

Suggested Use: Mix 1 rounded scoop (8g) with 6-8 oz of water or juice. Stir and drink immediately. Follow with a full glass of water and drink plenty of fluids throughout the day. Do not take less than 5 hours before bedtime for best results.

NOTICE: This food should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing.

Complete Cleansing Fiber has been new and improved to include a healthy balance of flax, chia, and hemp seeds. It also contains a blend of whole and powdered psyllium seed husk, the amazing natural fiber with significantly higher soluble fiber than even oat bran. We also add natural soluble apple fruit fiber to round out the fiber complex.¹

The formula also contains 230 million colony forming units (CFU) per serving of 10 complementing strains of friendly bacteria (flora), including *L. acidophilus*. This complex of milk-free intestinal flora is ideal to provide maximum benefit under a variety of conditions. It supports digestion, intestinal tone, and especially helps to maintain healthy flora balance.²

What is especially unique about this combination of fiber and flora is that the insoluble fiber acts as a carrier to assure the safe arrival of the precious flora past the harsh digestive tract to the lower bowel where it can flourish.³

In addition, as soluble fiber reaches the large intestine, the prebiotic fibers begin to ferment and yield short chain fatty acids, which support the function of many regulatory systems in the body.⁴ Prebiotics benefit the body by boosting production of the beneficial cultures that naturally reside in the digestive tract and help aid digestion.⁵ These beneficial cultures help support the natural healthy bacterial balance of the intestines, increase good gut flora, and reduce occasional indigestion.⁶ You may expect a wide spectrum of nutritional benefits.⁷

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NEW!
IMPROVED FORMULA!



Complete Cleansing Fiber

A gentle, yet potent colon cleanse formulated with flax, chia, hemp, and psyllium seeds, plus apple fiber and probiotic flora to help clean and purge your body of harmful toxins and restore healthy flora balance.⁸

Certified Vegan • Gluten Free • Milk Free

NET WT 8.5 OZ (240 g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 rounded scoop (8 grams)

Servings Per Container: 30

Amount Per Serving	%DV
Calories	35
Calories from Fat	10
Total Fat	1 g 2%
Total Carbohydrate	5 g 2%
Total Dietary Fiber	7 g 28%
Soluble Fiber	1 g
Insoluble Fiber	6 g
Protein	1 g 2%
Iron	1 mg 6%

High Potency Fiber Complex: 7 g †
Apple fruit fiber, psyllium seed (powder and whole husk), flax seed (whole husk), powder, chia seed (whole husk), powder, hemp seed (whole husk), powder.

Viable Probiotic Flora (at time of manufacturing): 2.5 mg †
230 million colony forming units (CFU) as a blend of the following: *L. acidophilus*, *L. plantarum*, *L. brevis*, *L. casei*, *L. rhamnosus*, *L. acidophilus*, *L. salivarius*, *L. fermentum*, and *L. helveticus*.

* Percent Daily Values (DV) are based on a 2,000-calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Stevia leaf extract. **CERTIFIED VEGAN.**

Allergen Info: Contains no known allergens. **GLUTEN FREE.**

† 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.

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.



LOT#BEST BY DATE
ON BOTTOM OF BOTTLE