BODY DYNAMICS

Body Dynamics Internal Cleansing Complex

This formula of herbs and vitamins cleanses the metabolic systems responsible for fat accumulation (colon, liver, kidneys, lymph system and blood). It also is designed to satisfy the appetite, as well as provide energy levels capable of allowing for a busy schedule and a diet program. Anyone desiring super health and well being should add these super foods to their daily diet.*

Suggested Usage:

To find the optimal dosage for your particular metabolic rate begin with (2) tablets; (1) with lunch and (1) with diner for 3 days. For the next 3 days, take (4) tablets; (2) with lunch and (2) with dinner. On the 7th day take (6) tablets, (3) with each meal for 3 more days. Increase up to (8) per day, (4) with lunch and (4) with dinner, until you experience normal bowel movements each day. Decrease by 1-2 tablets per day if stool becomes too loose or too hard. To curb your appetite, take 30 minutes before a meal.





DIETARY SUPPLEMENT

MEGA WELLNESS CLEANSE

Supplement Facts
Serving Size 4 Caplets

Servings Per Container 60

Amount Per Servings %DV

Vitamin B-6 hydrochloride (as pyridoxine) 10 mg 500% Chromium (as chromium polynicotinate) 100mcg 82%

Iodine (from Kelp) 72mcg 48

Proprietary Blend
Spirulina, Bee Pollen, Organic Wheat Grass, Cascara
Sagrada Bark, Red Clover, Aloe Leaves, Angelica Root,
Green Tea Extract, Burdock Root, Cubeb Berries, Juniper
Berries, Parsley Leaves, Sarsaparilla Root, Fennel Seeds,
Nettle Leaf, Chlorella, Rhubarb Root, Ginger Root,
Licorice Root, Bayberry Root Bark, Alfalfa Leaves,
Hops Flowers, Dandelion Root, Dandelion Leaf, Milk
Thistle Seed Extract, Skullcap Herb, Organic Barley Grass.

† Percent Daily Values (DV) not established

DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING KEEP 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.

Formulated and Distributed by: Body Dynamics, Inc.
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1-800-MEGA-910 www.bodydynamics.com

INTERNAL CLEANSING COMPLEX



GLUTEN FREE 240 CAPLETS

CLEANSING FOR THE COLON, LIVER, KIDNEYS, LYMPH SYSTEM, LUNGS AND SKIN.*

