

FACTOR IV

rejuvenate : restore : re-grow

a high potency powder nutrition for hair, skin, nails and more !



Daily Living Shakes & Smoothies

Purpose:

- To consume **“Live-Food Energy”**.
- To facilitate FACTOR IV entering your cells more easily.



Enjoying your **Daily Living Shakes** along with good daily doses of water and the **Booster tri-pak AMPLIFIER**, allows FACTOR IV to operate at peak performance and is incredible for optimizing your body's receptivity to FACTOR IV's high potency powdered nutrition.

Do your best to honor your daily nourishment. The quality of your life depends on it!

Cleansing Your Liver:

Every morning begin your day with hot water & lemon or lime. Your liver is one of the most important organs in your body and is responsible for:

detoxification

glycogen storage

hormone production

plasma protein synthesis

decomposition of red blood cell

production of bio-chemicals necessary for digestion

It is important to honor your liver with proper maintenance. Cleansing your liver makes it happy for a fresh new day...

Visit our website: www.factoriv.com or Email: ron@factoriv.com

harnessing the best gifts in nature



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How To Make The "Daily Living Shakes":

You will need a vita-mix or a high powered blender. Clean your vegetables or fruit. There is no need to cut up, only de-pit and /or remove ends. Do not remove any of the pulp or fiber. It remains in the shake and provides the fiber you need for healthy digestion.



Use small amounts of each item (enough for 10 -14 ounces - If you have left over, share it with someone because the energy in live food will last for only 20-25 minutes). Although some fruits and vegetables have more nutritional value than others, the main focus is on 'LIVE' energy being put into the body.

By altering the proportions of each ingredient, you can alter the overall taste of the shake. Experiment on varying your portions of each in order to create your own delicious version.



Fresh Vegetable Shake

(Morning, Afternoon or Evening)

Carrots, Celery, Spinach, Tomatoes, Parsley & Fennel.

Optional Vegetables: Beet Root, Broccoli, Cabbage, Cucumber, Dandelion, Lettuce & Watercress.

Fresh Fruit Shake

(Mid-day for a burst of energy!)

Apples, Blueberries, Grapes, Bananas,

Mango, Peaches & Strawberries.



Optional Fruits: Pomegranate, Pineapple, Apricots, Honeydew, Nectarines, Oranges, Cantaloupes, Kiwi & Pears.

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