BODY DYNAMICS

Body Dynamics Mega Cleanse EXTRA

This formula of herbs and super foods was designed to support the cleasing process by moving excess fecal waste from the bowel and encouraging normal bowel and liver function.*



Suggested Usage:

To find the optimum dosage for your particular metabolic rate, it is best to increase the number of capsules every 3 days until the desired result is attained.

Begin with (1) capsule with the evening meal for 3 days. On the 4th day, take (2) capsules per day. (1) with the noon meal, and (1) with the evening meal for an additional 3 days. You may increase to 6 capsules per day, (3) with lunch and (3) with dinner until your evacuations are normal. When you experience loose stools, decrease the number of capsules until you are eliminating 2-3 times per day. This formula can be taken alone or with the Mega Wellness Internal Cleansing Complex.





DIETARY SUPPLEMENT

MEGA CLEANSE

Supplement Facts
Serving Size 3 Capsules (maximum dose) Servings Per Container 60

Amount Per Servings %DV

Proprietary Blend
Marshmallow Root, Slippery Elm Bark, Cascara 1680 mg Sagrada, Aloe Vera Leaf, Lactobacillus Acidophilus, Artichoke Leaf, Barberry Root Extract, Beet Root, Chlorella. Ginger Root, Licorice Root, Red Raspberry Leaf, Spirulina

† Percent Daily Values (DV) not established

OTHER INGREDIENTS: Hydroxypropyl Methylcellulose. Contains Milk.

NOTE: This product contains Cascara Sagrada. Read the following directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain, nausea, fever, vomiting, or other symptoms. Consult your physician if you have frequent diarrhea or if you are pregnant or nursing, taking medications or have a medical condition.

*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 OR MISSING KEEP OUT OF REACH OF CHILDREN

CLEANSING AND SUPPORT FOR THE LIVER AND COLON

GLUTEN FREE



180 CAPSULES



Formulated and Distributed by: **Body Dynamics, Inc.** Carrollton, TX 75007

1-800-MEGA-910 www.bodydynamics.com

