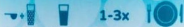


Your Regularity Starts Here



Drink 1 tsp ABC in
Hot water**

Follow with
Hot water

1-3x
per day

++ 30 mins
of meals

**Use Aerobic Life Aloe Vera Juice to boost your cleanse or juice to suit tastes

Who should take ABC?

ABC (formerly Aerobic Bulk Cleanse) can benefit anyone who uses fiber to aid in their digestive health. Are you:

- Suffering from occasional constipation, sluggish digestion, or common digestive irregularities
- Seeking a quality fiber to cleanse and detox

Why cleanse with ABC?

Premium
Fibers



Detoxifying
Herbs

As a leader in dietary fibers for over 30 years, ABC has a history of acclaim for its effectiveness and use of quality ingredients. This formula was designed with a holistic approach to dietary fiber – providing insoluble fiber through psyllium, heart-beneficial soluble fiber through oats, and a combination of gentle herbs to support detoxification and healing. As a part of your wellness routine, this specialized blend can help you achieve the refreshing and satisfying feeling of regularity. If you are seeking a more intensive cleanse, visit natures.com for more cleansing tips and options.

Your Start For Digestive Regularity And Balance



Dietary Fiber & Detox

- Contains Both Types Of Premium Fiber Your Body Needs To Support Digestive And Heart Health*
- Formulated With Soothing Herbs To Help Detoxify And Cleanse*

Dietary Supplement
352 Grams



Your leader in digestive health
and immunity for over 40 years

Nutrition Facts

Serving Size: 1 Heaping Teaspoon (5.5g)
Servings Per Container: 64

Amount Per Serving	% Daily Value
Calories 18	1%
Total Carbohydrate 4.5 g	2%
Dietary Fiber 4.5 g	18%
Sugars 0 g	

Proprietary Blend: Psyllium Husk Powder 95%, Purity, Fibersol-2, Gluten Free Oat Fiber, Hibiscus Flower, Licorice Root Powder, Pau D'Arco Bark Powder, Fenugreek Seed Powder, & Hyssop Powder.

Not a significant source of Vitamin A, Vitamin C, Calcium, or Iron.
*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

SUGGESTED USE: As a dietary supplement, mix (1) teaspoon in 8 oz. of Aerobic Life Aloe Vera juice, fruit juice, or water one to three times daily. Take 30 minutes before or after a meal. Drink immediately and follow with a large glass of water. **Notice: Consuming this product without enough liquid may cause choking. Do not use ABC if you have difficulty swallowing.**



Manufactured for:
Nutritional Brands
Phoenix, AZ 85008
natures.com



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent disease.