

For more information, please visit
integrativepro.com.

Recommendation: Adults take 3 to 6 capsules daily with 8 ounces of water or as recommended by a healthcare professional. Taking this product without enough liquid may cause choking.

Warning: Do not take this product if you are pregnant or attempting to become pregnant. This product contains Slippery Elm. Slippery Elm should not be taken together with any prescription drugs as it may interfere with absorption. Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you are nursing or have diabetes, consult a healthcare professional before use. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no soy, dairy, or artificial colors, flavors, or preservatives.

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*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.



BLUE HERON™

DETOXIFYING COMPLEX*

120 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 6 Capsules

Servings per Container 20

Amount per Serving	% DV
Calories	10
Total Carbohydrate	2 g 1%†
Dietary Fiber	1 g 4%†
Flax (<i>Linum usitatissimum</i>) Seed	1.2 g **
Rice (<i>Oryza sativa</i>) Bran	1.2 g **
Psyllium (<i>Plantago ovata</i>) Seed Husk	200 mg **
Plum (<i>Prunus domestica</i>) Fruit	180 mg **
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed	150 mg **
Slippery Elm (<i>Ulmus rubra</i>) Bark	150 mg **
Triphala Extract Blend	150 mg **
Amla (<i>Phyllanthus emblica</i>) Fruit, Belleric Myrobalan (<i>Terminalia bellerica</i>) Fruit, and Tropical Almond (<i>Terminalia chebula</i>) Fruit	
Spectra Probiotic Proprietary Blend	60 mg **
<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus helveticus</i> , <i>Lactobacillus salivarius</i> , and <i>Streptococcus thermophilus</i>	
Marshmallow (<i>Althaea officinalis</i>) Root Extract	48 mg **
Papain (Papaya enzyme equivalent to 800 TU/mg)	3.7 mg **

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

**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), calcium laurate, cellulose