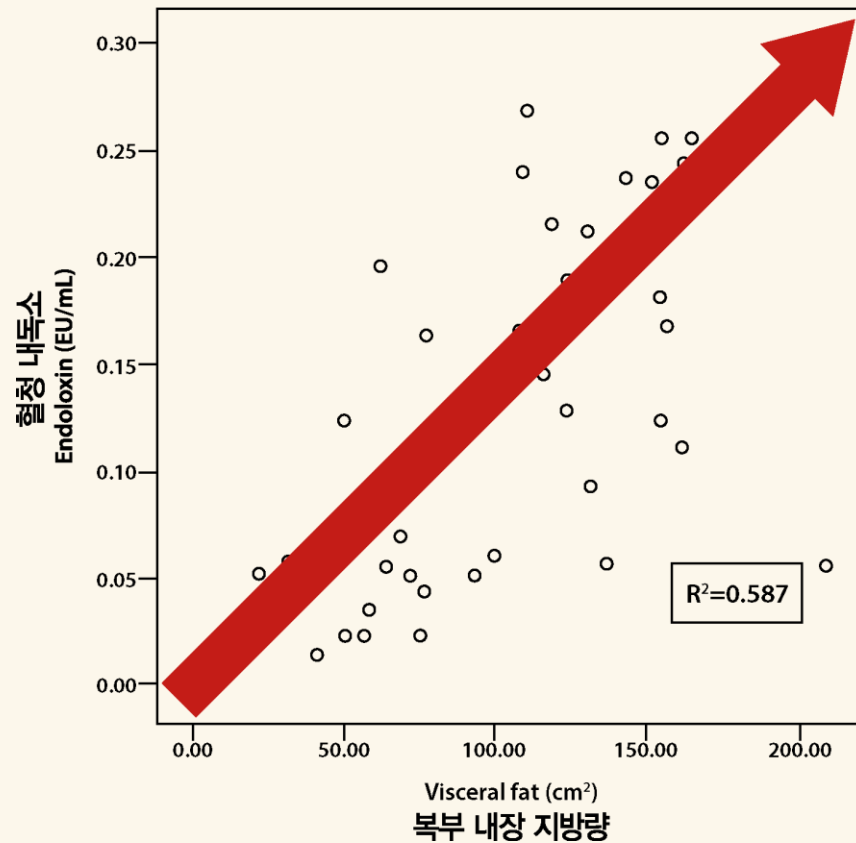
If fat-soluble impurities are not properly removed and stick to fat cells, an inflammatory response can occur.

Interference of leptin, cortisol, and other signaling systems may cause unhealthy weight gain.



## Impurities and Obesity

The positive correlation between abdominal visceral fat and impurities



- Visceral fat is believed to be an important factor in cardiovascular diseases and diabetes.
- Impurities can accumulate with the fat and cause inflammatory responses in the body.
- A study on the relationship between visceral fat level and impurities in 40 individuals over the age of 20 showed that there is a positive correlation between visceral fat level and impurities within the body.

## "Sugar Toxin"

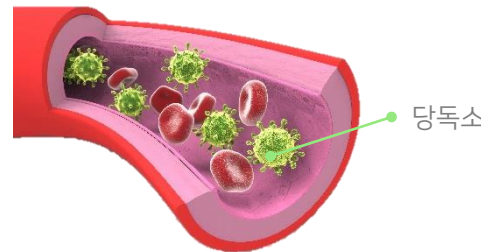
The body breaks down carbohydrates into glucose and uses it for energy. Excess glucose floats around in the blood and combines with proteins to create "sugar toxins." These toxins accumulate in the abdomen and increase the risk of metabolic syndrome and inflammation.

## "Sugar Toxin" Formation



**Excessive Carbohydrate Consumption**

Unused glucose remains in the blood.



**Combination with Protein**

Unused glucose within the blood combines with protein, making it lose its function.

**"Sugar Toxins" and Diabetes**

"Sugar toxins" reduce insulin secretion, keeping blood sugar level high and increase the risk of diabetes.

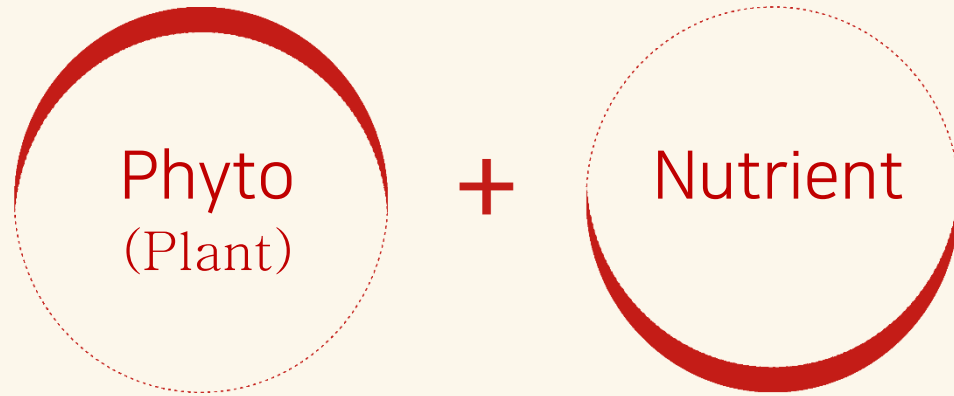
# The Elixir



## Filling

# Vitality Booster

## The 7th Major Nutrient, Phytonutrients



Plants produce unique and physiologically active compounds called phytonutrients to protect themselves from external threats such as UV rays, physical stress, and oxidation. These phytonutrients are considered to be the 7th major nutrient group, alongside the 6 major nutrients: carbohydrates, proteins, fats, vitamins, minerals, dietary fiber, and water.

### ■ Natural Antioxidant

In the process of metabolizing carbohydrates and fat for energy, the body creates 'active oxygen', which are free radicals that attack and damage cell membranes, cholesterol, and DNA. Accumulation of such damage increases the risk of various medical conditions.

Antioxidant are compounds that remove the active oxygen within the body and many studies have shown that phytonutrients such as vitamin C, vitamin E, and selenium have antioxidant properties and can help reduce the active oxygen damage done to our cells.

## The Perfect Antioxidants

Phytonutrients are powerful substances that protect plants from bacteria and mold.

Phytonutrients contained in super foods also show powerful protective effects within the human body. They energize the body, reduce inflammation, lower risk of kidney related conditions, helps maintain muscle, slows down neurodegeneration, and serve as antioxidants.

\*WHO recommends a daily intake of 400g or more of fruits and vegetables for phytonutrients.

Korean Society of Nutrition recommends a daily intake of 400g of vegetables and 200–300g of fruits.



## Benefits

- 1) Can boost your immune system
- 2) Can act as natural antioxidants and anticarcinogens
- 3) Can help neutralize active oxygen and inflammations
- 4) Can help prevent cell DNA damage and exposure to harmful substances.

## Preventative Properties

- 1) Can help combat fatigue
- 2) Can help reduce skin conditions
- 3) Can help with weight reduction
- 4) Can help prevent cardiovascular conditions
- 5) Can help reduce chances of cancers
- 6) Can help prevent respiratory conditions





**100% Natural**

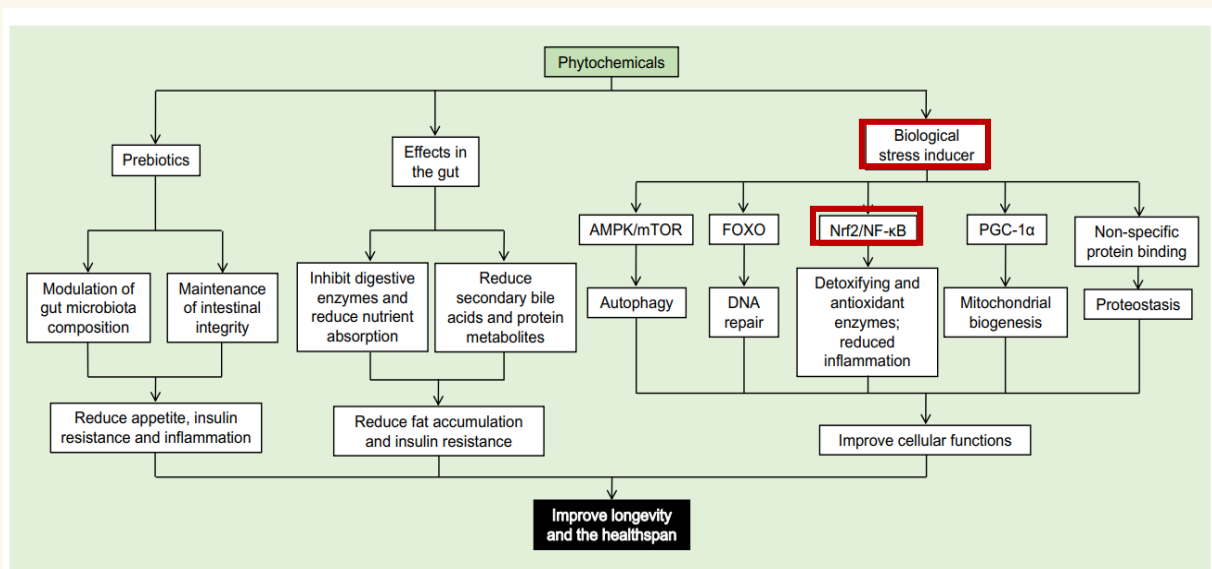
**With only the best from nature**



Oxidation  
Cancer  
Hypertension  
Cataract  
Osteoporosis

Antioxidation  
Immune Boost  
Detox

## Phytochemicals' Mechanisms of Action



Trends in Biochemical Sciences

Figure 3. Flow Diagram of Phytochemicals' Mechanisms of Action. According to our proposed model, phytochemicals may improve cellular function and produce health benefits by acting as prebiotics and biological stress inducers, in addition to modulating intestinal function. Abbreviations: AMPK, 5'-adenosine monophosphate-activated protein kinase; FOXO, forkhead box O; mTOR, mammalian target of rapamycin; NF-κB, nuclear factor kappa-light-chain-enhancer of activated B cells; Nrf2, nuclear factor erythroid 2-related factor 2; PGC-1α, peroxisome proliferator-activated receptor-γ coactivator-1α.

Phytochemical



Ingestion of biological stress inducers



Detoxification & Antioxidation



Improved cell function

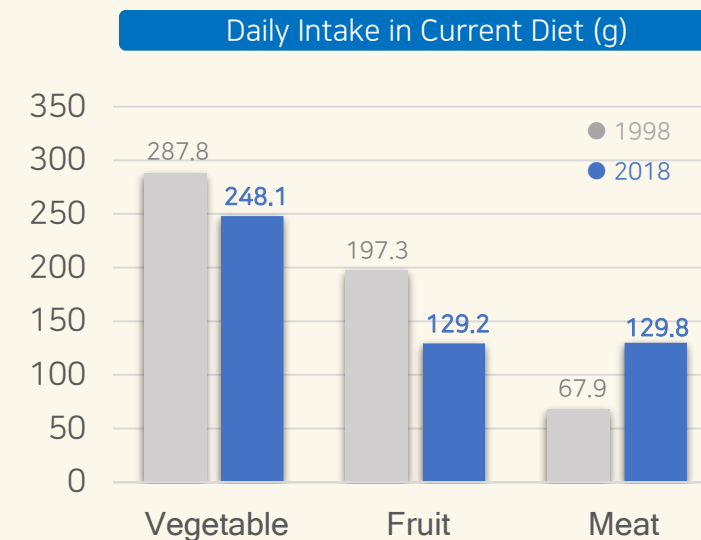
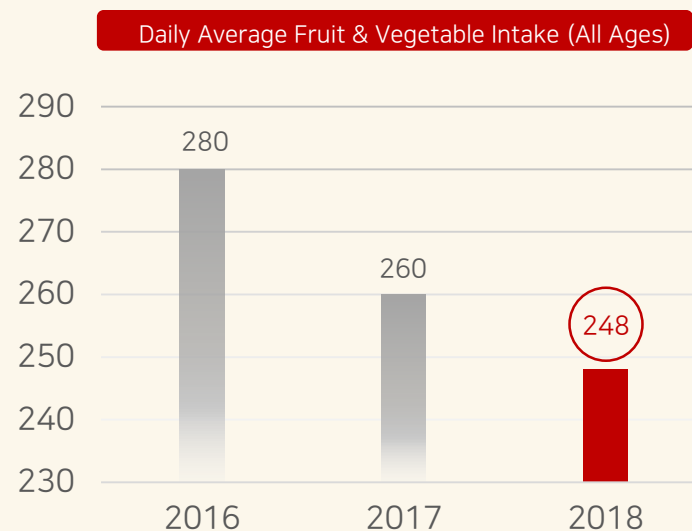
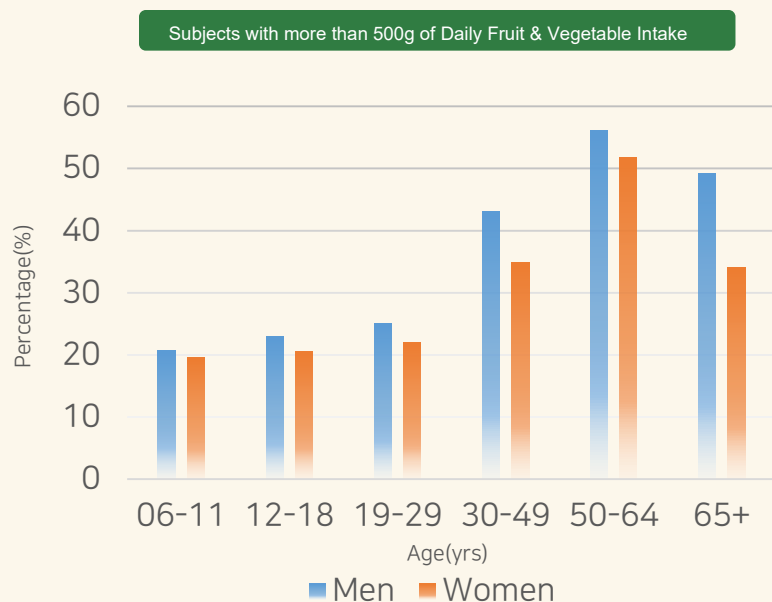


Improves overall health

[Source : Trends in Biochemical Sciences, June 2020, Vol. 45, No. 6, Phytochemicals as Prebiotics and Biological Stress Inducers]

## Fruit & Vegetable Intake

Daily recommended intake of fruits and vegetables is 500g, but only 7 out of 100 Korean adults meet this amount.



# 디엘릭서 그린





## THEELIXIR Green

'Emptying' with daily detox

[Detox & Cleansing Formula]

\* Limited to desription of raw ingredients

## Chapter 01

## Total Cleanse



A recipe that combines natural detox foods



Lemon



Red Grapefruit



Apple Cider Vinegar

Organic  
Kombucha

Chicory



Yeast

## Information

- **Lemon:** A fruit rich in vitamin C. It has a diuretic effect, assisting in toxin waste removal. Helps regulate alkaline conditions within the body.
- **Red Grapefruit:** A low-calorie fruit that helps suppress appetitet and is rich in dietary fiber. Contains large amounts of the antioxidant lycopene.
- **Chicory:** A green vegetable known to be highly effective in removing toxins from the liver and protecting it from harmful substances.
- **Yeast:** A beneficial bacteria that helps improve intestinal health and remove toxins.



## Chapter 01

## Total Cleanse



## Apple Cider Vinegar

Apple cider vinegar consumption by Hollywood celebrities has led to its recent resurgence.

Apple cider vinegar is made by the natural fermentation of apple juice. The apple juice turns into apple cider, then into apple cider vinegar, making apple cider vinegar have a longer fermentatin process compared to modern vinegars that are made with alcohol fermentation that finishes fermentation in 1-2days.

The longer fermentation process creates beneficial bacteria that assist in detoxification and digestion.



## [ Increased diet efficiency and weight loss]

Consumption of apple cider vinegar significantly reduced body weight, BMI, hip circumference, visceral adiposity index (VAI), and appetite score ( $P \leq 0.00$ ). Additionally, plasma triglyceride (TG) and total cholesterol (TC) levels were significantly decreased in the apple cider vinegar group compared to the control group. Density lipoprotein cholesterol concentration increased significantly in the apple cider vinegar group ( $P \leq 0.05$ ).

Reference: Solaleh Sadat Khezri(2018). Beneficial effects of Apple Cider Vinegar on weight management, Visceral Adiposity Index and lipid profile in overweight or obese subjects receiving restricted calorie diet: A randomized clinical trial. Journal of Functional Foods 43, 95-102.

\* Limited to description of raw ingredients

## Chapter 01

## Total Cleanse



## Kombucha

Kombucha also rose in popularity due to Hollywood stars. Kombucha is made by adding raw sugar to green or black tea and fermenting it. Kombucha fermentation creates a unique symbiotic culture of microorganisms and yeast that produces high amounts of beneficial bacteria, yeast, glucuronic acid, making it a focus for many health-related studies.



Table 2: Effects of KT and TCE administration on serum LDH (U/L) activity and kidney NO ( $\mu$ mol/g protein) concentration 24 hours after last treatment (n = 5)

	LDH activity (U/L)	NO concentration ( $\mu$ mol/g protein)
Control	377.6 (39.72)	19.78 (1.808)
KT	366.2 (44.65)	21.93 (2.095)
TCE	551.2 (68.89) <sup>(a, b)</sup>	39.08 (6.562) <sup>(a, b)</sup>
KT+TCE	395.6 (32.19) <sup>(a)</sup>	29.22 (4.181) <sup>(a)</sup>

Data are presented as mean (SD). <sup>(a)</sup> Significantly different from the control group ( $P < 0.05$ ). <sup>(b)</sup> Significantly different from the KT group ( $P < 0.05$ ). <sup>(c)</sup> Significantly different from the TCE group ( $P < 0.05$ ). KT: Kombucha, TCE: trichloroethylene.

Kombucha is a potent antioxidant demonstrated to reduce the damage induced by oxidative stress [16,27,34-36]. Results from the present study show that Kombucha ferment ameliorated TCE-induced kidney damage, attributable to acetic acid which is capable of conjugating with toxins, solubilizing and eliminating them from the body [37]. Glucuronic acid, another important acid in Kombucha, facilitates the detoxification process in the body. UDP-glucuronic acid is formed in the liver of all animals and conjugates toxins for subsequent elimination [3]. Andlauer *et al.* reported that potential phytochemical toxins were detoxified in mammalian tissue by conjugation with glucuronic acid [38].

**Conclusion**

The present study indicates that Kombucha may repair damage caused by environmental pollutants such as TCE and may be beneficial to patient suffering from renal impairment.

**Abbreviations**

DCVC: S-[1, 2-dichlorovinyl] L-cysteine; DCVC sulfoxide: S-[1-chloro-2-(glutathionyl) vinyl]-L-cysteine sulfoxide; GGT: gamma glutamyl transpeptidase; GSH: glutathione; GST: glutathione S-transferase; KT: Kombucha; LDH: lactate dehydrogenase; MDA: malondialdehyde.

**[Detox property of Kombucha]**

In 2009, Gharib investigated the detoxification properties of kombucha using trichloroethylene, a commonly used solvent in household cleaning products that is known to be toxic to the body.

The results of the study were later published.

"According to the results of this study, fermented kombucha improves the conditions of kidneys damaged by trichloroethylene and contributes to the elimination of trichloroethylene from the body."

Reference : Gharib, O. A. (2009). Effects of Kombucha on oxidative stress induced nephrotoxicity in rats. Chinese medicine, 4(1), 1-6.



## Chapter 02

## Quality Organic Ingredients

A quality phytonutrient formula made with carefully selected organic vegetables processed in far-infrared low-temperature for nutrient preservation.

<b>Kale</b>	Has the highest beta-carotene content among green-yellow vegetables and is a superfood containing lutein and other nutrients.
<b>Spinach</b>	A green-yellow vegetable packed with nutrients such as vitamins, iron, and dietary fiber.
<b>Celery</b>	Helps fatigue recovery and strengthens stomach function. Contains abundant dietary fiber.
<b>Ginger</b>	Contains Gingerol, a substance with antibacterial and detoxifying effects that helps prevent various metabolic syndromes.
<b>Sprout Barley</b>	A strong alkaline food that lowers the body's acidity and is rich in dietary fiber.
<b>Wheatgrass</b>	Rich in chlorophyll and contains 23 times more amino acids than other vegetables.
<b>Garlic</b>	Contains various sulfur compounds that helps prevent cancer.
<b>Turmeric</b>	Contains Curcumin, an antioxidant that removes free radicals that accelerate aging in the body.
<b>Grapefruit</b>	Regulates blood pressure and lowers cholesterol levels.
<b>Lemon, Lime</b>	Contains a large amount of vitamin C and is excellent for skin care and diets.

\* Grapefruit, lemon, and lime are non-organic.

Also contains 99+ phyto-fruit and vegetable fermented powders

## Chapter 03

## Ingredients for Gut and Skin Health

## Gut Health



## 17 Types of Bacteria

All bacteria recognized by the Korean Ministry of Food and Drug Safety as being beneficial to the human body.

## Prune Juice

Rich in dietary fiber, improving intestinal health and stimulating bowel movement.

## Skin Health



## Collagen

Cleanses and moisturizes the skin.

## L-Glutathione

An powerful antioxidant that can also improve skin tone.

## Elastin

Acts as a support layer between collagen, helping skin maintain elasticity.

## Chapter 04

## Safety First



No  
Artificial  
colors

0%



No  
Artificial  
Preservative

0%



No  
Gluten

0%



No  
Dairy

0%

# 디엘릭서 레드





## THE ELIXIR Red

'Filling' with phytonutrients

[Revitalization Formula]

## Chapter 01

## Quality Organic Phytonutrients

A quality phytonutrient formula made with carefully selected organic vegetables processed in far-infrared low-temperature for nutrient preservation.

ABC (Apple/Beet/Carrot)	<b>Organic ABC powder that contains anthocyanins, betaine, chlorine, vitamins, minerals, and other nutrients.</b>
Kale	Has the highest beta-carotene content among green-yellow vegetables and is a superfood containing lutein and other nutrients.
Spinach	A green-yellow vegetable packed with nutrients such as vitamins, iron, and dietary fiber.
Celery	Helps fatigue recovery and strengthens stomach function. Contains abundant dietary fiber.
Ginger	Contains Gingerol, a substance with antibacterial and detoxifying effects that helps prevent various metabolic syndromes.
Sprout Barley	A strong alkaline food that lowers the body's acidity and is rich in dietary fiber.
Wheatgrass	Rich in chlorophyll and contains 23 times more amino acids than other vegetables.
Garlic	Contains various sulfur compounds that help prevent cancer.
Turmeric	Contains Curcumin, an antioxidant that removes free radicals that accelerate aging in the body.
Red Beet	Helps control blood pressure and lower cholesterol
Lemon, Lime	Contains a large amount of vitamin C and is excellent for skin care and diets.

Also contains 99+ phyto-fruit and vegetable fermented powders

\*Red Beet, lemon, and lime are non-organic.

## Chapter 01 Hand-picked Organic Ingredients

### ABC Powder

A blend of apples, beets, and carrots popularly known as "Miracle Juice".

- ✓ Rich in vitamins and minerals
- ✓ Phytonutrients from organic ingredients
- ✓ Rich in amino acids
- ✓ Rich in dietary fiber



## Chapter 01 Hand-picked Organic Ingredients

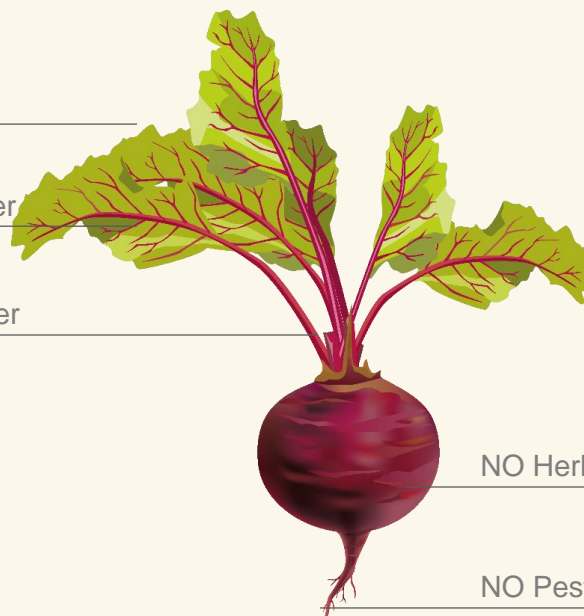
### Organic

No Pesticides or Chemical Fertilizers

NO Nitrogen Fertilizer

NO Potassium Fertilizer

NO Phosphate Fertilizer

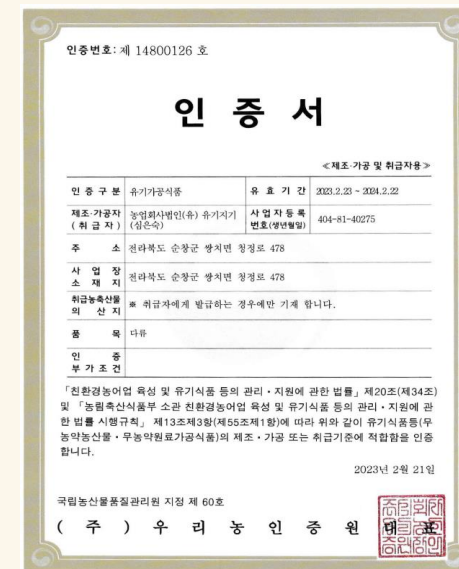


NO Herbicides

NO Pesticides

Only fruits and vegetables grown on land that has been free of pesticides and chemical fertilizers for at least three years can be called organic.

It is important to check for organic certification as fruits and vegetables known for health benefits may actually be more harmful to the body when eaten if they are grown with high amounts of fertilizers and pesticides.



[ Organic Certification ]



## Chapter 02 Far-Infrared Low-Temperature Drying

### 원적외선 저온건조란?

Far infrared is infrared light with a wavelength of 25mm or more. It has a longer wavelength than visible light, making it invisible with stronger penetrating power.

Studies have shown that using far infrared to dry food decreases the probability of harmful bacteria forming compared to other methods such as hot air drying or freeze drying.

Drying has the benefit of being able to preserve more nutrients. Many nutrients are lost when cooking vegetables as the peel and roots are usually discarded during preparation and the vegetable itself is cooked at high heat.

By using far-infrared to dry our ingredients, we are able to maximize nutrients in our formulas by extracting additional phytonutrients from the peels and roots while keeping them safer for longer.



**Chapter 03****Instant Energy Boost**

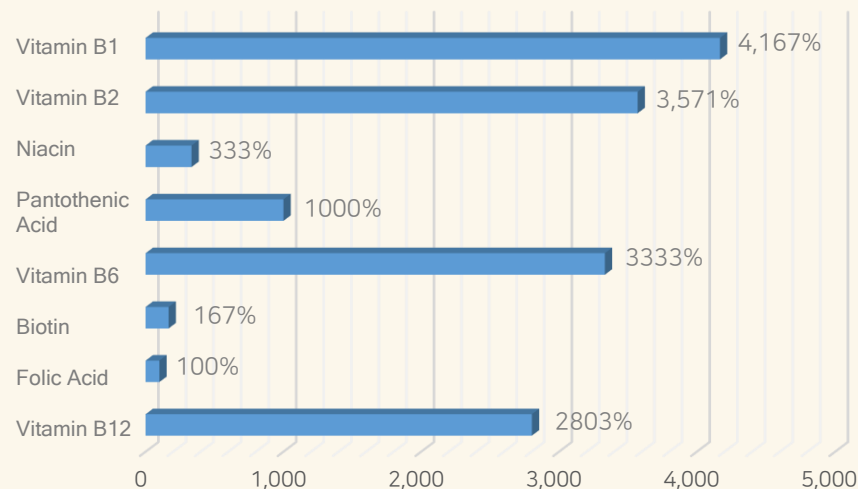
Maximum ingredient synergy

**1. Vitamin B (8 Types), 4000%+ Concentration**

- Vitamin B1, B2, B6, B12, Niacin, Biotin, Folic Acid, and Panthothenic Acid all play various roles in energy metabolism.
- Vitamins are organic compounds that regulate the function of each organ in the body and enable the efficient utilization of carbohydrates, fats, and proteins, which are essential for human survival.

Vitamin B Comlex	Amount	% Daily Value
Vitamin B1	50 mg	4,167%
Vitamin B2	50 mg	3,571%
Vitamin B3 (Niacin)	50 mg	333%
Vitamin B5 (Pantothenic Acid)	50 mg	1,000%
Vitamin B6(Pyridoxine)	50 mg	3,333%
Vitamin B7(Biotin)	50 mcg	167%
Vitamin B9 (Folic Acid)	400 mcg	100%
Vitamin B12	50 mcg	2,083%

Daily Value (100%)



\* Limited to description of raw ingredients

## Chapter 03 Instant Energy Boost

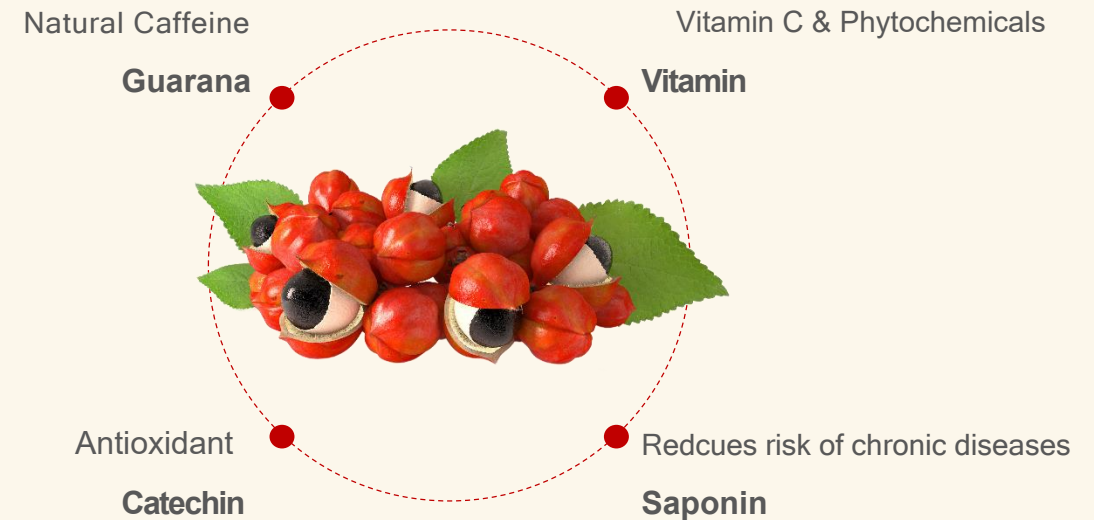
Natural Caffeine + Arginine

### 1. Guarana Extract

An extremely popular fruit from Brazil and the only energy fruit that contains natural caffeine.

### 2. L - arginine

One of the important amino acids that make up the body, it is metabolized to produce nitric oxid (NO), an important component in protein synthesis and metabolic activity.



## Chapter 04 Ingredients for Gut and Skin Health

### Gut Health



#### 17 Types of Bacteria

All bacteria recognized by the Korean Ministry of Food and Drug Safety as being beneficial to the human body.

#### Prune Juice

Rich in dietary fiber, improving intestinal health and stimulating bowel movement.

### Skin Health



#### Collagen

Cleanses and moisturizes the skin.

#### L-Glutathione

An powerful antioxidant that can also improve skin tone.

#### Elastin

Acts as a support layer between collagen, helping skin maintain elasticity.

Chapter 05

Safety First



No  
Artificial  
colors

0%



No  
Artificial  
Preservative

0%



No  
Gluten

0%



No  
Dairy

0%

# For Whom?

## Recommended for:

### THEELIXIR GREEN



- General detox
- One-day cleanse
- Detox Diets

### THEELIXIR RED



- Energy boost from phytonutrients
- Fatigue Relief
- All-in-one nutrition formula

\* Limited to description of raw ingredients



- 10 g \* 30 packs (300 g)
- Dissolve in 200-500 ml of water per serving (adjust water as necessary)

1. Formulated with ingredients that deliver a powerful cleanse (red grapefruit, lemon-lime, chicory, yeast, etc)
2. Ingredient Synergy (apple cider vinegar & organic kombucha)
3. Ingredients for gut and skin health
4. Green grape flavor

# The Elixir



- 11 g \* 30 packs (330 g)
- Dissolve in 200-500 ml of water per serving (adjust water as necessary)

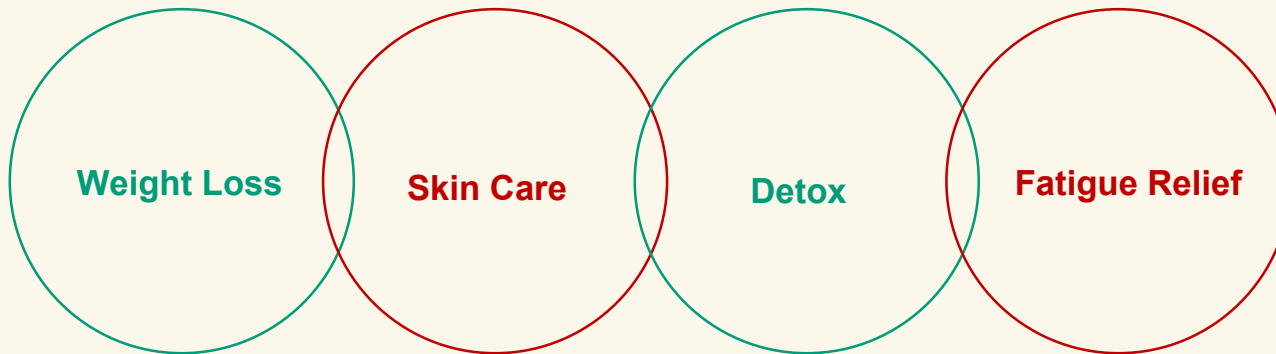
1. Phytonutrient rich formula
2. 8 Types of Vitamin B, 4000% of daily recommendation
3. Ingredients for gut and skin health
4. Guarana and L-arginine for fatigue recovery
5. Fruit juice flavor

## Detox Diet

A detox diet is a diet that involves eating detoxifying foods as meals for a short period of time to flush out toxins and waste from the body.

It's important to stick to a very low-calorie diet for the duration (around three days), because you'll be restricting your meals.

## What are the Benefits?





## Program Guide

STEP	TIME	PRODUCT	WATER
<b>3 days Detox</b> Start light	Wake Up	Green	200ml
	Morning	Green	200ml
	Lunch	Red	500ml
	Evening	Green	500ml
<b>3 days Replenish</b> Replenish for optimal health	Wake Up	Green	200ml
	Morning	Green	200ml
	Lunch	Light meal	
		Red	500ml
	Evening	Green	200ml
		Light meal	
<b>3 days Balance</b> Reset your body with balanced nutrition	Wake Up	Green	200ml
	Morning	Green	200ml
	Lunch	Regular meal	
		Red	500ml
	Evening	Green	200ml
		Light meal	

### Program Tip

- Drink an additional 500ml of water throughout the day.
- Depending on your personal condition, you can increase the number of packets from 1 to 2.
- Light meals include foods that are low in sodium and calories to facilitate detoxification.

Example) 1 scoop of General Balance Protein Formula, veggies, multigrain rice, 3 eggs & 1 slice of bread, rice Porridge, 2 sweet potatoes, Greek yogurt, Oatmeal porridge, etc.

- During Detox, avoid alcohol as much as possible and avoid foods that are high in calories or sodium.
- It is highly recommended that you try the products listed in the program before starting the program.

**Q. When is the best time to take Elixirs?**

A. Elixir Greens can be taken at any time of day. However, due to its high fiber content, Elixir Green is most effective when taken on an empty stomach as a breakfast alternative. Elixir Red contains high levels of vitamin B and as with any vitamin or mineral, taking it on an empty stomach can cause heartburn and nausea, so we recommend taking it after a meal or within two hours of a meal. Also, Elixir Red should not be taken too late in the day due to the natural caffeine it contains.

**Q. Can I take both at once?**

A. Yes. For convenience, you can combine both products in one shot. We recommend 500 ml+ of water when taking both Elixirs at once.

**Q. Are there other ways to take the products besides adding it to water?**

A. They can be consumed in powder form or with any beverage ( sparkling water fruit juice, similar inner beauty and cleanse products, etc.)

**Q. Are they safe for adolescents to take?**

A. Elixir Green is safe to take. Elixir Red contains natural caffeine and should not be consumed by minors.

**Q. Are they safe for pregnant or breastfeeding women to take?**

A. Elixir Green is safe to take. Elixir Red contains natural caffeine so we highly recommend pregnant or breastfeeding women not take it.

**Q. Can I take more than one serving per day?**

A. Yes. Nutritional needs may vary depending on the individual. We encourage you to find the right amount for you.

**Q. When I add an Elixir to water, it clumps or separates into layers over time.**

A. Elixir products contain organic vegetables and fruits and the ingredients. Clumping can occur when using organic ingredients. The layers will separate when re-mixed or shaken. We recommend using a shaker bottle instead of a regular cup and putting the powder in first.

**Q. My face is flushed / My heart is racing after taking Elixir Red.**

A. Elixir Red contains ingredients for fatigue recovery and energy boosting (phytonutrients, arginine, vitamin B, guarana extract, etc.). When the powder is mixed with water and taken, the ingredients are absorbed more quickly by the body. Guarana extract is a natural caffeine equivalent so those who are sensitive to caffeine or have taken Elixir Red first thing in the morning may feel their hearts racing. The symptoms are temporary and should be resolved within a few hours.

**Q. I've had several glasses of Elixir Green and feel gassy and bloated.**

A. Elixir Green contains a variety of ingredients to support toxin elimination and fiber intake. When you consume fiber, your intestines require a lot of water. It also interacts with your gut bacteria and ferments. The more bacteria you have in your gut during this process, the more gas or bloating you may experience. If this is the case, we recommend starting small and gradually increasing your intake to allow your gut microbiome to change naturally, and drinking plenty of water to ensure you're meeting your gut's hydration needs.

**Q. How should I take Elixirs for daily detox?**

A. We recommend taking 1 Green for breakfast (empty stomach), 1 Red for lunch, and 1 Red for dinner.