

Perfect 7's 100% natural premium blend contains key ingredients that work synergistically to promote healthy digestion. It helps to remove toxins and mucus from the colon and digestive system and promotes enhanced nutrient absorption, rejuvenation of the digestive system, and overall good health.**

Contains NO gluten, yeast, sugar, starch, artificial colors, flavors or preservatives.

IMPORTANT: This water soluble fiber encourages natural elimination generally within 12-72 hours. A feeling of fullness is common but if minor bloating or gas occurs, reduce amount taken and adjust intake amount gradually.

DIRECTIONS FOR USE: For adults and children 12 years of age and over. Mix one slightly rounded teaspoon in 8 ounces of water or juice, stir or shake briskly to blend and drink at once. It is important to drink additional liquid throughout the day, preferably 6 to 8 glasses of water. Take at least 1/2 hour before or 2 hours after a meal. Use daily 7 to 14 days every 1-3 months to achieve optimum results.
Not for children under 12 years.

Notice: Read and follow 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.

Store this product in a cool dry place below 86°F (30°C). Protect contents from humidity. Keep tightly closed and out of reach of children.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DO NOT USE IF SAFETY SEAL IS BROKEN.

PERFECT

7

EST. 1973

Gluten
Free

Gen. 1:29

INTESTINAL CLEANSER

DIETARY SUPPLEMENT
Psyllium-Herbal Combination

Net Weight 10.5 oz (300 g)
(60 servings)

Supplement Facts

Serving Size 1.5 tsp (5g)
Servings Per Container 60

	Amount Per Serving	%Daily Value*
Calories	5	
Total Carbohydrate	4 g	1%*
Dietary Fiber	3 g	12%*
Vitamin A	102.8 IU	2%
Iron	0.5 mg	3%
Calcium	8.5 mg	<1%
Proprietary blend:	5g	†

Psyllium (seed, husk), Buckthorn (bark), Cascara Sagrada (bark), Alfalfa (leaves), Rosehips (fruit), Lactobacillus Bifidus Powder, Bentonite Clay (Colloidal montmorillonite), Cayenne Pepper (fruit), Garlic (bulb), Golden Seal (root).

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

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