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information  
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product.



• poor digestion?\*

• low energy?\*

• eating too much?\*

michael's®  
naturopathic programs



Product best if used  
within 3 years of MFG Date  
(Date of manufacture).

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".



**fat metabolism factors™\*\***

| Supplement Facts                                                                                                                                                                                                                   |         |               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------|
| Serving Size: Three (3) Tablets                                                                                                                                                                                                    |         |               |
| Amount Per Serving                                                                                                                                                                                                                 |         | % Daily Value |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                                                                                                                                                                          | 100 mcg | 5000%         |
| Iodine (from Kelp)                                                                                                                                                                                                                 | 225 mcg | 150%          |
| Chromium (as Chromium Polysaccharide**)                                                                                                                                                                                            | 200 mcg | 167%          |
| Potassium (as Potassium Amino Acid Complex)                                                                                                                                                                                        | 89 mg   | 3%            |
| <b>Proprietary Blend</b> 1.45 g (1450 mg)                                                                                                                                                                                          |         |               |
| Lecithin (from Soy), Inositol, Choline (as Choline Bitartrate), Sea Wasp Leaf (Fucus vesiculosus), Methionine (as L-Methionine), Guggul Gum™ (from Commiphora guggul) (2-5% Guggulsterones) and Phenylalanine (as L-Phenylalanine) |         |               |
| **Daily Value not established.                                                                                                                                                                                                     |         |               |

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

\*\*\*Chromelife® is a Trademark of InterHealth Nutraceuticals, Inc.  
\*\*\*Guggulip® is a Trademark of Sabinsa Corporation.

CAUTION: Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

**fiber & more™**

| Supplement Facts                                                                                                                                                                                                                                                                                                                                     |        |               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------|
| Serving Size: Three (3) Tablets                                                                                                                                                                                                                                                                                                                      |        |               |
| Amount Per Serving                                                                                                                                                                                                                                                                                                                                   |        | % Daily Value |
| Dietary Fiber                                                                                                                                                                                                                                                                                                                                        | 1.34 g | 6%**          |
| <b>Proprietary Blend</b> 2.09 g (2048 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 Olive Leaf (Aelanthoschus esculentus) |        |               |
| **Percent Daily Values are based on a 2,000 calorie diet.<br>*Daily Value not established.                                                                                                                                                                                                                                                           |        |               |

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

try michael's® organic super defense food™  
a daily whole food complex • non-GMO

**Directions For Use:**

**Product #01052**

Take the contents of one packet with each meal (3 packets daily).  
Follow this schedule for 14 days. Throughout the time you are using  
**Michael's® Ultimate Detox & Cleanse™** program, 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.

Manufactured with all natural fillers, binders and coating. This product  
contains no dairy, wheat, gluten, corn, yeast, sugar, starch or any artificial  
ingredients. Our products contain organically grown herbs, when available.

This box has been sealed for your protection.  
Do not use if seal is broken or missing.

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS  
PO BOX 36914, SAN ANTONIO, TEXAS 78266  
Consumer Information Services Voice Mail: 800-845-2730

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](http://www.michaelshealth.com)

See enclosed insert for more information

**Supplement Your Body's Cleansing Process**

The body carries out its own spontaneous cleansing processes on a  
daily basis, working to eliminate toxins that we breathe, ingest or  
absorb from the environment as well as the toxins that form  
internally as by-products of natural processes such as breathing  
and digestion. The nutrients and herbs contained in Michael's®  
**Ultimate Detox & Cleanse™** support detoxification and cleansing  
of the:

- **Bloodstream & circulatory system\***
- **Intestinal tract system\***
- **Hepatic system (the liver)\***

Also: • supports fat metabolism for more effective  
elimination of toxins stored in fat tissue

An easy-to-use, comprehensive  
detoxification & cleansing program

**ultimate detox & cleanse™\*\***

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

(Product Not Shown Actual Size)

| 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

convenient &  
easy-to-use packets

ultimate  
**detox & cleanse™\*\***  
blood\* colon\* liver\* fat\*

**2 week program**

3 packets daily (42 total packets)

168 tablets • dietary supplements

vegetarian & kosher

**tried & truthful**



**blood detoxification factors™\*\***

| Supplement Facts                                                                                                          |         |               |
|---------------------------------------------------------------------------------------------------------------------------|---------|---------------|
| Serving Size: Three (3) Tablets                                                                                           |         |               |
| Amount Per Serving                                                                                                        |         | % Daily Value |
| Iron (as Iron Amino Acid Chelate)                                                                                         | 2 mg    | 9%            |
| Zinc (as Zinc Monomethionine**)                                                                                           | 9 mg    | 60%           |
| Manganese (as Manganese Amino Acid Chelate)                                                                               | 4 mg    | 300%          |
| Molybdenum (as Molybdenum Amino Acid Chelate)                                                                             | 600 mcg | 800%          |
| <b>Proprietary Blend</b> 1.8 g (1800 mg)                                                                                  |         |               |
| Echinacea Root (Echinacea angustifolia), Red Clover Flower (Trifolium pratense) and Dandelion Root (Taraxacum officinale) |         |               |
| **Daily Value not established.                                                                                            |         |               |

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

\*\*\*OptiZinc® is a Trademark of InterHealth Nutraceuticals, Inc.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning of 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: Three (3) Tablets                                                                                                                                                                                                                                         |         |               |
| Amount Per Serving                                                                                                                                                                                                                                                      |         | % Daily Value |
| Vitamin A (as Beta Carotene)                                                                                                                                                                                                                                            | 1500 IU | 30%           |
| Vitamin E (as d-alpha Tocopheryl Succinate)                                                                                                                                                                                                                             | 1500 IU | 500%          |
| Vitamin K (as Phylloquinone)                                                                                                                                                                                                                                            | 45 mcg  | 100%          |
| Thiamin (as Thiamin Hydrochloride)                                                                                                                                                                                                                                      | 30 mg   | 2000%         |
| Niacin (as Nicotinic Acid)                                                                                                                                                                                                                                              | 30 mg   | 150%          |
| Vitamin B-12 (as Cyanocobalamin)                                                                                                                                                                                                                                        | 300 mcg | 5000%         |
| Pantothenic Acid (as d-Calcium Pantothenate)                                                                                                                                                                                                                            | 30 mg   | 300%          |
| <b>Proprietary Blend</b> 2.07 g (2065 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), Threonine (as L-Threonine) and Butternut Root Bark (Juglans cinerea) |         |               |
| **Daily Value not established.                                                                                                                                                                                                                                          |         |               |

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

Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.