

Digestion & Elimination[†]

Toxin Capture and Removal[†]

Digestion & Elimination is the third and final step in the Raw Cleanse experience, supporting healthy elimination.[†] Digestion & Elimination contains 800mg of magnesium to draw water into the colon for effective movement of intestinal bulk.[†]

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Packaged by weight not volume. Settling may occur.

Made without dairy or soy ingredients, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.

Manufactured in a facility that also processes egg, milk, soy, wheat and tree nuts.

[†]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.

Garden of Life

RAW CLEANSE

DIGESTION & ELIMINATION[†]

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Toxin Capture and Removal[†]

VEGAN • GLUTEN FREE • DAIRY FREE

Net Wt 145 g (5.1 oz)

Raw Food Dietary Supplement

Suggested Use: One hour before bedtime, adults mix 2 level scoops with at least 12 ounces of water or low sugar juice. May be taken with or without food. All three steps of Raw Cleanse are designed to be used during the same seven day period. Not intended for children.

Supplement Facts

Serving Size 2 Level Scoops (About 21g)

Servings Per Container 7

	Amount Per Serving	% Daily Value
Calories	70	
Total Fat	1.5 g	20%
Saturated Fat	1.5 g	80%
Total Carbohydrate	8 g	30%
Total Sugars	1 g	+
Includes 0g Added Sugars		0%
Protein	5 g	
Iron (naturally occurring)	2 mg	11%
Sodium (naturally occurring)	40 mg	2%
Magnesium (as amino acid chelate)	800 mg	190%
Proprietary Cleansing Raw Fiber Blend	16.25 g	+
Organic Defatted Flax Seed, Organic Oat Grass Juice, Organic Chia Seed, Organic Alfalfa Grass Juice, Organic Barley Grass Juice, Organic Coconut Flour, Organic Wheat Grass Juice		

[†]Percent Daily Values are based on a 2,000 calorie diet.

+Daily Value not established.

CONTAINS: Tree nuts (coconut), wheat grass.

CAUTION: Do not take more than directed. High doses of magnesium have been known to cause increased bowel function. Overuse may result in symptoms such as arrhythmia, confusion, difficulty breathing or low blood pressure. If you experience any of these symptoms, discontinue use and consult your doctor. Extreme changes in bowel health or failure to have a bowel movement may indicate a serious condition. Discontinue use and consult your doctor. Do not use if you take tetracyclines, have hypertension, are on a low sodium diet or if you have kidney disease. Do not give to children under 12 years of age. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Distributed by Garden of Life LLC

400 Lehigh Parkway, Lehigh Beach Gardens, FL 33420 USA

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