



AM | PM power cleanse
**fiber blend
formula**

specialty
120 tablets
dietary supplement

digestive health^v
regularity^v

dairy
free

soy
free

nut
free

actual size

DIRECTIONS: As part of the AM/PM Cleanse Program, this product, Fiber Blend Formula, must be taken with the complement product, Herb Blend Formula. Start with one (1) tablet of each product in the morning and one (1) tablet of each product in the evening, preferably on an empty stomach. Increase intake of both products by one (1) tablet every other day, until you achieve 2-3 bowel movements per day. Do not exceed 6 tablets of each product per day or a total of twelve (12) tablets daily. Drink 8-10 glasses of water per day.

WARNING: Not to be taken by pregnant or nursing women or children. Consult your healthcare practitioner if you experience rectal bleeding or continued failure to have a bowel movement. Not for long term use (more than 12 days).

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken
or missing.

Each Tablet Contains: *Cascara sagrada*, Ginger, Slippery Elm, Psyllium, Alfalfa, Fennel, Apple Pectin, Lemon, Apple Fiber, Glucomannan, Red Raspberry, Chlorella, Oat, Beet, Peppermint.

Other ingredients: Calcium carbonate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), *Lactobacillus acidophilus*.

v 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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vsquality.net

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