

For more information, please visit [integrativepro.com](http://integrativepro.com).

**Recommendation:** Take 3 to 6 capsules daily with 8 ounces of water or as recommended by your healthcare professional.

**Warning:** Not for use during pregnancy or if you are attempting to become pregnant. Take this product with at least a full glass of liquid. Taking without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product, seek immediate medical attention. This product contains Slippery Elm. Slippery Elm should not be taken with any medication as it may interfere with absorption. If you have diabetes, or are nursing or taking prescription drugs, consult your healthcare professional prior to use.

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing.

Contains no sugar, salt, yeast, soy, dairy products, or artificial colors, flavors, or preservatives.

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◆ LZ146001.F02 B010150F



THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



## BLUE HERON™

### DETOXIFYING COMPLEX

120 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 6 Capsules Servings per Container 20

Amount per 6 Capsules	% DV
Calories	10
Total Carbohydrate	2 g 1%†
Dietary Fiber	1 g 4%†
Flax ( <i>Linum usitatissimum</i> ) Seed	1.2 g **
Rice ( <i>Oryza sativa</i> ) Bran	1.2 g **
Psyllium ( <i>Plantago ovata</i> ) Seed Husk	200 mg **
Plum ( <i>Prunus domestica</i> ) Fruit	180 mg **
Fenugreek ( <i>Trigonella foenum-graecum</i> ) Seed	150 mg **
Slippery Elm ( <i>Ulmus rubra</i> ) Bark	150 mg **
Triphala Extract Blend	150 mg **
Amla ( <i>Phyllanthus emblica</i> ) Fruit, Belleric Myrobalan ( <i>Terminalia bellerica</i> ) Fruit, and Tropical Almond ( <i>Terminalia chebula</i> ) Fruit	
Spectra Probiotic Proprietary Blend	60 mg **
<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus helveticus</i> , <i>Lactobacillus salivarius</i> , and <i>Streptococcus thermophilus</i>	
Marshmallow ( <i>Althaea officinalis</i> ) Root Extract	48 mg **
Papain (Papaya enzyme equivalent to 800 TU/mg)	3.7 mg **

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

\*\*Daily Value not established.

Other ingredients: hydroxypropyl methylcellulose (vegetable capsule), calcium laurate, cellulose