

Montmorillonite Clay aka Calcium Bentonite has been used by native cultures for centuries as both an internal and external purification aid. When combined with Arise & Shine's Psyllium Husk Powder our pure Bentonite is an important drawing and binding agent which facilitates the cleansing action of Arise & Shine's Transformational Cleansing Programs.*

Suggested Intake: Use a level 1/2 teaspoon of Bentonite with 2 level teaspoons of Psyllium Husk Powder in 10 ounces of juice or water. Shake well. **Always follow with an additional 10 ounces of water.**

As with all bentonite supplements, do not take within 1 to 2 hours of prescription medications. If you are pregnant, nursing, taking medication or are under a doctor's care, consult a health professional before use. In case of intestinal discomfort during use, reduce or discontinue usage. Keep out of the 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.

label rev 5-13-2019



Supplement Facts		
Serving Size: 1/2 level teaspoon		
Servings Per Container: 96		
	Amount Per Serving	% Daily Value ‡
Calcium Bentonite Clay	2.36 gm	**
Calcium	175 mg	17.5%
Iron	36 mg	199%
Magnesium	151 mg	49%
Sodium	<0.1mg	<2%
** Percent Daily Value not established		
‡ Percent Daily Value based on a 2000 calorie diet		

Contains no additives, preservatives, flavorings or colorings.

Distributed By: Avalon Acres, Inc.
PO Box 2845
Mount Vernon, Washington 98273 USA

www.ariseandshine.com
info@ariseandshine.com
1-800-688-2444
Product of the USA