



PRODUCT OVERVIEW:

Enhance your results by removing the impurities weighing you down with the 7-day Bod•ē Cleanse.** Featuring natural, time-honored ingredients known for their cleansing ability, along with the clinically studied Vemma formula, Bod•ē Cleanse is a pure and gentle way to prepare your body for a transformation, as part of the Vemma Bod•ē 12-Week Transformation Plan.** All it takes is two ounces of the Bod•ē Cleanse concentrate mixed with 12 fluid ounces or more of cold, purified water to help keep your body running smoothly.

PURE AND GENTLE:

Bod•ē Cleanse is a pure and gentle way to prepare your body for a transformation by:

Supporting healthy liver and digestive functions*

Cleansing impurities at the cellular level*

Nourishing your body for overall health*

TRANSFORM YOUR BODY*:

Imagine having tons of energy and being excited about transforming your look ... and your life.* The Vemma Bod•ē 12-Week Transformation Plan is not another bar or shake meal replacement strategy that tells you to replace the foods you love with a monotonous meal replacement program. In contrast, it allows you to eat smaller meals more often, thus giving you a satisfied feeling instead of the hunger or deprivation so many other weight management programs leave you with.* It's a first-of-its-kind healthy weight solution that challenges what has been done before, and delivers results-driven products with a sustainable plan to make achieving a healthy weight something you can succeed at.**

The Bod•ē 12-Week Transformation Plan and Vemma Bod•ē products were developed by Vemma Chief Scientific Officer Yibing Wang, M.D., Ph.D., with Eastern (cardiology) and Western (genetic obesity) wellness expertise, and in collaboration with experts in nutrition, weight management and fitness. With the multidimensional benefits needed to tackle the challenge of achieving a healthy weight without sacrificing wellness, the Bod•ē 12-Week Transformation Plan, in combination with the specially formulated Vemma Bod•ē products, harnesses the powerful concept of carb cycling to help you shed those hard-to-lose pounds and transform your body.**

The **Vemma Formula Inside** seal guarantees you've received the clinically studied blend of 12 full-spectrum vitamins, over 65 plant-sourced minerals, mangosteen superfruit and organic aloe vera in every serving.



CLINICALLY STUDIED:

The Vemma Clinical Trials were conducted by one of the industry's most widely recognized experts in independent clinical testing: Brunswick Laboratories in Norton, Mass. The intention of these studies was to evaluate the efficacy and overall bioavailability of Vemma on immune function and well-being in adults. This was done by subjecting the product to the highest standard of clinical research—independent, double blind, placebo-controlled study. The studies confirmed Vemma showed significant improvements in immune markers, superior antioxidant absorption and a lowering of C-reactive protein (CRP), which points to its beneficial effects on overall health and wellness.*

KEY INGREDIENTS:

12 full-spectrum vitamins (including antioxidant vitamins) — Vital for health and well-being.*

Plant-sourced mineral blend — Over 65 major, trace and ultra-trace ionic, life-giving nutrients.

Phytonutrient ingredients — A blend of powerful plant and natural components that help promote good health.*

Organic glyconutrient-rich aloe vera — A powerful phytonutrient known to provide the body with many beneficial effects.*

Organic decaffeinated green tea — For additional antioxidant power and phytonutrient protection.*

[Key Ingredients Continued >](#)



References: Kondo M., et al. "Bioavailability and Antioxidant Effects of a Xanthone-Rich Mangosteen (*Garcinia mangostana*) Product in Humans." *Journal of Agricultural and Food Chemistry* 57 (October 14, 2009): 8788-92. Tang Y., et al. "Effect of a Mangosteen Dietary Supplement on Human Immune Function: A Randomized, Double Blind, Placebo-Controlled Trial." *Journal of Medicinal Food* 12 (August 2009): 755-763.

*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.

**To be used in conjunction with a healthy diet and daily exercise.

Mangosteen superfruit — An abundant supply of wildcrafted whole fruit mangosteen and beneficial pericarp (rind) extract that provide some of the highest quantities of phytonutrients (xanthones) found in nature.

10 grams of soluble fiber — Promotes intestinal regularity with probiotic friendly ingredients.*

Fennel — Helps enhance digestion.*

Senna leaf — Promotes intestinal regularity.*

Ginger root — Assists with healthy digestion.*

Milk thistle seed — Supports healthy liver function.*

Burdock root — Provides antioxidant support.*

Dandelion root — Assists with liver and digestive functions.*

Marshmallow root — Supports healthy digestive function.*

Peppermint — Assists with the digestion process.*

Yellow dock — Enhances digestive function.*

Apple pectin — Supports healthy regularity in conjunction with soluble fiber benefits.*

Artichoke leaf — Enhances digestive and liver functions.*

Resveratrol — Level equivalent to 5 glasses of red wine; this naturally occurring compound is found in the skin of grapes and other fruits and is thought to promote antiaging and have strong, restorative antioxidant properties.*

Glucmannan — Promotes healthy elimination of waste and bodily toxins.*

MANGOSTEEN SUPERFRUIT POWER:

Mangosteen is a rare superfruit primarily found in Southeast Asia and scientifically known as *Garcinia mangostana*. No relation to the mango, it has been hailed as the “Queen of Fruits” and has been used for centuries by Asian health practitioners to treat a variety of health conditions.*

Of all the known sources for xanthones, the mangosteen fruit supplies some of the highest amounts found in nature. Xanthones are a biologically active phytonutrient with very potent antioxidant properties.* Vemma’s source of mangosteen is wildcrafted, which is the practice of harvesting plants and fruits from their natural or “wild” habitats, where pesticides are not applied.

The entire wildcrafted mangosteen fruit, including the pericarp (rind) and pulp, is utilized during Vemma’s proprietary extraction process. Pioneered by Vemma Chief Scientific Officer, Yibing Wang, M.D., Ph.D., this intricate method helps ensure that the

highest levels of xanthones and other phytonutrients are included in the Vemma formula.

THE SCIENCE OF MINERALS:

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor. Minerals help support the health of organs, bones and the immune system.* Vemma has a unique mineral blend to help enhance your overall health.* It contains 100% ionic, life-giving minerals that are reduced to the smallest, most body-ready form. Vemma’s minerals are sourced from plant vegetation that has been undisturbed for thousands of years. These unprocessed phytonutrients include over 65 major, trace and ultra-trace plant-sourced minerals.

- The body cannot survive without nature’s fundamental minerals, yet it cannot manufacture minerals—they must be obtained from the diet or through supplementation.
- Modern-day diets may lack the appropriate balance of minerals due to mineral-depleted soils and over-processed foods.
- Minerals are needed for energy production, protection from free-radical damage and other vital functions.*
- Minerals provide a foundation for your optimal health.*
- The liquid form is more bioavailable than caplets or tablets—easy to take and easy for the body to use.

NO:

Artificial Colors
Artificial Flavors
Preservatives
BPA Packaging
Gluten
Soy
Dairy



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VEMMA BOD•Ē CLEANSE

Supplement Facts

Serving Size 1 Bottle - (59 mL/2 fl oz)
Servings Per Container 7

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	10 g	3%*
Sugars	0 g	†
Dietary Fiber (soluble fiber as Fibersol®-2)	10 g	40%*
Vitamin A (100% as beta carotene)	1250 IU	25%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D ₃ (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.5 mg	125%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	7.5 mcg	125%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Magnesium (as magnesium sulfate)	600 mg	150%
Proprietary Wildcrafted Mangosteen, Organic Glyconutrient-Rich Aloe Vera and Organic Decaffeinated Green Tea Blend	12.6 g	†
Reconstituted Mangosteen Juice (Garcinia mangostana L.) (fruit), Aloe Vera Gel (leaf), Green Tea (leaf) (decaffeinated), Mangosteen Extract (pericarp) (standardized 10% xanthenes)		
Proprietary Plant-Sourced Major, Trace and Ultra-Trace Mineral Blend	478 mg	†
Proprietary Cleanse Blend	1100 mg	†
Fennel, Senna Leaf, Ginger Root, Milk Thistle Seed, Burdock Root, Dandelion Root, Marshmallow Root, Peppermint, Yellow Dock, Apple Pectin, Artichoke Leaf, Resveratrol, Glucomannan		

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other ingredients: ultra-purified reverse osmosis water, natural flavors, citric acid, sucralose and guar gum

PRODUCT USAGE:

Shake gently and add Vemma Bod•ē Cleanse concentrate to 12 fl oz or more of cold, purified water. Stir or shake well. For regular cleansing, take one Bod•ē Cleanse for 7 days per month. For a deeper cleanse, take one Bod•ē Cleanse for two 7-day cycles, with a minimum 7-day break between cycles. For adult use only (18 years and older). **Keep out of reach of children.** Do not use if pregnant or nursing. If you have a medical condition, consult your healthcare professional before using this or any other dietary supplement. Discontinue if allergic reaction occurs.

TARGET MARKET:

Bod•ē Cleanse is intended for individuals 18 years and older who are seeking a gentle 7-day cleanse to help support liver and digestive functions by getting rid of cellular impurities and toxins for a total body transformation.*†

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†To be used in conjunction with a healthy diet and daily exercise.



BOD•Ē CLEANSE PRICING:

Item Code	Item Description	Qty	Price (USD)	QV
1001182	Bod•ē 4-Week Transformation Pack (4-week supply for one person)	48 – 8.3 fl oz cans of Bod•ē Burn 28 – 3 fl oz bottles of Bod•ē Rest 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot and Vemma NEXT 2-oz)	\$299.95	210
1001175	Bod•ē Burn Transformation Pack (4-week supply for one person)	48 – 8.3 fl oz cans of Bod•ē Burn 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot and Vemma NEXT 2-oz)	\$215	160
1001176	Bod•ē Burn/Rest Transformation Pack (4-week supply for one person)	24 – 8.3 fl oz cans of Bod•ē Burn 24 – 3 fl oz bottles of Bod•ē Rest 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot and Vemma NEXT 2-oz)	\$220	160
1001154	Bod•ē Cleanse 1 Pack	7 – 2 fl oz bottles	\$26	20
1001155	Bod•ē Cleanse 2 Pack	14 – 2 fl oz bottles	\$52	40

FREQUENTLY ASKED QUESTIONS:

Vemma Bod•ē Cleanse Questions

Why should I take Bod•ē Cleanse?

Bod•ē Cleanse is intended for individuals 18 years and older who are seeking a gentle 7-day cleanse to help support healthy liver and digestive functions by getting rid of cellular impurities and toxin build-up for a total body transformation.*†

How quickly should I see results? Does Bod•ē Cleanse work for everyone?

Most people typically see results within the first week; however, since everyone is different physiologically, individual results may vary. Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

What time of day should I take Bod•ē Cleanse?

You may take Bod•ē Cleanse at any time of day that works best for you. It is a matter of personal preference.

May I take Bod•ē Cleanse for more than seven days?

We recommend consuming Bod•ē Cleanse for seven consecutive days per month. For a deeper cleanse, you may do two 7-day cleanses per month with a minimum of a 7-day break between cycles.

Can I take the Bod•ē Cleanse concentrate as a shot instead of mixing with 12 ounces or more of water?

The concentrate flavoring is designed to be added to 12 fl oz or more of cold, purified water and consumption of the stand-alone shot may not provide the same great taste. Proper hydration is essential to product efficacy and Vemma Bod•ē 12-Week Transformation Plan success. If you prefer to take Bod•ē Cleanse concentrate as a stand-alone shot, we recommend following it with at least 12 fl oz or more of cold, purified water immediately thereafter.

What can I expect to feel when I take Bod•ē Cleanse?

Bod•ē Cleanse helps prepare your body for a transformation by eliminating that which could be interfering with your efforts.* It helps support healthy liver and digestive functions, cleanses impurities at the cellular level, and nourishes the body for overall health.* Everyone is physiologically different; individual results may vary.

What are antioxidants?

Antioxidants are substances found in nature that may protect cells from the damage caused by unstable molecules known as free radicals.* Free radicals are a by-product of over exercise, stress, and exposure to dirty air and other environmental pollutants. Bod•ē Cleanse contains ingredients that possess antioxidant properties and may help fight free radicals in your body.*

What are xanthones?

Bod•ē Cleanse contains xanthones, which are natural phytonutrients found in the mangosteen fruit that work to help protect your body.*

Where do the phytonutrient-rich antioxidants in Bod•ē Cleanse come from?

They come from the xanthone-rich mangosteen fruit, organic glyconutrient-rich aloe vera and organic decaffeinated green tea. Phytonutrients are plant compounds which are thought to possess beneficial qualities.*

Is it necessary to take a multivitamin if I am taking Bod•ē Cleanse?

Bod•ē Cleanse contains one ounce of the Vemma formula. We recommend one serving of Bod•ē Cleanse for seven days per month. However, when used in conjunction with any of the other Vemma products, it is not necessary to take a multivitamin. We suggest consulting with your healthcare provider if you have additional questions regarding your specific regimen.

Which minerals are included in the Vemma mineral blend?

The Vemma formula contains over 65 major, trace and ultra-trace minerals. Because we source our minerals from naturally occurring vegetation, the level of individual minerals may vary slightly from batch to batch. The Vemma formula proprietary mineral blend contains the following minerals:

Carbon (Organic), Calcium, Sodium, Sulfur, Magnesium, Chloride, Bromide, Fluorine, Iodine, Potassium, Niobium, Aluminum, Iron, Phosphorus, Silica, Manganese, Boron, Strontium, Titanium, Tungsten, Copper, Zinc, Tin, Zirconium, Molybdenum, Vanadium, Chromium, Selenium, Nickel, Cobalt, Lithium, Gallium, Barium, Yttrium, Neodymium, Hafnium, Cadmium, Thorium, Antimony, Cerium, Tellurium, Beryllium, Samarium, Dysprosium, Erbium, Bismuth, Gadolinium, Cesium, Lanthanum, Praseodymium, Europium, Lutetium, Terbium, Ytterbium, Holmium, Thallium, Thulium, Tantalum, Germanium, Gold, Platinum, Rhodium, Rubidium, Ruthenium, Scandium, Silver and Indium.

[FAQs Continued >](#)

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What is the sweetener used in Bod•ē Cleanse and why did you choose that source?

Bod•ē Cleanse is sweetened with sucralose. After extensive research and testing during the product development phase, sucralose was chosen as the best alternative nonsugar sweetener for this product. Many of the other noncalorie sweeteners did not meet our criteria for compatibility with the Bod•ē Cleanse formulation. The use of premium ingredients, formula efficacy and flavor in the Vemma products are our highest priorities. Vemma Research and Development thoroughly reviews scientific data for all potential ingredients.

Sucralose is derived from natural cane sugar through a multistep manufacturing process that selectively removes hydrogen-oxygen groups from the sugar molecule and replaces them with chlorine atoms. Please know that chlorine is a naturally occurring substance that is found in vegetation and even table salt. Current scientific data supports that sucralose is safe and does not affect insulin levels. The use of sucralose is well documented in numerous scientific studies conducted over a 20-year period. It is approved for use in over 80 countries and deemed appropriate for use by all consumers by such health authorities as the World Health Organization (WHO), U.S. Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA).

How is Bod•ē Cleanse manufactured?

Bod•ē Cleanse is made at Vemma's manufacturing facility that meets FDA manufacturing standards called Good Manufacturing Practices (GMP). This ensures our product meets the highest quality possible. Bod•ē Cleanse is manufactured using a special proprietary process to protect the delicate balance of vitamins, minerals and phytonutrients right up to the moment of consumption. Bod•ē Cleanse processing and packaging are designed to protect the formula's nutrient balance as well.

Can I take Bod•ē Cleanse if I have a health condition or am taking medication?

As with any dietary supplement, we recommend checking with your healthcare professional before taking Bod•ē Cleanse if you have a medical condition or in conjunction with prescription drugs and over-the-counter medications.

Is Bod•ē Cleanse backed by a guarantee?

We are confident that you are going to love Bod•ē Cleanse and all Vemma products. We offer a 30-day, 100% money-back guarantee. If you are not completely satisfied, simply return your product to us for a complete product refund, even if the bottles are empty!

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Does Bod•ē Cleanse contain any restricted substances, narcotics or alcohol?

No, Bod•ē Cleanse does not contain any restricted substances, narcotics or alcohol.

What are the products in the Vemma Bod•ē brand?

Vemma Bod•ē is a healthy weight solution comprised of results-oriented products, including Bod•ē Burn, Bod•ē Burn zero caffeine, Bod•ē Cleanse and Bod•ē Rest, along with the Bod•ē 12-Week Transformation Plan — a sustainable eating plan that uses the concept of carb cycling. Each product has a unique formula and weight management purpose.

Bod•ē Burn and Bod•ē Burn zero caffeine help support your weight management efforts by enhancing your body's burn potential, curbing your appetite, increasing your energy and providing your nutritional support.**

Bod•ē Cleanse removes impurities at the cellular level to prepare your body for a transformation by supporting healthy liver and digestive functions, while providing nutrients to enhance overall wellness.**

Bod•ē Rest helps support your weight management efforts by enhancing your body's natural restorative processes, preparing your body for rest and nourishing your body for overall health.**

Vemma Bod•ē 12-Week Transformation Plan Questions

What is the Vemma Bod•ē 12-Week Transformation Plan?

Harnessing the innovative concept of carb cycling, the Vemma Bod•ē 12-Week Transformation Plan helps you create contrast in the body and shift away from eating habits that aren't working, toward habits that don't deprive you, but support results and a healthy lifestyle change.** When used in conjunction with the Vemma Bod•ē products, the Bod•ē 12-Week Transformation Plan helps reprogram how your body uses food and helps you understand how timely eating, through carb cycling, can help you achieve your weight management goals.**

[FAQs Continued >](#)



VEMMA[®]

What are the benefits of using Bod•ē Cleanse as part of the Vemma Bod•ē 12-Week Transformation Plan?

When used in conjunction with the Vemma Bod•ē 12-Week Transformation Plan, Bod•ē Cleanse helps prepare your body for a transformation by eliminating what could be interfering with your efforts.* It helps support healthy liver and digestive functions, cleanses impurities at the cellular level, and nourishes the body for overall health.*

When should I start to notice a change in my weight on the Vemma Bod•ē 12-Week Transformation Plan?

Most people typically see results within the first week; however, since everyone is different physiologically, individual results may vary. Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

Can I take Bod•ē Cleanse without following the Vemma Bod•ē 12-Week Transformation plan?

Yes, you may consume Bod•ē Cleanse without following the Vemma Bod•ē 12-Week Transformation Plan. However, to better establish a healthy lifestyle, we encourage you to adhere to the Bod•ē 12-Week Transformation Plan for more desirable weight management results.†

What is a carb cycle and why is it important?

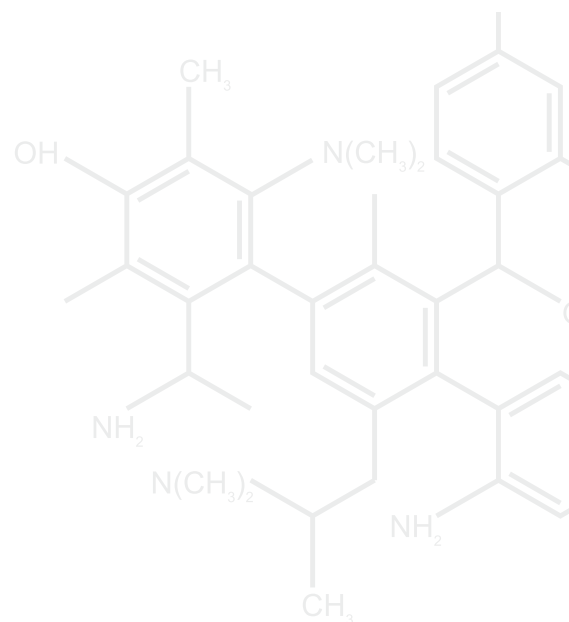
A carb cycle is a seven day period where one alternates between two low-carb days and one high-carb day for six days, followed by one guilt-free day on the seventh day. The varied consumption of carbohydrates help change how your body uses nutrients and supports your weight management goals.*

Where can I find more information about the Vemma Bod•ē 12-Week Transformation Plan?

The best resource is the online Bod•ē Trainer, received with the purchase of \$75 or more of Bod•ē products, which details the specifics of the Bod•ē 12-Week Transformation Plan and includes added features, such as recipe ideas and sample exercises. With your first order of any Bod•ē product, the accompanying Bod•ē Basics guide also explains the plan. Or, refer to the Bod•ē Language brochure that features a bonus DVD containing expert advice from Heidi Powell, Vemma Bod•ē Spokesperson, Personal Trainer and Life Coach, customized for the Bod•ē 12-Week Transformation Plan. The Bod•ē Language brochure can be downloaded under the Resources section of the Bod•ē Trainer, or you can purchase the brochure and DVD set by clicking on the shop now button and selecting it under the Bod•ē products section.

Didn't get your question answered?

View all FAQs at www.vemma.com/bode.



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