



FirstDetox™ is formulated by Brenda Watson, C.N.C., president of Advance Naturals™ and the founder of five natural healthcare clinics specializing in internal cleansing and detoxification. Brenda has found the ingredients in FirstDetox™ to be powerful aids to the body's own natural cleansing and detoxification processes.

**SUGGESTED USE:** For the first 3 days, take 1 capsule of FirstDetox I in the morning and 1 capsule of FirstDetox II at night. After 3 days, increase to 2 capsules of FirstDetox I in the morning and 2 capsules of FirstDetox II at night. This program may be taken as needed to assist natural detoxification and elimination functions. This product works best if taken on an empty stomach, allowing 30 minutes before eating.

While taking FirstDetox™, FiberMax™ and OilMax™ are highly recommended.



**Quality and Purity Guaranteed**  
Distributed by Advanced Naturals™ Clearwater, FL 33765  
**Questions?** Call: (800) 690-9988  
Email: support@advancednaturals.com  
or visit our website at: www.advancednaturals.com  
Manufactured in a GMP and Kosher facility

Advanced  Naturals  
Natural Digestive Care

# FirstDetox™

Gluten-Free Dietary Supplement

## Your First Total Internal Cleanse\*

### Gentle Two-Week Program

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FirstDetox I - 30 Vegetable Capsules, FirstDetox II - 30 Vegetable Capsules



# FirstDetox™

## Gentle Two-Week Program

A complete, organic, internal cleansing program for first-time cleansers. This gentle, two-week, two-part formula combines 39 whole herbs to support the cleansing of all 7 channels of elimination.\* After completing FirstDetox™, we recommend taking CleanseMax™ or Daily Multi-Detox™.

### Channel-Specific Support Guide

**Liver:** artichoke, blessed thistle, dandelion root, fenugreek, milk thistle, turmeric, wormwood, yarrow, yellow dock root, triphala

**Lungs:** garlic, mullein, oregano leaf, red clover flower, turmeric, fenugreek

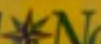
**Lymphatic System:** echinacea, green tea extract, kelp, red clover, marshmallow

**Kidneys:** parsley leaf, artichoke, blessed thistle, dandelion leaf, dandelion root, fenugreek, horsetail herb, nettle leaf

**Skin:** burdock root, dandelion root, echinacea, oatstraw, red clover

**Blood:** artichoke leaf, burdock root, dandelion root, echinacea, hawthorn berry, nettle leaf, red clover, turmeric, yellow dock

**Bowel:** flaxseed, buckthorn bark, rhubarb root, marshmallow, triphala, slippery elm

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### FirstDetox I Morning Formula

## Supplement Facts

Serving Size: 2 capsules Servings per Container: 15

|                                                       | Amount per Serving | %DV** |
|-------------------------------------------------------|--------------------|-------|
| <b>Proprietary Blend</b>                              | 1300 mg            | ***   |
| Parsley Leaf (organic)                                |                    | ***   |
| Artichoke Leaf                                        |                    | ***   |
| Blessed Thistle Herb (organic)                        |                    | ***   |
| Burdock Root (organic)                                |                    | ***   |
| Dandelion Leaf (organic)                              |                    | ***   |
| Dandelion Root (organic)                              |                    | ***   |
| Echinacea Angustifolia Herb (organic)                 |                    | ***   |
| Fenugreek Seed (organic)                              |                    | ***   |
| Garlic Bulb (organic)                                 |                    | ***   |
| Green Tea Leaf                                        |                    | ***   |
| Hawthorn Berry                                        |                    | ***   |
| Horsetail Herb                                        |                    | ***   |
| Kelp (organic)                                        |                    | ***   |
| Milk Thistle Seed (organic)                           |                    | ***   |
| Mullein Leaf (organic)                                |                    | ***   |
| Nettle Leaf (organic)                                 |                    | ***   |
| Oatstraw (organic)                                    |                    | ***   |
| Oregano Leaf (organic)                                |                    | ***   |
| Red Clover Herb                                       |                    | ***   |
| Turmeric Root (organic)                               |                    | ***   |
| Wormwood Herb (organic)                               |                    | ***   |
| Yarrow Herb                                           |                    | ***   |
| Yellow Dock Root (organic)                            |                    | ***   |
| <b>Proprietary PhytoSorb™ Blend</b>                   | 200 mg             | ***   |
| Ginger Root (organic)                                 |                    | ***   |
| Fennel Seed (organic)                                 |                    | ***   |
| Papaya Leaf                                           |                    | ***   |
| Cayenne Pepper (organic)                              |                    | ***   |
| Coriander Seed (organic)                              |                    | ***   |
| Cumin Seed (organic)                                  |                    | ***   |
| Gentian Root                                          |                    | ***   |
| Black Pepper (organic)                                |                    | ***   |
| Peppermint Leaf (organic)                             |                    | ***   |
| Spearmint Leaf (organic)                              |                    | ***   |
| Cellulase (providing activity of 1500 CU per serving) |                    | ***   |

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

Other Ingredients: Vegetable capsules (vegetable fiber and water)

### FirstDetox II Evening Formula

## Supplement Facts

Serving Size: 2 capsules Servings per Container: 15

|                                                       | Amount per Serving | %DV** |
|-------------------------------------------------------|--------------------|-------|
| <b>Proprietary Blend</b>                              | 1300 mg            | ***   |
| Flaxseed (organic)                                    |                    | ***   |
| Buckthorn Bark                                        |                    | ***   |
| Rhubarb Root (organic)                                |                    | ***   |
| Marshmallow Root (organic)                            |                    | ***   |
| Triphala (a blend of Amalaki, Bibhitaki and Haritaki) |                    | ***   |
| Slippery Elm Bark (organic)                           |                    | ***   |
| <b>Proprietary PhytoSorb™ Blend</b>                   | 200 mg             | ***   |
| Ginger Root (organic)                                 |                    | ***   |
| Fennel Seed (organic)                                 |                    | ***   |
| Papaya Leaf                                           |                    | ***   |
| Cayenne Pepper (organic)                              |                    | ***   |
| Coriander Seed (organic)                              |                    | ***   |
| Cumin Seed (organic)                                  |                    | ***   |
| Gentian Root                                          |                    | ***   |
| Black Pepper (organic)                                |                    | ***   |
| Peppermint Leaf (organic)                             |                    | ***   |
| Spearmint Leaf (organic)                              |                    | ***   |
| Cellulase (providing activity of 1500 CU per serving) |                    | ***   |

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

Other Ingredients: Vegetable capsules (vegetable fiber and water)

For Both Bottles:

**KEEP OUT OF REACH OF CHILDREN.**

**WARNING:** Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication or have a medical condition. Not for prolonged use. Do not exceed recommended dose. **Notice: DO NOT USE IF YOU HAVE OR DEVELOP DIARRHEA, ABDOMINAL PAIN OR LOOSE STOOLS.**

Store in a dry place at 59-86° F (15-30° C).  
Discontinue use if adverse effects occur.

Contains no yeast, wheat, corn, soy, gluten, salt, sugar, dairy, animal products, binders, fillers or artificial ingredients

\* 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.