

PRODUCT #01059

DIRECTIONS FOR USE: Take the contents of one packet with each meal (3 packets daily). Follow this schedule for 7 days. Throughout the time you are using **Michael's® 1 Week Flush™** program, drink plenty of water (non-tap, distilled is best): 8 glasses or more daily. It is also helpful to increase your consumption of fibrous fruits and vegetables while decreasing consumption of processed foods, meat and dairy products.

See enclosed insert for more information.

Our products contain organically grown herbs, when available.

Double-sealed for your protection. Do not use if outer seal is broken or missing.

CAUTION: Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

***ChromeMate® and OptiZinc® are Lonza trademarks.

CHROMEMATE® **OptiZinc®**

****Gugulipid® is a Trademark of Sabinsa Corp.

Consumer Information Services Voice Mail: 800-845-2730 www.michaelshealth.com

Made in a GMP facility that processes egg, fish, milk, peanut, sesame, shellfish, soy, tree nut and wheat products.



Made in the U.S.A. Family owned and operated.

Supplement Your Body's Cleansing Processes

The body carries out its own spontaneous cleansing processes on a daily basis, working to eliminate toxins that we breathe, ingest or absorb from the environment as well as the toxins that form internally as by-products of natural processes such as breathing and digestion. The nutrients and herbs contained in **Michael's® 1 Week Flush™** support detoxification and cleansing of the:

- Bloodstream and circulatory system*
- Intestinal tract system*
- Hepatic system (the liver)*

Also: • Supports fat metabolism and fluid balancing*

*An easy-to-use, comprehensive
detoxification & cleansing program*

MH MICHAEL'S® HEALTH
NATUROPATHIC PROGRAMS
SINCE 1984

1 Week Flush™

*Supplement your body's cleansing processes**

Dandelion Root
Flax Seed
Pumpkin Seed
And More...

Dietary Supplement
3 Packets Daily
84 Vegetarian Tablets



Supplement Facts

7 servings per container

Serving Size Three (3) Packets Daily

Amount Per Serving	Liver Wellness™		Blood Detoxification Factors™		Fat Metabolism Factors™		Fiber & More™	
	% Daily Value		% Daily Value		% Daily Value		% Daily Value	
Dietary Fiber							1.34 g	5%*
Vitamin A (as Beta Carotene)	450 mcg	50%						
Vitamin E (as d-alpha Tocopheryl Succinate)	100 mg	667%						
Thiamin (as Thiamin Hydrochloride)	30 mg	2500%						
Niacin (as Nicotinic Acid)	30 mg	188%						
Vitamin B6 (as Pyridoxine Hydrochloride)					100 mg	5882%		
Vitamin B12 (as Methylcobalamin)	300 mcg	12,500%						
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	600%						
Choline (as Choline Bitartrate)	200 mg	36%			200 mg	36%		
Iron (as Iron Amino Acid Chelate†)			2 mg	11%				
Iodine (from Kelp)					225 mcg	150%		
Zinc (as Zinc Monomethionine***)			9 mg	82%				
Manganese (as Manganese Amino Acid Chelate)			6 mg	261%				
Chromium (as Chromium Polynicotinate****)					200 mcg	571%		
Molybdenum (as Molybdenum Amino Acid Chelate†)								
Potassium (as Potassium Amino Acid Chelate)			600 mcg	1333%	99 mg	2%		

Liver Wellness™		Blood Detoxification Factors™		Fat Metabolism Factors™		Fiber & More™	
Proprietary Blend	1.72 g (1715 mg) **	Proprietary Blend	1.8 g (1800 mg) **	Proprietary Blend	1 g (1000 mg) **	Proprietary Blend	2.05 g (2048 mg) **
Dandelion Root (Taraxacum officinale), Lecithin (from Sunflower), Inositol, Milk Thistle Seed Extract (Silybum marianum) (80% Silymarin), L-Threonine and Butternut Root Bark†† (Juglans cinerea)		Echinacea angustifolia Root, Red Clover Flower (Trifolium pratense) and Dandelion Root (Taraxacum officinale)		Lecithin (from Sunflower), Inositol, Guggul Gum**** (from Commiphora mukul) (2.5% Guggulsterones) and L-Phenylalanine		Rice Bran (Oryza sativa), Flax Seed (Linum usitatissimum), Psyllium Seed Husk (Plantago psyllium), Apple Fruit, Garlic Clove Extract (Allium sativum), Pumpkin Seed (Cucurbita pepo), Butternut Root Bark†† (Juglans cinerea), Dandelion Root (Taraxacum officinale), Marshmallow Root (Althea officinalis) and Okra Fruit (Abelmoschus esculentus)	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

†Contains soy. ††Contains tree nut.

MANUFACTURED FOR
MICHAEL'S® NATUROPATHIC PROGRAMS
6003 RANDOLPH BLVD
SAN ANTONIO, TEXAS 78233

PRODUCT BEST IF USED WITHIN
3 YEARS OF MFG DATE
(DATE OF MANUFACTURE)



❖ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

⚠WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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- Helps cleanse the bowel*
- May help decrease appetite*
- Aids digestion*