

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 is also used in Aerobic 10-Day Colon Cleanse Program, it is recommended to continue the use of ABC on a periodic basis.

Tamper proof inner seal, if broken do not use.

Keep out of Reach of Children.

AEROBIC



LIFE



Aerobic Bulk Cleanse

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: ~~32~~ 30

Amount Per Serving	%Daily Value*	
Calories	40	1%
Total Carbohydrate	9 g	3%
Dietary Fiber	9 g	4%
Sugars	0 g	
Protein	1 g	2%
Proprietary Blend: Psyllium Husk Powder, Hibiscus Flower, Licorice Root Powder, Pau D'Arco Bark Powder, Funugreek Seed Powder & Hyssop 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

