

**fat metabolism factors™**

**Supplement Facts**  
Serving Size: Two (2) Tablets

| Amount Per Serving                          | % Daily Value |
|---|---------------|
| Vitamin B-6 (as Pyridoxine)                 | 67 mcg 3333%  |
| Iodine (from Kelp)                          | 150 mcg 100%  |
| Chromium (as Chromium Polysulfate**)        | 133 mcg 112%  |
| Potassium (as Potassium Amino Acid Complex) | 66 mg 2%      |

**Proprietary Blend** 967 mg \*\*  
Lectin (from Soy), Inositol, Choline (as Choline Bitartrate), Sea Wrack Leaf (Fucus vesiculosus), Methionine (as L-Methionine), Guggul Gum™ (from Commiphora mukul) (2.5% Guggulsterones) and Phenterylamine (as L-Phenterylamine)

\*\*Daily Value not established.  
OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

\*"NutriomaMalt" is a Trademark of InterHealth Nutraceuticals, Inc.  
\*\*"Guggulipid" is a Trademark of Sabinsa Corporation.  
**CAUTION:** Contains phenterylamine and should be avoided by phenylethanolamine and women who are pregnant or lactating.

**PRODUCT #01058**

Directions For Use: Ultimate Detox & Cleanse™. Take the contents of one packet with breakfast, and one packet with lunch (two packets per day). Directions For Use: Super Defense Food™. Stir 1 scoop (1 scoop = 2 teaspoons) of Super Defense Food™ into 8 ounces of chilled water or juice. Use a shaker or blender for maximum effectiveness. To preserve freshness, keep container closed and away from heat. Throughout the time you are using Michael's Ultimate Detox, Cleanse & Rebuild™ drink plenty of water (non-tap, distilled is best); 8 glasses or more daily. It is also helpful to increase your consumption of fibrous fruits and vegetables while decreasing consumption of processed foods, meat and dairy products. Follow this schedule for 7 days.

Manufactured with all natural fillers, binders and coating, Ultimate Detox & Cleanse™ contains no dairy, wheat, gluten, corn, yeast, sugar, starch or any artificial ingredients. Super Defense Food™ contains no dairy, wheat, gluten, corn, soy, yeast, starch or any artificial ingredients.

This box has been sealed for your protection. Do not use if seal is broken or missing.  
Ultimate Detox & Cleanse™ is made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products. Super Defense Food™ is made in a GMP facility that processes milk, soy, tree nut and wheat products.  
MANUFACTURED FOR MICHAEL'S NATUROPATHIC PROGRAMS PO BOX 34914, SAN ANTONIO, TEXAS 78230  
Consumer Information Services Voice Mail: 800-845-2730

Ultimate Detox & Cleanse™ is certified by Rabbi Alan Silver, M.D. Orthodox Jewish Council  
Visit our informative website to learn more about Michael's® and our products: www.michaelshealth.com

082214

**blood detoxification factors™**

**Supplement Facts**  
Serving Size: Two (2) Tablets

| Amount Per Serving                            | % Daily Value |
|---|---------------|
| Iron (as Iron Amino Acid Chelate)**           | 1.3 mg 4%     |
| Zinc (as Zinc Monomethionine**)               | 6 mg 40%      |
| Manganese (as Manganese Amino Acid Chelate)   | 4 mg 200%     |
| Molybdenum (as Molybdenum Amino Acid Chelate) | 400 mcg 533%  |

**Proprietary Blend** 1.2 g (1200 mcg)  
Echinacea Root (Echinacea angustifolia), Red Clover Flower (Trifolium pratense) and Dandelion Root (Taraxacum officinale)

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OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

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**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.

**liver wellness™**

**Supplement Facts**  
Serving Size: Two (2) Tablets

| Amount Per Serving                         | % Daily Value |
|--|---------------|
| Vitamin E (as alpha Tocopheryl Succinate)  | 100 IU 20%    |
| Vitamin K (as Phylloquinone)               | 30 mcg 36%    |
| Thiamin (as Thiamin Mononitrate)           | 20 mg 1333%   |
| Niacin (as Nicotinic Acid)                 | 20 mg 100%    |
| Vitamin B-12 (as Cyanocobalamin)           | 200 mcg 3333% |
| Paritohenic Acid (as Calcium Paritohenate) | 20 mg 200%    |

**Proprietary Blend** 1.38 g (1377 mg)  
Dandelion Root (Taraxacum officinale), Lecithin (from Soy), Inositol, Choline (as Choline Bitartrate), Milk Thistle Seed Extract (Silybum marianum) (80% Silymarin), Methionine (as L-Methionine), Theonine (as L-Theonine) and Butternut Root Bark (Juglans cinerea)

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OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

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**fiber & more™**

**Supplement Facts**  
Serving Size: Two (2) Tablets

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Dietary Fiber      | 893 mg 41%    |

**Proprietary Blend** 1.37 g (1365 mg) \*\*  
Rice Bran (Oryza sativa), Flax Seed (Linum usitatissimum), Psyllium Seed Husk (Plantago psyllium), Apple Pectin, Garlic Clove Extract (Allium sativum), Pumpkin Seed (Cucurbita pepo), Butternut Root Bark (Juglans cinerea), Dandelion Root (Taraxacum officinale), Marshmallow Root (Althaea officinale) and Okra Leaf (Abemochus esculentus)

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.


OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Natural Glaze.

Visit our informative website to learn more about Michael's® and our products: www.michaelshealth.com

See enclosed insert for more information

**ultimate detox & cleanse™**

- aids digestion \*
- may help decrease appetite \*
- helps cleanse the intestinal tract \*



(Packets for review, actual look)

| formula                       | ingredient                        | function*                         |
|-------------------------------|-----------------------------------|-----------------------------------|
| liver wellness™               | choline, inositol                 | fat burning & processing          |
|                               | lecithin                          | emulsifies fat                    |
|                               | milk thistle seed                 | liver support                     |
| blood detoxification factors™ | red clover flower, dandelion root | liver support                     |
|                               | iron                              | needed for hemoglobin             |
|                               | zinc, manganese, molybdenum       | needed for detoxification enzymes |
| fat metabolism factors™       | B-6, potassium                    | fluid balance                     |
|                               | guggul gum                        | for fat elimination               |
|                               | apple pectin, psyllium            | soluble fiber                     |
| fiber & more™                 | okra leaf                         | mucilaginous fiber                |
|                               | rice bran, butternut root bark    | insoluble fiber                   |

✦ This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

**michael's®**  
naturopathic programs

true whole body cleansing ✦

**ultimate detox, cleanse & rebuild™**  
7 day program

conveniently packaged tablets  
[14 individual 4-tablet packets (56 tablets)]  
and  
easy-to-mix super defense food™ powder  
[net wt. 1.4 oz (40 g)]

vegetarian dietary supplements

**tried & truthful**



**Supplement Facts**

Serving Size: 5.7 Grams (2 Teaspoons) or One (1) Scoop  
Servings Per Container: 7

| Amount Per Serving          | % Daily Value |
|-----------------------------|---------------|
| <b>Total Calories:</b>      | 20            |
| Calories From Fat:          | 0             |
| <b>Total Fat:</b>           | 0 0%          |
| Saturated Fat:              | 0 0%          |
| Cholesterol:                | 0 0%          |
| <b>Sodium:</b>              | 21 mg 1%**    |
| <b>Total Carbohydrates:</b> | 4 g 1%**      |
| Dietary Fiber:              | 1 g 5%**      |
| Sugars:                     | 1 g           |
| Protein:                    | 1 g           |

**Proprietary Blend** 5.7 g (5700 mg)

**Ingredients:** Fruits: (Apple, Banana, Pineapple, Cherry, Mango, Pomegranate, Grape, Lemon, Blackberry, Blueberry, Strawberry, Raspberry, Cranberry), Green Super Foods: (Oat Grass Juice Powder, Spirulina, Chlorella Whole Algae, Barleygrass Juice Powder), Beet Root (Beta vulgaris), Maqui Berry (Aristotelia chilensis), Raspberry Flavouring, Acerola Berry, Probiotic Blend: (Lactobacillus gasseri, Bifidobacterium bifidum, Bifidobacterium longum), Astragalus Root, Cilantrio Leaf, Mushrooms: (Agaricus (Agaricus bisporus), Cordyceps (Cordyceps sinensis), Lion's Mane (Hericium americanum), Matsake (Grifola kondosa), Reishi (Ganoderma lucidum), Shiitake (Lentinus edonis), Tremella (Tremella fuciformis), Turkey Tail (Trametes versicolor)), Agave Leaf Inulin (Agave tequiliana), Milk Thistle Seed, Kelp Leaf (Ascophyllum nodosum), Pumpkin, Dulse Leaf (Palmaria palmata), Broccoli Flower, Cabbage Leaf, DigeZyme™™™ (Digestive Enzymes), Guar Gum, Parsley Leaf, Kale Leaf, Dandelion Leaf, Millet Sprout, Nettle Leaf, Eleuthero Root, Apple Fruit Extract, Goji Berry, Yum Berry Fruit (Myrica rubra)

\*\*Daily Value not established.  
\*\*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENT: Lo Han Berry Extract (Luo-Han-Guo)

\*\*\*DigeZyme® is a Trademark of Sabinsa Corporation.  
Refrigerate after opening.

Super Defense Food™ is not intended as a meal replacement.

new formula!  
**super defense food™**

lab tested gluten free

2 products in one!

the delicious powdered super food formula



ultimate detox & cleanse™

super defense food™

gluten free & non-GMO mix powder for juice or water 1.4oz (40g)

natural fruit flavor energy

dietary supplement net wt. 1.4 oz (40 g) tried & truthful™

**michael's®**  
naturopathic programs



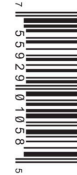
**The Principles of Naturopathy**

**Find the Cause**  
To accurately select the correct course of treatment, the specific cause must be determined.

**Utilize the Healing Power of Nature**  
This healing power exists in each person and is also found in the gifts provided by nature as the nutrients in our foods from a vast array of sources.

**Treat the Whole Person**  
Treatments solely focused on symptom relief may not address all the factors as they relate to the core issues. Many components can impact an individual's health concerns, going beyond what appear to be the direct causes.

**Do No Harm**  
By providing nutrients, not drugs or other treatments, the body has what it needs to re-establish the health of the individual without any "cost".



Product best if used within 2 years of MFG Date (Date of manufacture).