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# Immune Defence Program



**1 Month Rapid Detox & Rebuild • 1 Month Maintenance**  
**All-Natural • Alcohol-Free • Vegan Formulations**  
**Safe For All Ages**

- Increase energy levels
- Reduce inflammation
- Improve digestion
- Improve circulation
- Reduce brain fog
- Cleanse & detox the body
- Stimulate the immune system
- Increase blood-oxygen levels
- Regulate bowel function
- Clear and brighten complexion





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**METTA is a botanical blend of time-tested superior herbs.** Formulated in accordance with ancient preparatory principles of herbal medicinals of East and West, it contains 20 exotic, all-natural extracts. METTA provides remarkable support for the digestive system, it regulates appetite, boosts metabolism, relieves insomnia and regulates the nervous system, restoring youthful energy.



**Whole herbs:**

Brahmi  
False daisy  
Gale of the wind

**Fruits:**

Nutmeg  
Magnolia vine  
Long pepper  
Java pepper  
Bilberry

**Flowers:**

Bulletwood  
Dandelion

**Roots:**

Indian sarsaparilla  
Licorice  
Costus  
Hundred husbands  
Salep orchid

**Seeds of:**

Cardamom  
Fenugreek

**Extracts:**

Grapeseed  
Black dates  
Red dates



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Metta increases energy through normal metabolic means, not artificially, so you won't experience energy spikes and crashes as with caffeinated, sugary drinks. Take it throughout the day when you need a boost!

### **Long Term Use of Metta Has Been Shown To:**

- Increase the body's ability to build muscle and/or lose weight
- Improve bowel function
- Restore strength, stamina and energy
- Increase resistance to infections
- Balance the immune system





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## ***How Does It Work?***

***Metta strengthens the mitochondria, restoring balance so the body can function at its best.***

## ***What are Mitochondria?***

Mitochondria are the 'battery' of the cell, where basic life requirements - air and food - are combined to make energy. They are vital to your survival. Being responsible for most of your body's functions, ***your mitochondria have an enormous impact on your health and longevity.*** When working properly, mitochondria can effectively kill off the damaged, potentially cancerous cells we produce every day, replacing them with healthy ones.





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## What is Chlorophyll?

The vibrant green pigment found in plants responsible for transforming sunlight into energy. Virtually identical in molecular structure to the hemoglobin of our red blood cells, ***Chlorophyll is the blood of the plant.***

## Why Are Red Blood Cells Important?

Red blood cells transport oxygen from the lungs to the rest of the body in exchange for carbon dioxide, which they return to the lungs to be exhaled.

Consuming liquid Chlorophyll helps to build red blood cells, increase blood-oxygen levels, boost your energy - improving your well-being, and its powerful antioxidant properties detoxify the body.



## ***Why Mulberry Leaf Chlorophyll?***

- Cleanses the liver
- Anti-inflammatory
- Reduces acidity
- Internal deodorant

## ***Why Aloe Vera?***

- Improves digestion
- Powerful antioxidant
- Lowers oxidative stress
- Vitamins C, A, E, beta-carotene, folic acid, calcium and magnesium





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## ***Why Cactus?***

- Cleanses and maintains a healthy colon
- Natural source of fibre
- Vitamins: A, C, K, riboflavin and B6
- Minerals: magnesium, potassium, manganese, iron and copper

***Chlorophyll + Aloe Vera & Cactus is a powerful detoxifying, healing and energizing tonic. Rich in vitamins and minerals, it builds and oxygenates the blood, detoxes the body, and balances acid-base levels.***





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Phase I:

## ***Rapid Detox*** Week 1 & Week 2

- Reduce acidity
- Regulate bowel function and cleanse the colon
- Excrete toxins: pharmaceuticals, heavy metals and free radicals
- Cleanse the blood
- Reduce inflammation
- Deodorise internally: bad breath, sweat, stools, urine, food odors (such as garlic) and menstrual odors. The deodorant effect is also shown for people that have a colostomy.

### ***MORNING***

- 1 Tbsp of Metta
  - 1 Tbsp of Chlorophyll + Aloe Vera & Cactus
- Take on an empty stomach, 30 minutes before eating.

### ***NIGHT***

- 1 Tbsp of Metta
- 1 Tbsp of Chlorophyll + Aloe Vera & Cactus

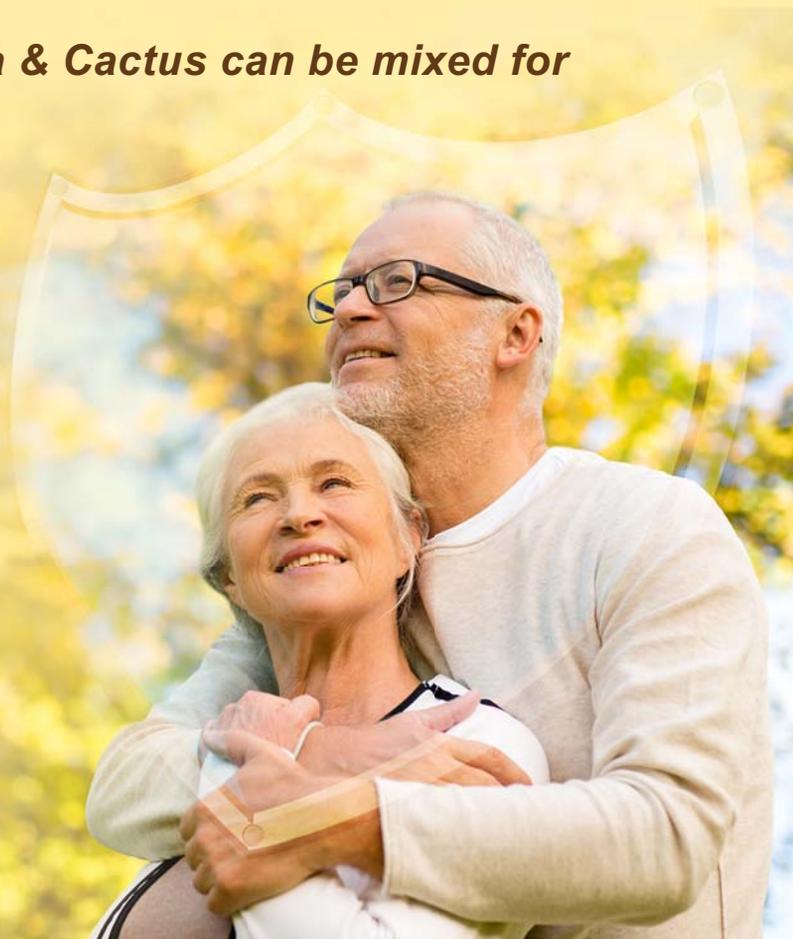
Take right before bed on an empty stomach, at least 2 hours after your last meal.

***\*Metta & Chlorophyll + Aloe Vera & Cactus can be mixed for convenience purposes***

#### ***TIP:***

Take Metta throughout the day when you need a boost of energy.

Take Chlorophyll throughout the day with coffee, tea, meat and sugar to balance acidity levels.





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During Phase I, some people may experience mild detox symptoms; headache, tiredness, irritability, mild aches and pains, dizziness, skin congestion. These are normal and temporary physiological reactions; it just means your body is releasing the toxins faster than it can eliminate them. It's good news! Your body is detoxing and your health is improving.

***If you're not experiencing detox symptoms - rest assured, the detox process is still working!***

***During the Rapid Detox phase, it's important to:***

- Increase hydration (at least 8 cups of water per day)
- Eat a healthy, balanced diet
- Optimise sleep quality and quantity





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Phase II:

## **Rebuild** Week 3 & Week 4

- Build the blood
- Regulate digestion
- Balance blood sugar levels
- Balance hormone levels
- Increase oxygen levels in the blood
- Increase energy levels

### **MORNING**

- 1 Tbsp of Metta

Take on an empty stomach, 30 minutes before eating.

### **NIGHT**

- 1 Tbsp of Chlorophyll + Aloe Vera & Cactus

Take right before bed on an empty stomach, at least 2 hours after your last meal.

***\*Metta & Chlorophyll + Aloe Vera & Cactus can be mixed for convenience purposes***

### **TIP:**

- Take Metta throughout the day when you need a boost of energy.
- Take Chlorophyll throughout the day with coffee, tea, meat and sugar to balance acidity levels.





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Say goodbye to your detox symptoms and hello to a more alert, energetic and vibrant you! Your body is finding its natural balance; so expect changes in appetite and weight, lowered stress levels, a more restful sleep, mental sharpness, decreased brain fog, and a brighter, clearer complexion.





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Phase III:

# ***Maintain & Nourish***

Month 2 and Beyond

## ***MORNING***

- 1 Tbsp of Metta

Take on an empty stomach, 30 minutes before eating.

## ***NIGHT***

- Tbsp of Chlorophyll + Aloe Vera & Cactus

Take right before bed on an empty stomach, at least 2 hours after your last meal.

***\*Metta & Chlorophyll + Aloe Vera & Cactus can be mixed for convenience purposes***

## ***TIP:***

- Take Metta throughout the day when you need a boost of energy.
- Take Chlorophyll throughout the day with coffee, tea, meat and sugar to balance acidity levels.





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Now that your body has been detoxed, balanced & strengthened, maintenance is key!

Continue using Metta & Chlorophyll + Aloe Vera & Cactus to maintain your newfound energy levels and keep your system free from toxins, heavy metals and free radicals.





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