

3-Day Detox

Cleanse | Balance | Energize



Dietary Supplement: One set of 3-Day Detox blister cards
2 NeoLifeShake packets • 3 NeoLifeTea sticks

Dear Body,

I know I often compare you to what's on tv and in super photoshopped ads but today I commit to

having the strength to be my best. Yeah, that's right, not anyone else's best but my own. Because this

world tries desperately to make us feel unworthy and not good enough, but my self worth isn't

determined by others. I will celebrate both your toned and your squishy parts. I will work out because I

love you, not because I hate you. I will give you the nutrition you deserve. Superior quality, whole food

nutrition. Human food chain nutrition because, well, I am human after all.

Now let's cleanse, balance and energize the healthy way!

Sincerely,
Self

Day 1 and Day 2 NeoLife Detox

Supplement Facts			
Serving Size: 1 Card			
	AM		PM
Amount Per Serving	% Daily Value		% Daily Value
Vitamin A (as beta-carotene from carrot oleoresin (Daucus carota) (root))	7,500 IU	150%	
Vitamin C (as ascorbic acid)	24 mg	40%	
Vitamin E (as d-alpha-tocopherol)	25 IU	50%	
Riboflavin (as riboflavin and from yeast)	0.6 mg	35%	
Niacin (as niacinamide)	8 mg	40%	
Vitamin B ₆ (as pyridoxine hydrochloride and from yeast)	15 mg	750%	
Iodine (from kelp)	60 mcg	40%	
Magnesium (chelated)	100 mg	25%	
Zinc (chelated)	10 mg	66%	
Selenium (from yeast)	100 mcg	145%	
Chromium (from GTF yeast)	50 mcg	42%	
Lemon pectin	9 mg		
Mixed non-alpha-tocopherol	6.5 mg		
Herbal Blend	856 mg		†
Senna extract (Cassia senna) (leaf) (standardized to 16 mg total sennosides), Licorice powder (Glycyrrhiza glabra) (root), Prune powder (Prunus domestica) (fruit), Alfalfa powder (Medicago sativa) (leaf), Buckthorn extract (Rhamnus frangula) (bark) (10:1 for glucosfrangulin), Rhubarb powder (Rheum officinale) (root), Asparagus powder (Asparagus officinalis) (plant), Arise powder (Pimpinella anisum) (seed).			
Allium Blend	245 mg		†
Garlic extract (Allium sativum) (bulb); Onion extract (Allium cepa) (bulb); Leek powder (Allium porrum) (plant); Chive extract (Allium schoenoprasum) (leaf).			
† Daily Value not established.			

OTHER INGREDIENTS: Dicalcium phosphate, microcrystalline cellulose, stearic acid, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, ethyl cellulose, sodium alginate, natural mint extract, inactivated, rosemary extract, titanium dioxide, food glaze, medium chain triglycerides, oleic acid, food glaze wax and carmine.

Contains soy.

Day 4 - 7 NeoLife Detox

Supplement Facts			
Serving Size: 1 Capsule			
	AM		PM
Amount Per Serving			
Lactobacillus Plus Proprietary Blend	104 mg†		104 mg†
Lactobacillus acidophilus; Bifidobacterium bifidum; Lactobacillus bulgaricus; Streptococcus thermophilus; Lactobacillus casei.			
† Daily Value not established.			

OTHER INGREDIENTS: Potato starch, gelatin, glucose, sodium alginate, water, magnesium stearate and titanium dioxide.

Day 3 NeoLife Detox

Supplement Facts			
Serving Size: 1 Card			
	AM		PM
Amount Per Serving	% Daily Value		% Daily Value
Vitamin A (as beta-carotene from carrot oleoresin (Daucus carota) (root))	7,500 IU	150%	
Vitamin C (as ascorbic acid)	24 mg	40%	
Vitamin E (as d-alpha-tocopherol)	25 IU	50%	
Riboflavin (as riboflavin and from yeast)	0.6 mg	35%	
Niacin (as niacinamide)	8 mg	40%	
Vitamin B ₆ (as pyridoxine hydrochloride and from yeast)	15 mg	750%	
Iodine (from kelp)	60 mcg	40%	
Magnesium (chelated)	100 mg	25%	
Zinc (chelated)	10 mg	66%	
Selenium (from yeast)	100 mcg	145%	
Chromium (from GTF yeast)	50 mcg	42%	
Lemon pectin	9 mg		
Mixed non-alpha-tocopherol	6.5 mg		
Lactobacillus Plus Proprietary Blend	104 mg		†
Lactobacillus acidophilus; Bifidobacterium bifidum; Lactobacillus bulgaricus; Streptococcus thermophilus; Lactobacillus casei.			
† Daily Value not established.			

OTHER INGREDIENTS: Dicalcium phosphate, microcrystalline cellulose, stearic acid, potato starch, gelatin, glucose, silicon dioxide, sodium alginate, water, magnesium stearate, hydroxypropyl methylcellulose, natural mint extract, tricalcin, titanium dioxide and carmine.

NeoLifeTea

Supplement Facts		
Serving Size: 1/2 Stick (1.8 g) (makes 8 fl. oz.)		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%**
NeoLife Energy Blend	661 mg	†
Camellia sinensis extract (green tea, black tea, white tea), Natural caffeine, Green tea extract (standardized to 94% EGCG)		
NeoLife Adaptogen Blend	55 mg	†
Panax ginseng extract (root) (standardized to 7% ginsenosides), Codonopsis pilosula extract (root) (standardized to 10% polysaccharides), Rhodiola rosea extract (rhizome) (standardized to 10% rosinins)		
**Percent daily values are based on a 2,000 calorie diet.		
† Daily Value not established.		

OTHER INGREDIENTS: Fructose, natural lemon flavor, maltodextrin, honey, and soy lecithin.

NeoLifeShake

Nutrition Facts			
Serving Size: 1 packet (43 g), one cup (8 fl. oz. as prepared).			
	Vanilla	Chocolate	
Calories	140	140	
Calories from Fat	15	15	
	% Daily Value**	% Daily Value**	
Total Fat	1.5 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g	0 g	
Cholesterol	0 mg	0%	
Sodium	270 mg	10%	
Potassium	440 mg	10%	
Total Carbohydrate	18 g	6%	
Dietary Fiber	5 g	20%	
Sugars	11 g	11 g	
Protein	18 g	36%	
Vitamin A	25%	25%	
Vitamin C	35%	35%	
Calcium	35%	35%	
Iron	35%	35%	
Vitamin D	35%	35%	
Vitamin E	35%	35%	
Thiamin	35%	35%	
Riboflavin	35%	35%	
Niacin	35%	35%	
Vitamin B ₆	35%	35%	
Vitamin B ₁₂	35%	35%	
Biotin	35%	35%	
Pantothenic acid	35%	35%	
Phosphorus	35%	35%	
Iodine	35%	35%	
Magnesium	35%	35%	
Zinc	35%	35%	
Copper	35%	35%	
Chromium	35%	35%	
Manganese	35%	35%	
Selenium	35%	35%	
Molybdenum	35%	35%	

**Percent daily values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram	Fat 9 Carbohydrate 4 Protein 4		

SUGGESTED USE:

Days 1 & 2 in the morning: Take 2 Neo-Lax tablets, 1 Garlic Allium Complex tablet and 3 Betagard® tablets.

Days 1 & 2 in the evening: Take 2 Neo-Lax tablets and 1 Garlic Allium Complex.

Day 3 in the morning: Take 3 Betagard® tablets and 1 Acidophilus Plus capsule.

Day 3 in the evening: Take 1 Acidophilus Plus capsule.

Days 4-7: Take 1 Acidophilus Plus capsule in the morning and evening.

NeoLifeTea: Mix 1/2 stick (1.5g) per 8 fl. oz. of hot or cold water.

NeoLifeShake: Mix contents of 1 packet in 8 fl. oz. ice cold water in a shaker or blender. Can also be mixed in milk.

Store in a cool, dry place, away from direct sunlight.

VANILLA - INGREDIENTS: NeoLife proprietary protein blend (soy protein isolate, nonfat dry milk, whey protein isolate and calcium sodium caseinate), fructose, NeoLife proprietary fiber blend (soy fiber, oat fiber, maltodextrin fiber and guar gum), natural flavors, soy lecithin, dicalcium phosphate, potassium chloride, safflower oil, magnesium oxide, sodium chloride, zinc yeast, vitamin E (d-alpha-tocopherol and mixed tocopherols), stearic acid, Neo-Plex Concentrate (orange juice powder, vitamin C (ascorbic acid), orange peel powder and citrus bioflavonoid), chromium yeast, vitamin C (ascorbic acid), manganese yeast, copper yeast, ferrous sulfate, selenium yeast, inositol, kelp powder, niacinamide, vitamin A palmitate, calcium pantothenate, vitamin D, **Multi Enzyme Blend** (bromelain, papain and malt diastase), vitamin B₆ (pyridoxine hydrochloride), riboflavin, vitamin B₁₂ (cyanocobalamin), riboflavin, thiamine hydrochloride, molybdenum yeast, folic acid and biotin.

CHOCOLATE - INGREDIENTS: NeoLife proprietary protein blend (soy protein isolate, nonfat dry milk, whey protein isolate and calcium sodium caseinate), fructose, NeoLife proprietary fiber blend (soy fiber, oat fiber, maltodextrin fiber and guar gum), cocoa powder, natural flavors, soy lecithin, dicalcium phosphate, potassium chloride, safflower oil, sodium chloride, magnesium oxide, zinc yeast, stevia, vitamin E (d-alpha-tocopherol and mixed tocopherols), **Neo-Plex Concentrate** (orange juice powder, vitamin C (ascorbic acid), orange peel powder and citrus bioflavonoid), chromium yeast, vitamin C (ascorbic acid), manganese yeast, copper yeast, ferrous sulfate, selenium yeast, inositol, kelp powder, niacinamide, vitamin A palmitate, calcium pantothenate, vitamin D, **Multi Enzyme Blend** (bromelain, papain and malt diastase), vitamin B₆ (pyridoxine hydrochloride), vitamin B₁₂ (cyanocobalamin), riboflavin, thiamine hydrochloride, molybdenum yeast, folic acid and biotin.

Additional Nutritional Information: (per flavor)
Neo-Plex Concentrate 25 mg
Choline 10 mg
Inositol 10 mg

DISTRIBUTED BY:
NeoLife International
3500 Gateway Blvd.
Fremont, CA 94538 U.S.A.
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NOTICE: This product contains senna tea, buckthorn bark and rhubarb root. Read and follow the directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna tea, buckthorn bark and rhubarb root may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, or taking medications, or have a medical condition.