

CODE 705817

AM PACKET

DIRECTIONS: As a dietary supplement, take the contents of one AM Packet first thing in the morning for seven days.

GASTRO FORMULA - AM PACKET

Supplement Facts

Serving Size	One Yellow Tablet
Amount Per Serving	
Fennel Seed Powder (<i>Foeniculum vulgare</i>)	200 mg *
Artichoke Leaf Extract (<i>Cynara scolymus</i>) (2% Phenols = 2mg)	100 mg *
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 5mg)	100 mg *
Licorice Root Extract (<i>Glycyrrhiza glabra</i>)	70 mg *
Peppermint Leaf (<i>Mentha piperita</i>)	0.2 mg *

* Daily Value not established.

OTHER INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

TOTAL CLEANSER - AM PACKET

Supplement Facts

Serving Size	Two Yellow Tablets
Amount Per Serving	
Garlic Bulb Powder (<i>Allium sativum</i>)	700 mg *
Clove Bud Powder (<i>Eugenia caryophyllata</i>)	300 mg *
Pomegranate Fruit Extract (<i>Punica granatum</i>)	200 mg *
Fructooligosaccharides (FOS)	200 mg *
Curcumin	140 mg *
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 5mg)	100 mg *
Chamomile Flower (<i>Matricaria recutita</i>)	75 mg *
Licorice Root Powder (<i>Glycyrrhiza glabra</i>)	35 mg *

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

ENZYME BLEND - AM PACKET

Supplement Facts

Serving Size	One Beige Hardshell
Amount Per Serving	
n•zimes® Proprietary Blend	181 mg *
Amylase	8500 DU
alpha-galactosidase	200 GalU
Bromelain	250000 FCCPU
Cellulase	200 CU
Glucosylase	10 AGU
Invertase	275 SU
Lactase	1000 ALU
Lipase	375 FIP
Papain	50000 FCCPU
Protease 3.0	7 SAPU
Protease 4.5	10000 HUT
Protease 6.0 Concentrate	2500 HUT
CereCalase® Proprietary Blend	18 mg *
Hemicellulase	
beta-glucanase	
Phytase	

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose, Gelatin.

CONTAINS: Fish, Milk, Soybeans and Wheat.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

n•zimes® n•zimes® and CereCalase® are trademarks of National Enzyme Company.

PROBIOTIC - ACIDOPHILUS

DIRECTIONS: As a dietary supplement, take one capsule daily with dinner for seven days.

Supplement Facts

Serving Size	One Capsule
Amount Per Serving	
L acidophilus LA-5® and Bifidobacterium BB-12®	4 billion CFU *

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Dextrose, Titanium Dioxide.

CONTAINS: Milk.

CFU = Colony Forming Units per capsule at time of manufacture.

ACTUAL SIZE

FIBER AND PREBIOTIC BLEND

DIRECTIONS: As a dietary supplement, mix 1 packet with 4-6 oz of cold water or juice, drink with breakfast.

Supplement Facts

Serving Size	One Packet (10g)
Amount Per Serving	
% Daily Value	
Calories	35
Total Carbohydrate	9 g 3%†
Dietary Fiber	4 g 16%†

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

INGREDIENTS: Inulin, Gum Arabic, Soy Fiber, Purified Powdered Cellulose, High Amylose Corn Starch, Natural Citrus Flavor, Acesulfame Potassium.

CONTAINS: Corn and Soybeans.

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. This product contains a chemical known to the state of California to cause birth defects or other reproductive harm.

No Artificial Flavors, Sodium Free, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool dry place.

For more information:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

BKG

PM PACKET

DIRECTIONS: As a dietary supplement, take the contents of one PM Packet with dinner for seven days.

ENZYME BLEND - PM PACKET

Supplement Facts

Serving Size	One Beige Hardshell
Amount Per Serving	
n•zimes® Proprietary Blend	181 mg *
Amylase	8500 DU
alpha-galactosidase	200 GalU
Bromelain	250000 FCCPU
Cellulase	200 CU
Glucosylase	10 AGU
Invertase	275 SU
Lactase	1000 ALU
Lipase	375 FIP
Papain	50000 FCCPU
Protease 3.0	7 SAPU
Protease 4.5	10000 HUT
Protease 6.0 Concentrate	2500 HUT
CereCalase® Proprietary Blend	18 mg *
Hemicellulase	
beta-glucanase	
Phytase	

* Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose, Gelatin.

CONTAINS: Fish, Milk, Soybeans and Wheat.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

BLOOD CIRCULATION - PM PACKET

Supplement Facts

Serving Size	One Red Tablet
Amount Per Serving	
Sarsaparilla Root Powder (<i>Smilax officinalis</i>)	350 mg *
Butcher's Broom Root Powder (<i>Ruscus aculeatus</i>)	200 mg *
Cayenne Pepper (<i>Capiscum frutescens</i>)	50 mg *
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	30 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg *

* Daily Value not established.

OTHER INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Cellulose, Vegetable Acetoglycerides, Carmine Color, Titanium Dioxide (Natural Mineral Whitener).

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

LIVER CLEANSER - PM PACKET

Supplement Facts

Serving Size	One Green Tablet
Amount Per Serving	
Picrorhiza Root Extract (<i>Picrorhiza kurroa</i>) (5% Picrosides = 20mg)	400 mg *
Milk Thistle Seed Extract (<i>Silybum marianum</i>) (80% Silymarin = 160mg)	200 mg *
Turmeric Root Extract (<i>Curcuma longa</i>) (95% Curcumin = 95mg)	100 mg *
Betaine	50 mg *
N-Acetyl-Cysteine	50 mg *
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	30 mg *
alpha-Lipoic Acid	10 mg *
L-Methionine	100 mcg *

* Daily Value not established.

OTHER INGREDIENTS: Calcium Carbonate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Chlorophyllin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

KIDNEY HEALTH - PM PACKET

Supplement Facts

Serving Size	One White Tablet
Amount Per Serving	
Cranberry Fruit Powder (<i>Vaccinium macrocarpon</i>)	250 mg *
Parsley Herb Powder (<i>Petroselinum crispum</i>)	100 mg *
Uva Ursi Extract (<i>Artostaphylos uva ursi</i>)	100 mg *
Goldenseal Root Extract (<i>Hydrastis canadensis</i>) (5% Hydrastine = 3.75mg)	75 mg *
Juniper Berry Extract (<i>Juniperus communis</i>)	75 mg *
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 2.5mg)	50 mg *
Marshmallow Root Powder (<i>Althaea officinalis</i>)	50 mg *

* Daily Value not established.

OTHER INGREDIENTS: Calcium Carbonate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

GNC Preventive Nutrition®



Complete Body Cleansing Program



WHOLE BODY

7- DAY PROGRAM INCLUDES:

Gastro Formula
Total Cleanser
Blood Circulation
Formula

Liver Cleanser
Kidney Health
Formula
Enzyme Blend

Fiber
Probiotic
Prebiotic

Preventive Nutrition® Complete Body Cleansing Program is a 7-day system designed to support overall wellness and digestive health.*

AM Formula

Each AM Formula packet contains a Gastro Formula, Total Cleanser and Enzyme Blend. This packet combines specialized herbs such as ginger, artichoke and pomegranate with fructooligosaccharides (FOS) to help promote intestinal health.* It also provides digestive enzymes to help promote protein, carbohydrate and fat digestion.*

PM Formula

Each PM Formula packet supplies a Blood Circulation Formula, Liver Cleanser, Kidney Health Formula and Enzyme Blend. This packet blends the popular herbs cayenne, goldenseal and milk thistle which supports liver function with antioxidant herbs such as green tea and grape seed extract.* It, too, provides digestive enzymes that help promote digestion.*

Probiotic - Acidophilus

Introduces beneficial probiotics, acidophilus and bifidobacterium. These organisms are important in promoting the health of the digestive tract.* They not only help maintain the health of the digestive tract but also have a direct influence on the balance of the body's natural flora.* These beneficial flora also support healthy immune function and when taken on a regular basis, support overall digestive health.*

Fiber and Prebiotic Blend

Fiber is a necessary component of everyone's diet. Among the many health benefits of fiber, it is most commonly recognized for its ability to aid in the digestion process.* Fiber plays a critical role in the intestinal transit time, it serves as a bulking agent and also provides relief from occasional constipation.* This specially formulated blend features multiple fibers that promote and support daily digestive health.* Unlike other fiber products that typically target the end of the colon, this fiber and prebiotic blend is site specific and provides fibers that work at the beginning, middle and end of the large intestines. By offering this diverse group of fibers, this patented formula helps to improve bowel cleansing without urgency or discomfort.*

*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.