



RAVIA
Reset
METABOLIC PROGRAM

Your Supplement Guide

A simple, friendly look at what's in your program and how each ingredient supports your body. Keep this handy through your 14 days and beyond.

Detox

Digestive

Metabolic

Stress & Adrenal





14-DAY PROGRAM

Detox Support

Ingredients chosen to support your body's natural detox pathways — mainly the liver and kidneys — as they process and clear everyday toxins.

HOW TO TAKE

Take 3 capsules during the day.

Milk Thistle Extract

Known for its liver-protective properties and may help support healthy liver function.

Liver support

Glutathione

An antioxidant that supports detoxification by helping neutralize toxins and free radicals.

Master antioxidant

Chlorella

An algae rich in chlorophyll that may help bind to heavy metals and other toxins, supporting their elimination from the body.

Toxin binding

Cilantro

Studied for its ability to bind to heavy metals like mercury and lead, supporting their elimination.

Heavy-metal support

N-Acetyl Cysteine (NAC)

A precursor to glutathione that may help support your body's natural antioxidant production.

Glutathione builder

Dandelion Extract

Has diuretic properties and may support kidney function by increasing urine output.

Kidney support



DIGESTIVE HEALTH

BiProZyme™ — Probiotic & Enzyme Support

A room-temperature probiotic paired with digestive enzymes and ginger, designed to survive your stomach and go to work in your intestines — where your body needs it most. Better digestion supports a healthier body and metabolism.

HOW TO TAKE

Take 1 capsule twice a day.

LactoSpore® Probiotic

A shelf-stable form of *Bacillus Coagulans* — one billion spores per capsule. They activate in your digestive system and help crowd out harmful microbes by competing for nutrients and producing lactic acid.

1 billion spores

DigeZyme® Enzyme Blend

A blend of digestive enzymes that help break down the food you eat: **Amylase** (starch), **Cellulase** (fiber), **Lipase** (fat), **Protease** (protein), and **Lactase** (dairy sugar).

5 enzymes

Ginger Root Extract

A time-honored digestive aid, standardized to 20% gingerols — the active compounds behind ginger's many studied health benefits.

Digestive comfort

Good to know: BiProZyme is shelf-stable, so no refrigeration is required — easy to travel with and keep at your desk.



DAILY NUTRITIONAL SUPPORT

D.N.S.™ — Blood Sugar & Metabolism

Doctor's Nutritional Support blends targeted botanicals and minerals with a broad base of vitamins to support healthy blood sugar and glucose metabolism — alongside diet and exercise. A helpful companion for patients tapering off GLP-1 medications, when your body resumes managing blood sugar on its own.

HOW TO TAKE

Take 2 capsules at midday.

Gymnema Sylvestre

A botanical used at therapeutic levels to help support healthy glucose metabolism and curb cravings for sugar.

Craving support

Momordica Charantia

Also known as bitter melon — included to support the body's natural carbohydrate processing.

Carb metabolism

Chromium

A trace mineral that supports healthy insulin function and blood sugar regulation.

Insulin support

Vanadyl Sulfate

A mineral compound included to help support healthy glucose metabolism.

Glucose metabolism

Vitamin & Mineral Base

A broad foundation of supporting vitamins, minerals, and nutrients that round out daily nutritional support.

Full-spectrum base

How patients use it: to help maintain insulin function and blood sugar balance, and to help curb the sugar and carb cravings that can return — especially while tapering off GLP-1 medications.



STRESS & ADRENAL SUPPORT

Cortisol Balance Blend

A blend of adaptogens, herbs, and amino acids formulated to help regulate your body's stress response and support healthy cortisol balance — because chronic stress adds up over time.

HOW TO TAKE

Take 2 capsules daily, at midday.

Ashwagandha

An adaptogen studied for helping rebalance neurotransmitters and reduce cortisol, partly by activating GABA receptors — the brain's main calming pathway.

Calming adaptogen

L-Theanine

A naturally occurring amino acid from green tea, associated with relaxation and reduced feelings of stress and anxiety.

Relaxation

Phosphatidylserine

Studied for its potential to reduce stress-induced cortisol, including the cortisol response tied to physical overtraining.

Cortisol response

Eleuthero & Rhodiola Rosea

Adaptogens studied for increasing resistance to many stressors — supporting mood, mental clarity, and healthy sleep cycles.

Resilience

Chinese Skullcap Root

Contains antioxidants studied for helping offset oxidative stress on body tissues, including the liver.

Antioxidant

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Talk with your Ravia provider before starting, changing, or combining supplements — especially if you are pregnant, nursing, or taking medications.



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Your Care Team Is Here

Questions about your Ravia Reset program or any of your supplements?
We're happy to help you feel your best.

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