

FIBER CLEANSE contains a balanced blend of 30 herbs in an organic psyllium and organic flax seed base to help you cleanse the colon, restore optimal bowel function, and ensure timely elimination of toxins from the body.

SUGGESTED USE: Start with 1 teaspoon twice daily and gradually increase over 2 weeks to achieve the desired results (2 to 3 healthy bowel movements each day). This product is intended for short-term use up to 3 months. Keep lid tightly closed after opening and store in a dark, cool, dry place. Do not refrigerate.

GENERAL SERVING GUIDELINES:

- 1 Tablespoon - Up to 150 lbs.
- 1-1/2 Tablespoons - 150 to 200 lbs.
- 2 Tablespoons - Over 200 lbs.

DIRECTIONS FOR USE: Take each serving with a minimum of 8 ounces of purified water. Optimal benefit may be achieved by using first serving early in the morning and second serving, if desired, before noon followed with ample water throughout the day (1/2 ounce of water or high quality liquids for each pound of body weight). If bowels become too loose reduce serving size and/or frequency.

NOTE: Persons who are pregnant, lactating, on prescription medication or on other herbal products should check with a nutritionally minded, health care professional before using. Individuals exposed to excessive amounts of psyllium dust (primarily occupational exposure) may develop a sensitivity resulting in an allergic reaction.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent disease.

Manufactured for Hallelujah Acres®, Inc.
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HALLELUJAH DIET®
FIBER CLEANSE ORIGINAL
 PURE TOTAL BODY DETOX
 NET WT 8.5 oz (240g)

SUPPLEMENT FACTS

Serving Size 1 Tablespoon (8g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories		
Total Fat	15	0%*
Total Carbohydrates	0.5 g	0%*
Dietary Fiber	5 g	2%*
Soluble Fiber	4 g	16%
Insoluble Fiber	1 g	
Protein	3 g	
Calcium	1 g	
Iron	60 mg	5%
Magnesium	5 mg	28%
Zinc	20 mg	5%
Manganese	0.3 mg	3%
Sodium	0.5 mg	23%
Potassium	12 mg	0%
	120 mg	3%

Proprietary Blend	8 g	
Psyllium Husk Pwd., Organic		+
Flax Seed Pwd., Organic		+
Rose Hips (Fruit)		+
Black Walnut (Hull)		+
Hibiscus (Flower)		+
Marshmallow (Root)		+
Slippery Elm (Bark)		+
Alfalfa (Leaf & Stem)		+
Chamomile (Leaf)		+
Guar Gum (Seed)		+
Dandelion (Root)		+
Licorice (Root)		+

Lemon Balm (Leaf)	+
Kelp (Whole)	+
Fennel (Seed)	+
Peppermint (Leaf)	+
Rhubarb (Root)	+
Cinnamon (Bark)	+
Clove (Bud)	+
Cascara Sagrada (Bark)	+
Green Papaya (Fruit)	+
Irish Moss (Whole)	+
Mullein (Leaf)	+
Nettles (Leaf)	+
Oat Straw (Leaf)	+
Yucca (Stalk & Trunk)	+
Blue Vervain (Leaf)	+
Blue Violet (Leaf)	+
Shavegrass (horse tail)	+
Witch Hazel (Leaf)	+
Cayenne (Fruit)	+
Aloe Vera Leaf Extract Organic	+

*Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

