

EVIDENCE-BASED

Other ingredients: vegetable capsule (modified cellulose), rice flour, vegetable glycerin, and non-fat milk (from probiotic blend).

Blue Heron™ detoxifying complex is a combination of all-natural fibers and herbs that absorb and eliminate toxins, thereby improving colon health.* The balanced blend of dietary fiber, nutritional herbs, and probiotic microflora found in Blue Heron was formulated for convenient, effective, and gentle intestinal support.* Blue Heron includes an Ayurvedic combination of herbs, known as triphala, to promote optimal digestive function.* Blue Heron utilizes True Dispersion™ Technology to ensure the psyllium, and other fibers, are completely released and dispersed in the colon for enhanced benefits.* All components are fully released for optimum digestive results.* No other psyllium fiber works as effectively as the psyllium in Blue Heron.

Warnings: Do not use if you have an intestinal obstruction. If you are using other medication, take it at least 1 hour prior to consumption of this product. If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

Recommendations: Take 3 to 6 capsules twice daily with 8 ounces of water or as recommended by your healthcare practitioner.

Distributed by an FDA-REGISTERED DRUG ESTABLISHMENT FOR
INTEGRATIVE THERAPEUTICS, INC. • GREEN BAY, WI 54311 USA
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LOT 146001.D004



Contains no sugar, salt, yeast, wheat, gluten, corn, soy, artificial coloring, artificial flavoring, or preservatives. This product contains natural ingredients; color variations are normal.

*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.



integrative
THERAPEUTICS, INC.

True
Dispersion
Technology

NF FORMULAS™
BLUE HERON™

*Combination of all-natural fibers and
herbs to absorb and eliminate toxins
improving colon function**

120 CAPSULES

Dietary Supplement

Supplement Facts

Serving Size 6 capsules

Servings per container 20

Amount per 6 capsules

%DV**

Calories

20

Total Carbohydrate

3g 1%***

Dietary Fiber

2g 8%***

Protein

<1g 1%***

Flax (Linum usitatissimum) Seed

1.2g

Psyllium (Plantago ovata) Seed Husk

1.2g

Rice (Oryza sativa) Bran

1.2g

Dried Plum (Prunus domestica) Fruit

180 mg

Fenugreek (Trigonella foenum-graecum) Seed

150 mg

Slippery Elm (Ulmus rubra) Bark

150 mg

Triphala (a blend of amla fruit (Phyllanthus emblica), belleric myrobalan fruit (Terminalia bellerica), and chebulic myrobalan fruit (Terminalia chebula))

150 mg

Spectra Probiotic Proprietary Blend

60 mg

Lactobacillus acidophilus, Bifidobacterium bifidum, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus helveticus, Lactobacillus casei, Lactobacillus salivarius, and Streptococcus thermophilus

48 mg

Marshmallow (Althaea officinalis) Root Extract 3.5:1

3.7 mg

Papain (Papaya enzyme equivalent to 30,000 USP units/mg)

3.7 mg

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

***Daily Value not established.