

GO CLEAN AND LEAN VITALITEA Tracker

VITALITEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system.

VITALITEA is filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.

The Importance of Hydration

For overall health and peak performance it is important to know that the body cannot store water, and therefore must have a fresh supply every day to perform virtually every metabolic process. It's estimated that as high as 80% of all people are dehydrated, resulting in devastation to our health!

One of the reasons for this is because water is not always hydrating to our body and cells because it's not absorbed. You may believe that all water adds the same level of hydration to our bodies when, in fact, it does not. The first rule is that what we drink needs to be hydrating.

When we drink water/fluids that also has plant-based vitamins, trace minerals, micronutrients, phytonutrients, chlorophyll, and is enhanced to increase alkalinity, we give our body something to hold onto in the fluid, thus allowing our body enough time to break down the molecular structure of the water, increasing hydration to the various cell sizes and providing additional nutrition needed by our body.

“Steeping VITALITEA for up to twelve hours, although steeping for just a couple of hours will also work, creates a phytonutrient rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.

How To Make VITALITEA

Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight. Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VitaliTea before 4:00 pm.

VITALITEA Ingredients

Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cardamom, Organic Fennel Seed, Organic Cinnamon Bark, Organic Bitter Orange Peel, Organic Orange Peel, Organic Elecampane Root, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove

WHAT DOES WATER DO FOR YOU?

Forms saliva (digestion)

Needed by the brain to manufacture hormones & neurotransmitters

Keeps mucousal membranes moist

Acts as a shock absorber for brain & spinal cord

Flushes body waste, mainly in urine

Helps deliver oxygen all over the body

Allows the body's cells to grow, reproduce, and survive

Converts food to components needed for survival (digestion)

Lubricates joints

Regulates body temperature (sweating & respiration)

Water is the major component of most body parts

Did You Know?

- On average, water makes up 60 - 70% of body weight. Babies have the most water, being born at about 78%. By one year of age, that amount drops to about 65%. Adult men's bodies are about 60% water, and adult women have about 55% of their bodies made of water.
- Our blood is 96% water; it helps transport nutrients & oxygen (and components of the immune system) to all cells of the body (which differ in size and hold differing amounts of water).
- Muscle cells are 70-75% water.
- Fat cells are only 10-15% water.
- The brain is 75% water, the heart 75%, the lungs 86%, the liver 85%, the kidneys 83%, bones 22%, and both saliva and perspiration are 95% water.
- We think better when our brain is hydrated.
- We function better when our blood is hydrated.
- We have 20 different cell sizes and they all need different amounts of water.
- If properly hydrated, our bodies will perspire to expel toxins and regulate our body temperature.
- Our body fluids help lubricate joints and cushion our organs & tissues, decreasing pain.

Seven Day VITALITEA Tracker

Disclaimer: This document is for your private use should you wish to complete it. Our intent is that this guide is helpful in revealing the value and correlation of hydration and overall health. Should you choose to create and implement a nutritional protocol, you can use this guide to monitor your results over the next 7 days.

Instructions: Using the chart below, track your hydration with VITALITEA.

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							



Exchange Your Body Water

In the event of a diagnosis, experts suggest replacing your body water. Let's say you weigh 200 lbs; you can consider your hydration at 1 quart for every 50 pounds of body weight because a quart weighs 2 pounds. Therefore, you would want to drink 16 cups of water/liquid daily. This would take, on average, 30 days to replace the water content of your body.

You could increase fluid intake to 32 cups daily. This would take, on average, 2 weeks to replace the water content of your body. You could also increase your intake of fluids further to exchange your body water even more frequently.