

SUGGESTED USE:

As a dietary supplement, mix (1) tablespoon in 8 oz. of Aerobic Life aloe vera juice or fruit juice one to three times daily. In the morning, 30 minutes before or after a meal and/or at bedtime. Drink immediately and follow with a large glass of water.

NOTICE: A temporary feeling of fullness is normal after taking ABC. You may also notice more frequent bowel movements. Mucus and dark layered fecal matter are not uncommon and no cause for an alarm.

CAUTION: Consult your physician before taking ABC if you have pre-existing medical problems, nausea or vomiting; or if you recently experienced a change in bowel habits.

ABC Max is also used in Aerobic 45-Day Colon Cleanse Program, it is recommended to continue the use of ABC on a periodic basis.

Does not contain any dairy, egg, sugar, corn, yeast, wheat, soy, glutens, artificial colors, flavors or preservatives.

**Tamper proof inner seal, if broken do not use.
Keep out of Reach of Children.**

AEROBIC



LIFE



ABC MAX

A Premium Blend of Psyllium & Herbs

DIETARY FIBER SUPPLEMENT
COLON CLEANSE

352 GRAMS

Nutrition Facts

Serving Size: 1 Heaping Tablespoon (11.73g)

Servings Per Container: 30

Amount Per Serving	%Daily Value*	
Calories	40	2%
Total Carbohydrate	9 g	3%
Dietary Fiber	9 g	36%
Sugars	0 g	
Protein	2 g	4%
Proprietary Blend: Psyllium Husk Powder, Onion Powder, Dandelion Root Powder, Licorice Root Powder, Spirulina Powder, Clove Powder, Yellow Dock Root Powder, Black Walnut Hulls and Garlic Powder.	11g	†

Not a significant source of Vitamin A, Vitamin C, Calcium, or Iron

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established

Exclusively Manufactured For:

Aerobic Life Industries, Inc. • Phoenix, AZ USA

1-800-798-0707 • www.aerobiclife.com

