

Why Use the **Weekend Colon Flush®**?



**Flush Away
Excess
Waste Matter***



**Feel More
Confident
Wearing Less***



**Get Ready
for that
Big Day!**



WEEKEND COLON FLUSH®*

**Extra-Strength Cleanse, Detox
& Colon Flush, for Quick Results!***

DIETARY SUPPLEMENT • 16 TABLETS

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Directions: (Adult) On Day 1, take two (2) tablets in the morning and two (2) tablets in the evening with a full glass of water. On Day 2, take three (3) tablets in the morning and three (3) tablets in the evening with a full glass of water. On Day 3, take three (3) tablets in the morning and three (3) tablets in the evening with a full glass of water. If stools are loose, reduce tablet intake. Do not exceed a total of six (6) tablets a day.

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 8

	Amount per Serving	%Daily Value
Calories	5	
Total Carbohydrates	1 g	<1%**
Calcium	210 mg	16%

Colon Flush Blend	1108 mg	†
Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium powder (seed husk), Ginger powder (root), Acacia Gum, Alfalfa powder (aerial), Apple Fiber powder (fruit), Apple Pectin powder (fruit), Barley Grass powder (leaf), Beet powder (root), Karaya Gum, Lemon Peel powder (peel), Oat Bran powder, Peppermint powder (leaf), Red Raspberry (<i>Rubus idaeus</i>) powder (leaf), Slippery Elm powder (bark), Guar Gum, <i>Lactobacillus acidophilus</i> (1 million CFU/g***), Garlic extract (1% allicin) (bulb), Pau d'Arco powder (bark), Turnip powder (root), Watercress powder (aerial)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Calcium carbonate, microcrystalline cellulose, silicon dioxide, stearic acid, natural anise flavor, croscarmellose sodium, soy polysaccharides, magnesium stearate, sodium starch glycolate, hydroxypropyl cellulose, maltodextrin, hypromellose and polyethylene glycol.

***At time of manufacture.

Contains: Dairy, Soy

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including diuretics, heart medications and corticosteroids, or have any medical conditions. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal disorder. Do not use if you are taking any other product concurrently that has laxative effects. Taking this product without adequate water may cause choking. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. **NOTE:** This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. Can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

NOTICE: This product contains Cascara Sagrada. **Read and follow the directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Applied Nutrition® P.O. Box 66457, Los Angeles, CA 90066

Questions: Contact Consumer Affairs
Questions@AppliedNutrition.com

Are you tired of feeling heavy, bloated & sluggish? Would you like to experience the many health benefits of colon cleansing, but just don't have the time to commit to a long and complicated cleansing program?

‡ Now you can get the best of both worlds with the **Weekend Colon Flush®**. This extra strength formula will help you eliminate up to several pounds of waste matter... *in just 3 days!**

This specialized blend of herbs is designed to promote the elimination of waste and toxins from your colon that may be weighing you down.* In just one weekend, you can feel lighter and cleaner inside.*

So if you are getting ready for that big day, or if you just want to feel more confident while wearing less, then try the **Weekend Colon Flush®** and be amazed with the results!*

*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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