TRADER JOE'S®

COMPLETE BODY CLEANSE*

Dietary Supplement

Net Contents
3 bottles in a box

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

1-DIGESTIVE FORMULA*, 35 TABLETS
1-FIBER FORMULA, 112 CAPSULES
1-LIVER FORMULA*, 28 CAPSULES

LBX98491TJ.11
BLK896A, BLK845A, BLK808A

EVERYTHING YOU NEED TO CLEANSE IN A CONVENIENT KIT...INCLUDING THE FIBER!*

Supports detoxification for the entire body including the intestines, liver, gall bladder, lymph, blood and digestive systems.*

CONTAINS:

- A complete and gentle non-stimulant Digestive Formula* with a soothing herbal blend to promote healthy and comfortable bowel cleansing.*
- Liver Formula to help eliminate toxins and support liver function.*
- A unique fiber blend for safe and effective cleansing.*

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WEEK 1	WEEK 2
1 **DIGESTIVE FORMULA*:** 3 tablets at night	1 **DIGESTIVE FORMULA*:** 2 tablets at night
2 **LIVER FORMULA*:** 1 capsule at night	2 **LIVER FORMULA*:** 1 capsule in the morning and 2 at night
3 **FIBER FORMULA:** 4 capsules in the morning and 4 at night	3 **FIBER FORMULA:** 4 capsules in the morning and 4 at night

For best results, use Trader Joe's Complete Body Cleanse* no more than four times a year – use the changing of the seasons to remind you!

While using Trader Joe's Complete Body Cleanse*, we suggest you eat small, frequent, healthy and balanced meals. You should also drink plenty of water and try to reduce your intake of processed foods, simple carbohydrates, beef, pork, dairy, wheat and soy products. It's best to avoid caffeine, alcohol, sugar, potatoes, saturated fats, trans fats and artificial sweeteners while cleansing.

DIGESTIVE FORMULA*

Supplement Facts
Serving Size 3 tablets
Servings Per Container 11

Amount Per Serving		% Daily Value†
Calories	10	
Total Carbohydrates	2g	<1%†
Dietary Fiber	1g	4%†
Sodium	20mg	<1%†
Magnesium Hydroxide	2.6g	**
Proprietary Mucilage Blend: Marshmallow (Althaea officinalis) root extract 3.5:1, slippery elm (Ulmus rubra) bark, and fenugreek (Trigonella foenum-graecum) seed extract 4:1	650mg	**
Burdock (Arctium lappa) Root Extract 4:1	300mg	**
Proprietary Soothing Blend: Fennel (Foeniculum vulgare) seed, ginger (Zingiber officinale) rhizome extract, and peppermint (Mentha x piperita) leaf	150mg	**
Red Clover (Trifolium pratense) Blossom Extract 4:1	100mg	**

† Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Cellulose, Modified Cellulose Gum, Stearic Acid, Vegetable Glycerin, Modified Cellulose, Magnesium Stearate, Silicon Dioxide, Soy Lecithin and Carnauba Wax.

DO NOT EXCEED RECOMMENDED DOSAGE.

RECOMMENDATIONS:
DAY 1 THROUGH 7: Three tablets at bedtime with 8 ounces of water.
DAY 8 THROUGH 14: Two tablets at bedtime with 8 ounces of water.
Reduce dosage if you experience abdominal discomfort or diarrhea. If discomfort persists, discontinue use.

WARNINGS: Consult a healthcare practitioner before using any laxative if a sudden change in bowel habits occurs and persists for two weeks, or if taking prescription drugs. Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition; discontinue use and consult a healthcare practitioner. Do not use if pregnant or nursing. Unless directed by a healthcare practitioner, do not use laxative products when abdominal pain, nausea, or vomiting is present, or if you have kidney disease. Do not take more than three tablets in a 24-hour period or use the maximum dosage for more than two weeks.

FIBER FORMULA

Supplement Facts
Serving Size 8 capsules
Servings Per Container 14

Amount Per Serving		% Daily Value †
Calories	15	
Total Carbohydrates	4g	1%†
Dietary Fiber	4g	16%†
Proprietary Fiber Blend: Psyllium (Plantago ovata) husk, oat (Avena sativa) bran, guar gum (Cyamopsis tetragonoloba) seed extract, pectin (from citrus fruit) and marshmallow (Althaea officinalis) root extract 3.5:1	3.4g	††

† Percent Daily Values are based on a 2000 calorie diet.
†† Daily Value not established.

OTHER INGREDIENTS: Cellulose, Vegetable Capsule (Modified Cellulose), Vegetable Glycerin, Magnesium Stearate and Silicon Dioxide.

DO NOT EXCEED RECOMMENDED DOSAGE.

RECOMMENDATIONS:
DAY 1 THROUGH 14: Four capsules in the morning and four capsules at night with 8 ounces of water.

May be taken as eight capsules at night with 8 ounces of water.

CAUTION: Do not use if pregnant or nursing. If taking prescription drugs, consult your healthcare practitioner prior to use.

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LIVER FORMULA*

Supplement Facts
Serving Size 1 capsule
Servings Per Container 28

Amount Per Serving		% Daily Value†
Milk Thistle (Silybum marianum) Seed Extract Standardized to contain 80% silymarin (120mg) calculated as silybin	150mg	**
Artichoke (Cynara scolymus) Leaf Extract Standardized to contain 13%-18% caffeylquinic acids calculated as chlorogenic acid	10mg	**
Dandelion (Taraxacum officinale) Root Extract 4:1	10mg	**
Licorice (Glycyrrhiza glabra) Root and Rhizome Extract Standardized to contain 5% glycyrrhizic acid	10mg	**

† Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Cellulose, Vegetable Capsule (Modified Cellulose), Magnesium Stearate and Silicon Dioxide.

DO NOT EXCEED RECOMMENDED DOSAGE.

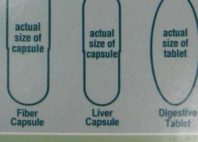
RECOMMENDATIONS:
DAY 1 THROUGH 7: One capsule at night.
DAY 8 THROUGH 14: One capsule in the morning and two at night.

CAUTION: Do not use if pregnant or nursing. If taking prescription drugs, consult your healthcare practitioner prior to use.

DIST. & SOLD EXCLUSIVELY BY:
TRADER JOE'S, 800 SOUTH SHAMROCK AVE.
MONROVIA CA 91016

Vegetarian

WHY CLEANSE? Support the body's ability to decrease toxins from external sources. Toxins may come from synthetic pesticides and fertilizers, artificial hormones used in raising livestock and processed foods.

WHY FIBER? Fiber's key role in Complete Body Cleanse is to absorb and eliminate toxins.* Toxins bind to the fiber and are carried out of the body.* Without fiber, toxins may be re-absorbed and you cannot thoroughly detoxify.*

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