

# Clear Vitality Infusion

*Clear Vitality Infusion* cellular health tea was formulated to assist with improving your overall health & wellness, boosting your immune system, increasing cellular regeneration, and increasing your internal pH balance.

*Clear Vitality Infusion* cellular health tea contains plant elements that are known to stimulate cellular oxygenation and positive homeostasis (pH Balance).

**CLEAR,  
CORRECT,  
CHARGE**

*Clear Vitality Infusion* cellular health tea is a proprietary combination 100% Certified Organic and Wild Harvested ingredients with naturally occurring cellular and immune stimulators and regulators, are known to vigorously support the immune system and cellular regeneration.

*Clear Vitality Infusion* cellular health tea emphasizes longevity and optimal health, and serves to synergistically purify, stimulate, protect, and repair at a cellular level, restoring balance and improving regeneration.

## historical benefits [include but not limited to]

- Blood Purification
- Stimulate Immune System
- Increase Cellular Oxygenation
- Alkalize and Energize
- Reduce Inflammation
- Optimal Health & Longevity

## suggested uses

### Daily Preventative

- Less than 150lbs: Drink 8-16 ounces, daily.
- Less than 250lbs: Drink 16-24 ounces, daily.
- Over 250lbs: Drink 24-32 ounces, daily.

### Illness & Disease Support

#### Week One

- Less than 150lbs: Drink 16-24 ounces, daily.
- Less than 250lbs: Drink 24-32 ounces, daily.
- Over 250lbs: Drink 48-60 ounces, daily.

#### Week Two

- Less than 150lbs: Drink 24-32 ounces, daily.
- Less than 250lbs: Drink 32-40 ounces, daily.
- Over 250lbs: Drink 56-62 ounces, daily.

#### Week Three and after

- Less than 150lbs: Drink 32-40 ounces, daily.
- Less than 250lbs: Drink 40-48 ounces, daily.
- Over 250lbs: Drink 62-70 ounces, daily.

## instructions

- Bring water to a rolling boil.
- Pour 8-32 ounces of boiling water over one Clear Vitality Infusion tea bag.
- Steep for 10 minutes up to 8 hours.
- The longer you steep the more flavor and nutrients are released.
- Use 3 tea bags when making a gallon.
- Drink hot, room temperature, or cold.
- Reheat in stove pot. Do not microwave.
- The used herbs can be removed from the tea bag and then added to food.
- Do not allow herbs to dry longer than 3 hours before use.
- NOTE: For maximum results, allow tea to steep overnight and then server hot, cold or room temperature.



**cellular health tea**

## ingredients

Made with 100% Certified Organic Green Tea, Green Rooibos Tea, Sheep Sorrel, Red Clover Herb, Ginger Root, Astragalus Root, Blessed Thistle, Aronia Berry, Goldenseal Herb, Rosemary Leaves, & wild-harvested Pau d'Arco & Suma Root

## supporting products

All of the below products can be added to create a customized taste and increase results.

- Add 1 drop of your favorite GRAS Approved Essential Oil (Frankincense, Lemon, Lime, Grapefruit, ect.)
- Add 2 drops of Cell Vitality
- Add 2 drops of Magnesium BeCalm
- Add 1/8 tsp of Green Vitality
- Adult Wellness Essential Oil Blend

## RESPONSIBLE CAUTIONS

- Not for use during pregnancy or if nursing.
- Consult a qualified Health Practitioner before taking if using prescription medications.
- Do not drink within 2 hours of taking prescription medications.
- Contains 5 mg of caffeine (regular coffee typically contains between 95 and 200 mg).
- Do not use microwave.
- Detox symptoms will occur with use.



# Ease Vitality Infusion

Cleansing your colon, intestines and improving your overall health has never been easier and felt so natural.

*Ease Vitality Infusion* cleanse tea works to eliminate undigested waste in your colon and digestive system. May assist with clearing the way for improved nutrient absorption, clearer thinking and increased blood circulation.

## EASE, ELIMINATE, ENERGIZE

When we release toxins we will often feel rejuvenized and energized because our body is able to refocus the energy used for hampered elimination to other systems of the body, and as a result many experience a deeper sleep, increased energy, and improved concentration.

Additionally, it is easier to maintain pH balance in the blood when the intestines and colon are clear of waste material. The resulting boost in energy, improvement in digestion, and elimination, is well worth the effort and the maintenance of adding a cup of *Ease Vitality Infusion* cleanse tea to your bedtime routine.

## historical benefits [include but not limited to]

- Constipation Relief
- Alkalize & Energize
- Improved Nutrient Absorption
- Boost In Energy
- Improved Concentration
- Improved Sleep

## suggested uses

- Less than 150lbs: Drink 8-16 ounces, nightly.
- Less than 250lbs: Drink 16-24 ounces, nightly.
- Over 250lbs: Drink 24-32 ounces, nightly.

## instructions

- Bring water to a rolling boil.
- Pour 8-32 ounces of boiling water over one Ease Vitality Infusion tea bag.
- Steep for 10 minutes up to 8 hours.
- The longer you steep the more flavor and nutrients are released.
- Use 3 tea bags when making a gallon.
- Drink hot, room temperature, or cold.
- Reheat in stove pot. Do not microwave.
- Consult a qualified Medical Practitioner for intensive cleansing protocol.
- NOTE: For maximum results, allow tea to steep overnight and then server hot, cold or room temperature.

## supporting products

All of the below products can be added to create a customized taste and increase results.

- Add 1 drop of your favorite GRAS Approved Essential Oil (Lemon, Lime, Grapefruit, ect.)
- Add 2 drops of Cell Vitality
- Add 2 drops of Magnesium BeCalm
- Add 1/8 tsp of Green Vitality

## optimal weight loss strategies

- Drink suggested amount of Ease Vitality Infusion, nightly.
- Drink suggested amount of Slimmer Vitality Infusion, daily.
- Drink suggested amount of Renew Vitality Infusion for 10 days, monthly or 3 days, weekly.
- Add 2 drops of Cell Vitality to all liquid.
- Add 2 drops Magnesium BeCalm to all liquid.
- Add Liver Detox Protocol in Week 2 ([www.goDesana.com/LiverCleanse.pdf](http://www.goDesana.com/LiverCleanse.pdf)).
- May replace 1 - 2 meals with Smooth Vitality, daily, and/or as a late night snack.
- Use only cold pressed oils like Olive, Coconut & Flax.
- Lunch & snacks can consist of nut butters as a spread or dip with fresh vegetables or fruits.
- Make dinner your healthiest meal. For best absorption of nutrients in food prepare as stir fry, steam, puree raw, and/or low heat crock pot soups.



## cleanse tea

## ingredients

Made with 100% Certified Organic Licorice Root, Burdock Root, Ginger Root, Chamomile Flowers, Senna Leaf, Red Clover Herb, Eleuthero Root, Lemon Peel, Alfalfa Leaf, Passion Flower, Clove Bud & wild-harvested Cascara Sagrada

## GO Alkalize, Detox & Energize Lifestyle

**Shed 20+ lbs in 30 days. Feel & Look Energized!**

1. Follow weight loss strategies found on your left.
2. Snacks & meals should be derived from whole foods. Prepare steamed, stir fried, or in a crockpot.
3. Drink 1 quart of pure water (Vitality Infusions Teas count) for every 50 lbs of body weight daily (sipping is optimal).
4. Increase intake of fresh lemon and lime if possible, as well as GO Essential Oils especially Ginger, Lemon, Lime, Lemongrass, etc, which all aid in healthier blood.
5. Eat mostly vegetables (organic when possible) slightly cooked, steamed, stir fried, raw or pureed are the most important part of our diet and can be supplemented with GO Green Vitality, which is comprised of 25 vegetable and herbs.
6. Reduce or eliminate intake of red meats, sugar, white & processed foods.
7. Eat cold water and wild fish as they stand the best chance of having the fewest bad micro-organisms and the highest amount of good oils and nutrients.

## RESPONSIBLE CAUTIONS

- Not for use during pregnancy or if nursing.
- Consult a qualified Health Practitioner for aggressive cleanse protocol.
- Caffeine Free
- Do not use microwave.
- Detox symptoms may occur with use.



# Renew Vitality Infusion

Detoxing your body and improving your overall health has never been so easy, natural and pleasant with *Renew Vitality Infusion* detox tea.

*Renew Vitality Infusion* detox tea is a powerful and effective detoxification tea with ingredients targeted to detoxing muscles, ligaments, tissues, lymphatic glands, and of course, your stomach, bladder, liver, and kidneys.

**RELEASE,  
RESTORE,  
RENEW**

*Renew Vitality Infusion* detox tea is a proprietary blend of 100% Certified Organic ingredients with naturally occurring phyto-nutrients, antioxidants, vitamins and minerals, blood purifiers, and healing herbs known for their pain relief and anti-inflammatory properties.

*Renew Vitality Infusion* detox tea formula assists with eliminating environmental toxins, detoxify your blood, ligaments, tissues, muscles, and organs.

## historical benefits [include but not limited to]

- Detoxification
- Alkalize & Energize
- Reduce Toxins
- Reduce Inflammation & Pain
- Refresh Bladder, Liver, & Kidneys
- Refresh Lymphatics

## suggested uses

- Less than 150lbs: Drink 16-24 ounces for 10 consecutive days, monthly or 3 days, weekly.
- Less than 250lbs: Drink 36-48 ounces for 10 consecutive days, monthly or 3 days, weekly.
- Over 250lbs: Drink 48-60 ounces for 10 consecutive days, monthly or 3 days, weekly.

## instructions

- Bring water to a rolling boil.
- Pour 8-32 ounces of boiling water over one *Renew Vitality Infusion* tea bag.
- Steep for 10 minutes up to 8 hours.
- The longer you steep the more flavor and nutrients are released.
- Use 3 tea bags when making a gallon.
- Drink hot, room temperature, or cold.
- Reheat in stove pot. Do not microwave.
- NOTE: For maximum results, allow tea to steep overnight and then serve hot, cold or room temperature.

## supporting products

All of the below products can be added to create a customized taste and increase results.

- Add 1 drop of your favorite GRAS Approved Essential Oil (Lemon, Lime, Grapefruit, ect.)
- Add 2 drops of Cell Vitality
- Add 2 drops of Magnesium BeCalm
- Add 1/2 tsp of Green Vitality

## optimal weight loss strategies

- Drink suggested amount of *Renew Vitality Infusion* for 10 consecutive days, monthly or 3 days, weekly. Do not exceed 10 consecutive days, monthly or 3 consecutive days, weekly.
- Drink suggested amount of *Ease Vitality Infusion*, nightly.
- Drink suggested amount of *Slimmer Vitality Infusion*, daily.
- Add 2 drops of Cell Vitality to all liquid.
- Add 2 drops Magnesium BeCalm to all liquid.
- Add Liver Detox Protocol in Week 2 ([www.goDesana.com/LiverCleanse.pdf](http://www.goDesana.com/LiverCleanse.pdf)).
- May replace 1 - 2 meals with *Smooth Vitality*, daily, and/or as a late night snack.
- Use only cold pressed oils like Olive, Coconut & Flax.
- Lunch & snacks can consist of nut butters as a spread or dip with fresh vegetables or fruits.
- Make dinner your healthiest meal, stir fry, steam, puree raw, and low heat crock pot soups.



**detox tea**

## ingredients

Made with 100% Certified Organic Green Rooibos Tea, Dandelion Root, Brahmi, Wormwood, Burdock Root, Spearmint Leaves, Peppermint Leaves, Galangal Root, Birch Leaves, & Melissa Leaves

## GO Alkalize, Detox & Energize Lifestyle

**Shed 20+ lbs in 30 days. Feel & Look Energized!**

1. Follow weight loss strategies found on your left.
2. Snacks & meals should be derived from whole foods. Prepare steamed, stir fried, or in a crockpot.
3. Drink 1 quart of pure water (*Vitality Infusions Teas* count) for every 50 lbs of body weight daily (sipping is optimal).
4. Increase intake of fresh lemon and lime if possible, as well as GO Essential Oils especially Ginger, Lemon, Lime, Lemongrass, etc, which all aid in healthier blood.
5. Eat mostly vegetables (organic when possible) slightly cooked, steamed, stir fried, raw or pureed are the most important part of our diet and can be supplemented with GO Green Vitality, which is comprised of 25 vegetables and herbs.
6. Reduce or eliminate intake of red meats, sugar, white & processed foods.
7. Eat cold water and wild fish as they stand the best chance of having the fewest bad micro-organisms and the highest amount of good oils and nutrients.

## RESPONSIBLE CAUTIONS

- Not for use during pregnancy or if nursing.
- Do not use for more than 10 consecutive days, monthly or more than 3 days each week.
- Caffeine Free.
- Do not use microwave.
- Detox symptoms will occur with use.



# Slimmer Vitality Infusion

Shedding those unwanted pounds and improving your overall health & wellness has never been so easy and natural!

*Slimmer Vitality Infusion* weight loss tea is one of the most powerful products available in all three weight loss categories; fat-burning, fat inhibiting, and appetite suppression.

**SATISFY,  
SUPPORT,  
SLENDERIZE**

Our proprietary blend of 100% Certified Organic ingredients with naturally occurring phyto-nutrients, high antioxidants, known healing herbs, and food-based vitamins and minerals is formulated to reduce fat and leave strong alkaline ash for pH balance.

The *Slimmer Vitality Infusion* weight loss tea works synergistically to help control appetite, increase metabolism, and increase energy with the added benefit of thermogenic fat burning; all without jittery side effects.

## historical benefits [include but not limited to]

- Weight Loss
- Alkalize & Energize
- Reduced Appetite
- Reduced Intestinal Mucus
- Stimulate Metabolism
- Increase Endurance

## suggested uses

- Less than 150lbs: Drink 16-32 ounces, daily.
- Less than 250lbs: Drink 32-48 ounces, daily.
- Over 250lbs: Drink 60-72 ounces, daily.

## instructions

- Bring water to a rolling boil.
- Pour 8-32 ounces of boiling water over one Slimmer Vitality Infusion tea bag.
- Steep for 10 minutes up to 8 hours.
- The longer you steep the more flavor and nutrients are released.
- Use 3 tea bags when making a gallon.
- Drink hot, room temperature, or cold.
- Reheat in stove pot. Do not microwave.
- NOTE: For maximum results, allow tea to steep overnight and then server hot, cold or room temperature.

## supporting products

All of the below products can be added to create a customized taste and increase results.

- Add 1 drop of Slimmer Essential Oil
- Add 1 drop of your favorite GRAS Approved Essential Oil (Lemon, Lime, Grapefruit, ect.)
- Add 2 drops of Cell Vitality
- Add 2 drops of Magnesium BeCalm
- Add 1/8 tsp of Green Vitality
- May be taken with 1 - 2 Slim Extreme, daily

## optimal weight loss strategies

- Drink suggested amount of Slimmer Vitality Infusion, daily.
- Drink suggested amount of Ease Vitality Infusion, nightly.
- Drink suggested amount of Renew Vitality Infusion for 10 days, monthly or 3 days, weekly each week. Do not exceed more than 10 days in a month.
- Add 2 drops of Cell Vitality to all liquid.
- Add 2 drops Magnesium BeCalm to all liquid.
- Add Liver Detox Protocol in Week 2 ([www.goDesana.com/LiverCleanse.pdf](http://www.goDesana.com/LiverCleanse.pdf)).
- May replace 1 - 2 meals with Smooth Vitality, daily, and/or as a late night snack.
- Use only cold pressed oils like Olive, Coconut & Flax.
- Lunch & snacks can consist of nut butters as a spread or dip with fresh vegetables or fruits.
- Make dinner your healthiest meal. For best absorption of nutrients in food prepare as stir fry, steam, puree raw, and/or low heat crock pot soups.



**weight loss tea**

## ingredients

Made with 100% Certified Organic Green Tea, Oolong Tea, Cacao Nibs, Cardamom, Ginger Root, Fennel Seed, Cinnamon Bark, Bitter Orange Peel, Orange Peel, & Elecampane Root

## GO Alkalize, Detox & Energize Lifestyle

**Shed 20+ lbs in 30 days. Feel & Look Energized!**

1. Follow weight loss strategies found on your left.
2. Snacks & meals should be derived from whole foods. Prepare steamed, stir fried, or in a crockpot.
3. Drink 1 quart of pure water (Vitality Infusions Teas count) for every 50 lbs of body weight daily (sipping is optimal).
4. Increase intake of fresh lemon and lime if possible, as well as GO Essential Oils especially Ginger, Lemon, Lime, Lemongrass, etc, which all aid in healthier blood.
5. Eat mostly vegetables (organic when possible) slightly cooked, steamed, stir fried, raw or pureed are the most important part of our diet and can be supplemented with GO Green Vitality, which is comprised of 25 vegetables and herbs.
6. Reduce or eliminate intake of red meats, sugar, white & processed foods.
7. Eat cold water and wild fish as they stand the best chance of having the fewest bad micro-organisms and the highest amount of good oils and nutrients.

## RESPONSIBLE CAUTIONS

- Not for use during pregnancy.
- Contains 17 mg of caffeine . (regular coffee contains between 95 and 200 mg).
- Detox symptoms may occur with initial use.



# Tulsi (Holy Basil) Tea

An incredible mixture of Rama & Krishna Tulsi (*Ocimum sanctum*) and Vana Tulsi (*Ocimum gratissimum*).

For over five thousand years, Tulsi, also known as Holy Basil, has been one of the most cherished healing herbs of India. Used for everything from general well-being to boosting the immune system, Tulsi is revered for its incredible healing properties.

**ANTI-OXIDANT**  
**SLEEP AID**  
**ANTI-INFLAMMATORY**

Tulsi's ability to heal both body and mind have made this herb a central component of Ayurvedic medicine. The considerable benefits of Tulsi are now also gaining much deserved recognition in the Western world.

This mixture of three basil leaves provides a mild, but rich and delicious tea that is soothing and relaxing. A truly unique, naturally caffeine-free tea. Certified Organic.

## benefits:

- Tulsi contains powerful adaptogens that can improve your body's ability to deal with stress.
- Tulsi is packed with free-radical fighting anti-oxidants and beneficial phytochemical compounds to help boost your immune system.
- Other benefits include supporting healthy vision, enhancing respiratory function, increasing metabolism, and helping to support healthy blood sugar levels and digestive health.

**Available in: Loose leaf, 2oz bags**

## daily uses

### HOW TO USE

- Prepare using a teapot with infuser, paper tea sachet, or traditional brewing methods. Try to avoid using small tea balls, as the leaves have less room to unfurl and develop their full flavor.
- Use one teaspoon per 8 ounces of water.
- Let steep to desired strength and enjoy.

	Daily Preventative	Illness & Disease Support Week 1	Illness & Disease Support Week 2	Illness & Disease Support Week 3
Less than 150 lbs	8-16 oz	16-24 oz daily	24-32 oz, daily	32-40 oz, daily
Less than 250 lbs	16-24 oz	24-32 oz, daily	32-40 oz, daily	40-48 oz, daily
Over 250 lbs	24-32 oz	48-60 oz, daily	56-62 oz, daily	62-70 oz, daily

### RESPONSIBLE CAUTIONS

- Not for use during pregnancy or if nursing.
- Consult a qualified medical practitioner before use if taking prescription medications.
- Detox symptoms may occur with use.



organic tulsi tea

## ingredients

100% Certified Organic Rama, Krishna, and Vana Tulsi.

## notes

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### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

