

Blessed Herbs: About Our Herbalists

Blessed Herbs is a family-owned company that has been in business since 1985.

Blessed Herbs utilizes the decades of herbal and naturopathic medicine expertise of our in-house herbalists – and the results have opened doors to amazing and wonderful health for our customers.*

Our knowledgeable experts combine fact-based experience with research and compassion.

They carefully craft our proprietary herbal formulas, extracts, and supplements with an upmost focus on quality, potency, and safety.*



1301 Sawgrass Corp. Pkwy
Sunrise, FL 33323
www.blessedherbs.com
1-800-489-4372



Try Other Blessed Herbs Products

To revitalize your body, detoxify your organs, colon and digestive tract, nothing works better than a Blessed Herbs Cleanse.*

Lose weight, optimize your body's natural absorption of vitamins, minerals and nutrients, and promote total-body wellness with these all-natural, herbal cleansing solutions!*

The Colon Cleansing Kit™

- Improves digestion
- Eliminates old waste



The Internal Cleansing Kit™

- Detoxify and rejuvenate full-body system and vital organs



New Menopause Support

Featuring supplements, extracts, and cleanses, Blessed Herbs Natural Menopause provides natural, hormone-free relief for menopause symptoms.*

Try Blessed Herbs All-Natural Herbal Supplements & Bulk Herbs

Herbal Supplements, Liquid Extracts & More

Blessed Herbs is a leader in the herbal, naturopathic and botanical remedy marketplace.*

Our all-natural herbal supplements and liquid extracts combine the holistic healing properties of a large variety of potent, high-quality herbal botanicals & remedies.*

Herbal Supplements – Blessed Herbs offers a range of herbal supplements designed for a variety of uses: weight management, digestive health, mental alertness, cardiovascular health, and more*

Liquid Extracts – Blessed Herbs provides high-quality, all-natural liquid extracts of potent herbs and traditional naturopathic botanicals, all certified and satisfaction-guaranteed for potency and freshness.*

Bulk Herbs – Blessed Herbs excels in providing the naturopathic and holistic healing community with access to hard-to-find herbs, plants, roots, seeds and other botanicals. All herbs are guaranteed fresh and harvested in an environmentally responsible manner.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Revive 5-Day Natural Cleanse™



- **No Harmful Chemicals**
All natural, herbal ingredients
- **Gentle yet Effective**
Gentle, 5-day cleansing cycle
- **No fasting required**
No skipped meals
- **Easy Instructions**
Two-step, daily powder and capsule cleansing process
- **Rejuvenating Process**
Cleanse colon and digestive tract, detoxify organs, rejuvenate energy and vitality*

Revive 5-Day Natural Cleanse™

Take 5 Days to Revitalize Your Life

The Revive 5-Day Natural Cleanse replenishes your body's ability to absorb nutrients, flushes your system of harmful toxins, contaminants, & foreign chemicals and promotes full-body health across several vital digestive organs.*

No fasting required – perfectly balanced to give your body the maximum benefit of an all-natural, herbal cleanse without the disruptive side-effects of an intense fasting regimen, the Revive 5-Day Natural Cleanse is perfect for people with busy schedules.*

Potent, powerful herbs – soothing herbal fibers to cleanse the digestive system and restore regularity combined with powerful bitters, tonics and extracts to promote total organ health as well as neutralize and expel your body's toxic burden make this cleanse the ideal choice.*

Cleansing benefits – flushing accumulated waste and cleaning mucoid deposits off the intestinal walls improves digestion as well as nutrient absorption. After a cleansing, your body will experience a renewed vitality, increased positive energy, and more robust overall health.*

Synergistic, two-part design – cleanse with a simple, 5-day regimen: one (1) packet of Revive Digestive Cleanse powder (taken with liquid) in the morning, and two (2) Revive System Balance capsules taken with lunch. *It's that easy!*

Once-a-Day Before Breakfast

Every day for 5 days: mix one (1) packet of Revive Digestive Cleanse powder with no less than 10 – 12 ounces of water, juice or other beverage.

You can mix the powder portion of your cleanse together with your favorite beverage in the 16-oz shaker jar (included).

Drink the resulting mixture quickly! If you're having trouble swallowing the mixture, add more liquid. ***Without sufficient liquid the solution can become too thick and may be harder to swallow.***

The Revive Digestive Cleanse exclusive formula of all-natural herbs will begin promoting healthy bowel function, regularity and nutrition by gently cleansing your colon and digestive tract.*

Once-a-Day Before Lunch

Every day for 5 days: take two (2) Revive System Balance capsules every day, right before lunch.

Remember to take these capsules with a full 10 to 12 ounce glass of water.

These capsules promote digestion, revive cellular metabolism, and improve circulation and immune functions for your stomach, liver, kidneys, gall bladder and lymphatic system.*

No need to skip meals: in fact, we suggest eating light, healthy breakfasts and lunches with this product – plenty of vegetables, fruits, fiber and other healthy foods, particularly.*

Diet and Nutrition

Guidelines for Your Cleanse

The Revive 5-Day Natural Cleanse does not require you to fast during your cleanse – but that doesn't mean “eat whatever you want!”

Follow these suggestions to optimize your cleanse, keep your energy up, & maintain the proper nutrition necessary to promote total-body wellness.

General Guidelines:

- **Consume plenty of water** – To determine how much water to consume during your cleanse, take your body weight and divide it by 2. This number indicates how many fluid ounces you should drink per day.

Example: A 140lb woman should drink about 70 ounces of water per day.

**Note: if you are in a very warm climate or exercising, try and drink more than this estimate.*

- **Avoid temptations** – sugars, alcohol and caffeine are to be avoided as much as possible.

- **No processed or refined foods** – avoid refined grains, processed meat or other “convenience foods”

Meals Guide

Ideal meals during your cleanse

Breakfast – fruits, vegetables, whole grains, water, fiber.

Avoid processed foods. Eat steel-cut grains like oatmeal (no milk). Eat grapefruit, blueberries, cranberries, and apples. Try smoothies or juice drinks – *they're easy and delicious!*

Tip – fruits, vegetables and nuts should replace other snacks throughout the day.

Lunch – vegetables, fruits, lean protein, water, fiber.

Avoid heavy or fatty protein sources and processed grains. Eat whole, unprocessed grains, lean protein, and plenty of fruits & vegetables. Cooked beans and legumes are great sources of fiber and protein.

Eat a salad made with dark, leafy spinach, kale, celery, watercress or cabbage. Use olive oil or vinegar dressings.

Dinner – vegetables, lean protein, legumes, water, fiber.

Salads and soups are excellent, with cooked legumes & beans. Choose dark, leafy greens, beets, cabbage, watercress, celery, tomatoes, avocados (for satiety) and fennel seeds.

Fish gives you Omega-3 fatty acids – otherwise, choose free-range, organic chicken for your protein source.

