"I feel really great. I have more energy and mental clarity is better and the best part is how easy it was for someone that's really busy." ~Maria R.   
  
"Very easy to do. Energy level is up." ~ Doreen S.

" My thoughts!!! I noticed- more energy, decreased appetite in a good way, mental clarity, glowing skin, easy to add to my schedule!! Love the berry one the best!!!" ~ Stephanie A.

"Easy transition for me. Arthritis eased up. Sleeping better and no headaches." ~ Sandi L.

"I've had stomach issues for over a year now. After 5 days of the Vitality Pack I have seen these issues reduced considerably.....and I'm only half way through!" ~ Kristen K.

"I've definitely noticed I have better digestion. I no longer feel gross, sluggish, and bloated after I eat, and I love it!" ~ Regina P.

"It was a great 10 days. Easy. Good tasting. Mixes easily. I felt mental clarity and notice my skin improving. Thank you so much!" ~ Karen K.   
  
"Thank you so much for this incredible experience. I found the challenge easy to do. Three Tbsp in the morning and that was it. The challenge fit into my life without having change my schedule or routines. The best part if it though is how great I feel." ~ Amy-Jo F.

"Better sleep toward the end, less joint pain, more energy/less tired during the day, better mood, skin super soft! YAY!" ~ Kelly J.

First let me say that I am very skeptical when it comes to these type of things. I usually stay far away from anything like this. I reluctantly agreed to try this challenge, mostly to make my wife happy. Through the 10 days I made an effort to not change anything else in my daily diet and lifestyle. My goal was to be able to pinpoint any benefits, or lack there of, to the superfoods. Well... Here on day 10 of the challenge I feel fantastic! I have a physically demanding job, and at the end of the day I have way more energy than before. I also have many body aches and pains due to my work which now are almost nonexistent. I would get headaches every couple days, I think this is day 6 without one. My bottle of ibuprofen hasn't been touched in a week! This after just 10 days! I am not skeptical anymore. ~ David T.

"So far so good! While I have been sleeping better (hard and sound) I hadn't noticed a big difference until yesterday. Yesterday I didn't get my shake/superfood and by the end of the day I was painfully bloated. I've already had my shake today-not repeating that mistake!" ~ Sheldon K.

"I'm fuller, don't need to eat as much, yet have more energy." ~ Lisa B.

"I have more energy, I sleep better, digestion/bowel movements are better and I feel that I have a better outlook on life. All things that are important to me and wanted to see improvement on." ~ Siggi S.

"I've definitely noticed that I'm not craving as much food as usual I'm assuming cause my body is getting the nutrients it needs for the day and I'm working outdoors so that says a lot about how much fuel you need to stay warm." ~ Keith B.

"The first two days were a little rough for me...definitely detox symptoms of headache, shakiness, fatigue. Day 3 it turned around and I'm noticing the benefits smile emoticon I'm sleeping very solid and waking up with more energy. Today my hubby said my skin looks different...brighter and clear. I've found my appetite is way down." ~ Julie A.

"I have noticed more energy and a lot better outlook on life; two of the things I most wanted to change". ~ Marsha S.

"I find I am less hungry in the morning, having my smoothie in the am with superfoods then less hungry throughout the day. Also less tired throughout the day. All great and positive results." ~ Carrie N.

"Improved digestion starting from day one, better sleep, more stable emotions. I had increased energy, less swelling under my eyes in the morning, less junk food cravings, and I'm not sure if it was in the first week or shortly after but I had virtually no body odor and don't have to wear deodorant anymore. My skin got a really nice golden tone to it as well very quickly." ~ Karrie P.

"My skin is way less dry and since I started I have had no indigestion! Which is a big deal for me." ~ Kelsie S.

"I have more energy. Usually I start yawning at about 2:00 at work and just want to take a nap when I get home, but today I have lots of energy and feel great." ~Karen B.

"I love the daily, consistent routine of pumping my body full of these superfoods! And it's been so easy to incorporate them." ~ Crystal M.

"If I wait and take the superfoods in the late afternoon instead of first thing in the morning my digestion is off a bit. Feels much better taking it for breakfast." ~ Gale C.   
  
"Sleeping so much better. No craving for unhealthy snack food." ~ Lisa P.   
  
"I feel less cravings for food, it's like my body feels like it has the nourishment it needs. I did have a headache the first day or two. I am sleeping better and my head feels clearer, less brain fog." ~ Debbie C.   
  
"The biggest thing I notice is sleep. It's deeper. I feel more focused. My skin feels better. And I'm definitely going to the bathroom more regularly. I chose to take my superfoods all at once with a shot of juice and it was very easy to keep that routine. The taste isn't bad - it's definitely doable! And how else would I get in that many nutrients? It's great!" ~ Kimberly H.

"Within a couple of days I felt I had more energy and was more focused at work & home on tasks. I feel like my digestion has improved and I have good energy. Very pleased with my results and looking forward to continuing on this journey to see what further changes I experience!" ~ Michelle P.   
  
"Had a great experience, have lots of energy and feel great!" ~ Karen B.   
  
"I have more energy and feel like I'm digesting food better. My blood sugars have also been good lately, and I'm sure the superfoods have been a contributing factor! I feel like I'm doing something positive for my body, and am kickstarting my self-care into high gear. So happy to have found such well-balanced, nutritious products that are also so easy to use." ~ Katie H.  
  
” Sooo sooo easy to incorporate these super foods into my day. I'm feeling better than I have in years! I was very skeptical that just a short 10 days could offer a change. I'm pleasantly surprised by feeling good in such a short amount of time! Thanks Miessense!" ~ Tammy K.   
  
"It was easy to add this to my lifestyle. I am not much of a breakfast person, but my wife made little containers and I have had my superfoods every morning before heading off to work!" ~ Christopher I.   
  
"Since starting the 10-day vitality challenge, I started feeling healthier and felt I had more energy. I have already ordered my vitality pack online so I can keep continuing to feel healthier and more energized."~ Maria T.   
  
"It is very easy to incorporate the superfoods into daily life, especially with a group to remind you!" ~ Kyleigh D.   
  
"My husband and I really enjoyed this challenge and found it to be very easy to incorporate into our lives. Often, health "cleanses" require massive changes and can be very intimidating to people. I really like this challenge because it isn't about saying no to your current lifestyle (though re-assessing is often a good thing), it's just about adding one very easy, super healthy step and makes it super do-able for anyone and everyone! No guilt, just great results!" ~Crystal M.   
  
"The superfoods definitely make my body crave less food. I think it's because it's getting the nutrients it needs. I feel less brain fog too. I started with 1/2 tsp and increased it to 1 tsp so I still have some to finish. I have been giving my children some as well and they don't mind taking it at all. My older son said it made him feel like he had more energy." ~ Debbie C.   
  
"I did it!!! I'm sleeping more soundly, brain seems more focused and feel more awake! I definitely want to continue! Thanks for all the encouragement and support" ~ Karen B.   
  
"Great experience. I feel happier, healthier, energized, made some long lasting changes. Thank you for the quality products and support." ~ Suzy P.   
  
"Couldn't be easier to incorporate into daily routine. I thought I'd get creative with smoothies but I liked taking the Deep Greens and Inliven with apple juice so much I just kept with it. Really liked the Berry Radical with hot water and honey, mid-day. My husband has enjoyed better digestion, which has been great for us both. Tonight I shared a quesadilla with my daughter. I didn't take a Lactaid as a sort of test. I was totally fine! I've noticed feeling generally better overall. For us, great experience!" ~ Bridget N.   
  
"I felt more clear headed... And it didn't take me three coffees to get my day started." ~Kristin F.   
  
"I don't know if it's a coincidence that the last two nights I have slept all night long. I haven't slept all night in at least two years. I feel less sluggish throughout my day, and my feeling of need for coffee and sugar has decreased. I'm hoping that my skin will continue to improve. That is one of the main reasons why I did this. I'm addicted to sugar caffeine and my face was a mess LOL." ~ Jessica B.   
  
"Day 5 done and feeling good. I am noticing more energy throughout the day." ~ Travis K.   
  
"I've been adding the products to my juice every morning and noticing a HUGE change in how I feel!" ~ Patricia S.

"I must say....the probiotic seems to REALLY work for me and trust me when I say I have tried A LOT of them! Will be interesting to see what using these products more long term can do!! Thank you!" ~ Jenn

"These past 10 days have been eye opening. I have some extra energy for sure but after 10 days I actually haven't had any IBS attacks. It's been a battle of mine for years and I have contemplated taking prescription meds but always decide against as I just don't want to keep adding meds to my diet. In the videos I watched it mentioned that the probiotics helped with IBS....I honestly thought yeah right. But 10 days and no attack is pretty awesome and looking forward to continually feeling better. Thanks for introducing me to these super foods!" ~ Andrea H.

"I am still forgetful but I have definitely noticed an increase in my energy level. Also, my numbers are no longer mostly 4s and 5s. Still work in progress but I'm glad I took this challenge." ~ Anne R.   
  
"I feel great when I've taken my Superfoods for the day. Physically speaking, I'm slowly feeling the benefits but knowing I'm supercharging my body does something amazing for me mentally." ~ Shannon W.

"So my craving for coffee is way less... And I don't feel as much blah as before (4 o'clock crash).  My sleep is a bit better...  Craving for sweet not that much...  I can definitely see a change!  I'm loving it!  Oh, and my migraines - oh wow... Really wow!  I have chronic migraines...  Migraines are very frequent for me (like almost every day); it's a must to take my meds for migraines...  I must say **since I started... no migraines at all**!!  So my honest opinion is:  LOVE LOVE this product!" ~ Sandra P.   
  
“My dad felt an immediate change- more energy, healthier (he was 2 days out of the hospital when he started), breathing easier. He is a believer. And really his recovery has surprised us all! I want to think it's in many ways due to the Vitality Pack. We had run out of ours until our auto ship arrived from Miessence. We definitely noticed a decrease in how we were feeling. Just more tired. Less energy. We got our vitality pack 2 days ago and YAY!!! We feel good. It is awesome! We're believers!" ~Lisa

"Before this challenge I was often experiencing a midday slump. The past few days I have felt more like the energizer bunny! I have non-stop energy. Thanks for introducing me to these wonderful products!" ~ Shelley R.

"For me the biggest change has been that my varicose veins are not itchy, they tend to get itchy as I get in bed and rest and the last 8 days have been way better. I've also noticed that I seem to have more patience!" ~ Candace D.

"I found the challenge relatively easy to follow and the support was great! Other than a mild headache, a bit of constipation here and there (which Isa Belle reminded me I needed to drink more water) it went really well. I can definitely say I had better sleep at night and more energy for my workouts." ~ Lorraine B.

"I struggled in the beginning finding the perfect smoothie recipe for these superfoods and once I did I couldn't get enough! I had more energy in the morning that kept up through the afternoon! Two thumbs up!" ~ Allyson H.

"Thank you superfoods. The challenge is not quite over but I don't think I would have made it this far without you. Working between 2 and 5 jobs a day for the last 2 weeks has put the pressure on me. However I am making it through each week without breaking down or falling asleep. Most importantly not losing it with my family." ~ Shelley S.

"I was eager every day to take my packets out and give my body it's delicious superfoods treats! I could just feel my cells gobbling it up and smiling. I also can have bouts of IBS but certainly nothing of the sort these past 10 days. Also sleeping was a huge improvement. I can get up to go to the washroom up to 5 times in a night, but these past 10 days I have mainly gotten up once and maybe twice at the most. Trust me this is huge for me! I look forward to seeing long term changes." ~ Mimi B.

"I experienced a few days of feeling "moody" but I knew it was a detox effect. I'm all smiles again and full of energy! My husband's psoriasis is already starting to look better!! We love our superfoods!" ~ Isabelle

"I found the challenge easy as well. My sugar cravings have subsided!" ~ Erin W.

"I would recommend this to everyone! I have had great results.... Tons of energy, inflammation in my ankles and arms nearly gone, no more stomach aches when I wake up. I feel great!" ~ Aimee P.

"My body had to adjust to super foods, but it was fairly painless.... just lightheadedness when feeling a "boost" of energy. By the 3rd day, I began to feel more energetic, slept better, and more focused at work. I definitely looked forward to taking my super foods each day, finding they tasted great in a variety of shaken shots and smoothies etc. Thanks for introducing me to this great product!" ~ Diane S.

"I feel much more energetic on these dark winter mornings!" ~ Audrey G.

"I'm only on Day 9, but I've seen many positive changes already. I have seen less hair in the shower, less urination (sorry... tmi?), more energy in the afternoon/evenings to get things done, and a more settled stomach. I am definitely going to continue." ~ Jennifer M.

"I definitely experienced greater energy all day long, and a much better mental clarity during the dreaded afternoon brain fog at work. I could tell my body has been undergoing a gentle cleanse and detox as well." ~ Lisa T.

"I'm feeling energy spikes, better sleep, headaches at the start but gone now, some tummy discomfort, but it's all seeming to even out. I have also been waking up with a more easeful sense." ~ Emmy J.

"My energy levels are up, my skin even appears clearer." ~ Wendy F.

I had my superfoods in a smoothie with quest chocolat protein powder, fresh raspberrries and almond milk everyday of the challenge, Since i enjoyed it on the first day i just kept going with that mix! Haha

On the third day i did feel an energy boost in the morning....kind of like i didn't really need my morning coffee, which was grest! Things stayed the same until that saturday and sunday when i felt very tired all day, kind of like i had taken a sleeping pill and couldn't snap out of it! Since then, i feel like i've been needing less sleep to get through the days!

I have to say that i have been eatimg healthier throughout the challenge and working out more often as well so everything mixed togerher is having a very positive effect on my overall health!

I will defenitely keep taking my superfoods beyond the 10 days and am happy with the results!! ~ David L.

"At 57 years young, it's my turn. My turn to take care of me. Exercise and care for my gut, so it in turn will take care of me. The magic trio of superfoods gives me energy, curbs my appetite, and balances my gut flora. Even seems to help with fuzzy brain. Thanks for teaching me about these superfoods." ~ Cindy

"This has been a great journey for my husband and I! What a fun intro to the Miessence superfood line. We've been so impressed with the quality of product and the community here! It's been great!!! Thanks everyone! We are both feeling more energized... less body pain, less fatigue and me less brain fog!! My gut has never been happier! Happy happy happy!" ~ Mara

I have to say, after 5 days my husband and I are amazed at how we're feeling! He started this challenge as a bit of a skeptic, and he reported today a headache that went away by itself, even without his usual Advil! We are both feeling more energized  (despite having some crappy sleeps and him having a cold), less body pain, less fatigue and me less brain fog!! Bring on the next 5 days!!!!! :) ~ Tara T.

- I have been having success using the powders each morning. Keeps me energized throughout the day and controls my acid reflux ☺ ~ Lauren S.

- The day the vitality challenge started, I also happened to start my cycle. I'm usually "out of commission" or just too "blah" to do anything for about the first three days. Day one was still kinda rough, but the intensity of everything has been severed since I've been doing this! ~ Kaci B.

- My kids have been very sick this last week... I can't believe I'm still standing after all the lack of sleep! Thank you superfoods!! PS - what's even more amazing is the fact that I'm not sick yet!! ~ Isabelle B.

- I have a geographic tongue..had it all my life. Although we don't know what causes this...many natural health practitioner believe that its related to a digestive issue. Since I've started using the Miessence powders, my tongue has cleared up pretty good and it doesn't hurt as much! ~ Lissa A.

- I have been quite lively so to speak on this programme and that's just using 1/2 teaspoon of the three superfood blends!!! I am up early and even with my busy family and work life I've found I'm not getting tired. ~ Kerri D.