

Directions for Use:
Follow these simple steps and you will notice INSTANT CLEAN'S® impact on your body's natural cleansing process.

1. Pick your day for using INSTANT CLEAN for intensive cleansing.

2. Take the Cleansing Blend capsule (clear) with 20 oz of water. Wait 15 minutes. Take the 2 Nutrient capsules (yellow) with 20 oz of water. Wait 15 minutes. Take the Metaboost capsule (blue) with 20 oz of water.

3. Frequent urination (3-4 times) indicates that you are experiencing optimal cleansing with INSTANT CLEAN.*

4. You may drink 16 oz of water every 2 hours after using INSTANT CLEAN to extend your cleansing benefits throughout the day.



DETOXIFY®

instantclean®
HERBAL CLEANSE
with **METABOOST**

DIETARY SUPPLEMENT
4 Capsules - 3 Packets

#TRUSTD

For more than 20 years, more than 20 million people like you have trusted Detoxify because it works.

The herbs, vitamins and minerals in INSTANT CLEAN® support the 4 Factors of Full System Cleansing*:

- Cleansing herbs support liver, kidney and urinary system functions.*
- Contains ingredients that support circulatory system function.*
- Vitamins and minerals replenish nutrients lost during intensive cleansing.*

Plus, **METABOOST**: Ginseng, taurine and guarana have been shown to provide the metabolic support necessary to achieve optimal cleansing.*

*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.

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Supplement Facts

Serving Size: 3 Packets / 4 Capsules

Amount Per Serving	%DV
Vitamin A (as Palmitate)	750 mcg 83%
Vitamin D (as Cholecalciferol)	5 mcg 25%
Thiamine (as Thiamine Hydrochloride)	0.8 mg 67%
Riboflavin	0.9 mg 69%
Niacin (as Niacinamide)	10 mg 63%
Vitamin B6 (as Pyridoxine HCL)	1 mg 59%
Folate	333 mcg DFE 83%
(Folic Acid 200 mcg)	

Vitamin B12 (as Cyanocobalamin)	3 mcg 125%
Biotin	150 mcg 500%
Pantothenic Acid (as D-Calcium Pantothenate)	5 mg 100%
Calcium (as Calcium Carbonate)	200 mg 15%
Magnesium (as Magnesium Oxide)	80 mg 19%
Zinc (as Zinc Gluconate)	7.5 mg 68%
Selenium (as L-Selenomethionine)	35 mcg 64%
Manganese (as Manganese Chelate)	1 mg 43%
Chromium (as Chromium Polynicotinate)	60 mcg 171%

Creatine Monohydrate	610 mg †
Proprietary Herb Blend:	585 mg †
Panax Ginseng Root, Burdock Root, Milk Thistle Seed, Stinging Nettle Leaf Extract, Uva Ursi Leaf	
Taurine	400 mg †
Guarana Seed Extract (yielding 55mg of caffeine)	250 mg †

† Daily Value (DV) not established

Other Ingredients: Capsule [gelatin Titanium Dioxide, FD&C Red 40, FD&C Yellow 5], Capsule [Gelatin, Titanium Dioxide, FD&C Red 3, FD&C Yellow 5, FD&C Blue 1], Capsule [Gelatin], magnesium stearate, brown rice flour.

Additional Information:

- INSTANT CLEAN® is intended for periodic intensive cleansing that is a part of an ongoing cleansing routine.*
- For best results, use Detoxify's® PreCleansing products for 2 days prior to using INSTANT CLEAN.
- Eat light meals, fruits and vegetables during your cleansing program.
- Pregnant or breast feeding women should consult their physician before using this product. INSTANT CLEAN is not intended for children.

FOR MORE INFORMATION
800-338-6948
www.Detoxify.com

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