

Clinical studies have shown that Psyllium Husk Powder, which is an excellent bulking agent, helps sweep away unwanted substances in the alimentary canal.* Arise & Shine's Cleanse programs use Bentonite that, when combined with Psyllium, becomes a "cleansing shake." When used in conjunction with Chomper® and Herbal Nutrition, Psyllium, plus Bentonite, becomes very useful in helping the body remove unwanted substances.*

Suggested Intake: Mix 2 level teaspoons with 10 ounces of cool water or your favorite juice. **Shake well** and drink quickly. Always follow with an additional 10 ounces of water immediately afterwards. Please refer to our Cleanse Guide when using this product as part of your Cleanse or use as directed by your health care practitioner.

Storage Recommendations: Keep cool, dry and tightly sealed. Do not refrigerate.

Distributed by: Avalon Acres, Inc.
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NOTICE: Psyllium should always be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing or if you have any type of bowel obstruction, colonic impaction or stenosis of the gastrointestinal tract.*

* 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.



Arise & Shine™

TRANSFORMATIONAL CLEANSING®™

Psyllium Husk Powder

Dietary Supplement
Net Wt. 13 oz/ 368.5 grams

Supplement Facts

Serving Size: 2 level teaspoons (5g)

Servings per Container: Approx. 73

	Amount per Serving	% Daily Value ‡
Psyllium Seed Husk~	5g	**
Calories	16.8	
Total Carbohydrates	4.3g	<2%
Dietary Fiber	4.3g	17%

‡ Percent Daily Value based on a 2000 calorie diet.

** Percent Daily Value not established

This 100% vegetarian product contains no sugar, gluten, salt, yeast, dairy, preservatives, colorings or additives.

~Organically grown

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www.ariseandshine.com