

DIRECTIONS: (Adult) Multi-Herb Digestion & Detox Support™ and Multi-Fiber Colon Cleanse™ are designed to be taken together in the morning and evening with a full glass of water. Start with one (1) tablet of both products in the morning and one (1) tablet of both products in the evening, increasing intake of both products by one (1) tablet every other day until you achieve 2-3 formed bowel movements per day. Do not exceed three (3) tablets of each product twice per day. Once you find the correct number of tablets, you can continue with that amount for enhanced internal cleansing for up to 30 days. Do not exceed 30 days of continual use of this product. Drink 8-10 glasses of water per day. See product insert for more information.

MULTI-HERB DIGESTION & DETOX SUPPORT™

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 120

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	56 mg	6%
Iodine (as Kelp from Proprietary Blend)	13 mcg	9%

Proprietary Blend	640 mg	†
Alfalfa powder (leaf), Fenugreek powder (seed), Dandelion (<i>Taraxacum officinale</i>) powder (root), Fennel powder (seed), Yarrow (<i>Achillea millefolium</i>) powder (flower), Eleuthero extract (0.8% eleutherosides)(root), Green Tea extract (50% polyphenols, 6% caffeine)(leaf), Hawthorn (<i>Crataegus laevigata</i>) powder (fruit), Horsetail (<i>Equisetum arvense</i>) powder (herb), Licorice (<i>Glycyrrhiza glabra</i>) powder (root, rhizome), Marshmallow powder (root), Peppermint powder (leaf), Red Clover powder (aerial), Red Raspberry (<i>Rubus idaeus</i>) powder (leaf), Safflower Oil powder (seed), Skullcap powder (herb), Burdock (<i>Arctium lappa</i>) powder (root), Chickweed powder (herb), Mullein (<i>Verbascum thapsus</i>) powder (leaf), Papaya powder (leaf), Black Cohosh powder (root), Clubmoss powder (aerial), Ginger powder (root), Ginkgo extract (4:1)(leaf), Irish Moss (<i>Chondrus crispus</i>) powder (whole plant), Kelp (<i>Laminaria spp.</i>) powder, Plantain powder (leaf), Slippery Elm powder (bark), Yellow Dock powder (root), Milk Thistle extract (80% silymarin)(seed), Cayenne powder (fruit), <i>Echinacea angustifolia</i> powder (herb)		

†Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, hydroxypropyl cellulose, silicon dioxide, croscarmellose sodium, natural mint flavor, methylcellulose, sodium starch glycolate, soy polysaccharides and glycerin.

Contains: Crustacean shellfish (lobster, crab, shrimp), Soy
No artificial colors or preservatives.

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including diuretics, heart medications and corticosteroids, or have any medical conditions. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal disorder. Do not use if you are taking any other product concurrently that has laxative effects. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.** Taking this product without adequate water may cause choking. NOTE: This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. Can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

NOTICE: This product contains Cascara Sagrada. Read and follow the directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

MULTI-FIBER COLON CLEANSE™

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 120

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	98 mg	10%

Proprietary Blend	557 mg	†
Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium powder (seed husk), Ginger powder (root), Acacia Gum, Alfalfa powder (herb), Apple Pectin powder (fruit), Apple powder (fruit), Barley Grass powder (aerial), Beet powder (root), Glucomannan, Karaya Gum, Lemon Peel powder (fruit), Oat Bran powder, Peppermint powder (leaf), Red Raspberry (<i>Rubus idaeus</i>) powder (leaf), Slippery Elm powder (bark), Chlorella powder, Guar Gum, <i>Lactobacillus acidophilus</i> (1 million/g**)		

†Daily Value not established

Other Ingredients: Stearic acid, hydroxypropyl cellulose, microcrystalline cellulose, silicon dioxide, natural anise flavor, croscarmellose sodium, methylcellulose, magnesium stearate, sodium starch glycolate, soy polysaccharides and glycerin.

** At time of manufacture.

Contains: Dairy, Soy
No artificial colors or preservatives.