



Usage Guide							
Day	1	2	3	4	5	6	7
Liquid Body Purifier	✓	✓					
Daily Detox Pak	✓	✓	✓	✓	✓	✓	✓
Body Purifying Meal Plan	✓	✓	✓	✓	✓	✓	✓

Directions: As a dietary supplement, take contents of one pak every day for seven days. Use with a healthy diet. Consume with an average of 8-10 servings of water each day.

Daily Detox Pak includes:
Anti-Bloating Formula

Supplement Facts

Serving Size Two Clear Capsules	
Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Magnesium (as Magnesium Oxide)	50 mg 13%
Potassium (as Potassium Chloride)	50 mg 1%
Proprietary Blend	100 mg *
Garlic Clove (<i>Allium sativum</i>) Parsley Herb Powder (<i>Petroselinum crispum</i>) Uva Ursi Extract 3:1 (<i>Arctostaphylos uva ursi</i>) Elderberry Fruit (<i>Sambucus nigra</i>) Horsetail Rush Stems (<i>Equisetum arvense</i>) Fennel Seed (<i>Foeniculum vulgare</i>) Corn Silk (<i>Zea mays</i>) Hydrangea Root Powder (<i>Hydrangea arborescens</i>) Juniper Berries Extract 2:1 (<i>Juniperus communis</i>)	
* Daily Value not established.	

Other Ingredients: Cellulose, Gelatin, Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

GNC QUALITY COMMITMENT
GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE
Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

Cleansing Formula

Supplement Facts

Serving Size One White Caplet	
Amount Per Serving	
Cranberry Fruit Powder (<i>Vaccinium macrocarpon</i>)	250 mg *
Parsley Herb Powder (<i>Petroselinum crispum</i>)	100 mg *
Uva Ursi Extract (<i>Arctostaphylos uva ursi</i>)	100 mg *
Goldenseal Root Extract (<i>Hydrastis canadensis</i>) (5% Hydrastine = 3.75 mg)	75 mg *
Juniper Berry Extract (<i>Juniperus communis</i>)	75 mg *
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 2.5 mg)	50 mg *
Marshmallow Root Powder (<i>Althaea officinalis</i>)	50 mg *
* Daily Value not established.	

Other Ingredients: Calcium Carbonate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Energizing Enzyme Blend

Supplement Facts

Serving Size One Green Opaque Capsule	
Amount Per Serving	
Proprietary Enzyme alpha-amylase	20000 DU 200 mg *
Green Tea Leaves Extract (<i>Camellia sinensis</i>)	200 mg *
* Daily Value not established.	

Other Ingredients: Rice Bran, Gelatin, Microcrystalline Cellulose, Titanium Dioxide, Chlorophyll Color. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh PA 15222

be-CLEANSED™

COMPLETE DETOX KIT

Detoxify and revitalize your body the natural way...

Wellness starts from the inside out. When you're on the go, it's easy to grab fast food or frozen meals, but unfortunately, your body pays the price. These processed meals are high in calories and low in fiber. Whether you are jump-starting a diet or restoring digestive health, **be-CLEANSED™** can help to rid your body of those nasty toxins.*

Liquid Body Purifier: kick-start your cleansing program with this body purifying liquid featuring an herbal, fruit and vegetable blend. With 5 grams of natural fiber per serving, it gently rids the body of toxins.

Daily Detox Pak: this convenient pak includes three detox formulas. The Energizing Enzyme Blend combines green tea with a proprietary alpha-amylase to help with digestion of starchy foods.* The Cleansing Formula supports kidney and urinary tract health with the help of a cranberry and herbal blend.* The Anti-Bloating Formula helps to maintain water balance.* Enhanced with potassium and magnesium, these vital electrolytes regulate fluid and water retention levels.*

Body Purifying Meal Plan: developed by GNC's nutrition experts, this high fiber, low calorie plan will keep your body pure with plenty of liquids, lean meat and organic fruits and vegetables.

Now with the help of **be-CLEANSED™**, it's easy to have a clean start.

be-pure, be-lean, be-refreshed...be-CLEANSED™!

* 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.

be-CLEANSED™

COMPLETE DETOX KIT

dietary supplement and liquid purifier
for women

Removes toxins*

Reduces bloating & excess water*

Supports digestion*

Helps with digestion of starchy foods*

Aids in kidney & urinary tract health*

7-Day Cleansing Kit

7 Paks | 4 - 4 FL OZ Bottles

CODE 669721

Directions: Shake **well** before use. Mix one shot (4 fl. oz.) of liquid concentrate with 4 fl. oz. of water. Drink slowly. Repeat this process twice a day for the first two days. Use with a healthy diet. Consume an average of 8-10 servings of water every day.

Liquid Body Purifier - Natural Citrus Flavor

Nutrition Facts

Serving Size One Bottle (4 fl. oz.)
Servings Per Container 4

Amount Per Serving	
Calories	60
Calories from Fat	0

% Daily Value†	
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Potassium	430 mg
Total Carbohydrate	15 g
Dietary Fiber	5 g
Sugars	9 g
Protein	0 g

% Daily Value†	
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Potassium	430 mg
Total Carbohydrate	15 g
Dietary Fiber	5 g
Sugars	9 g
Protein	0 g

Ingredients: Purified Water, Proprietary Natural Detox Antioxidant Blend [Whole Apple Concentrate, White Grape Extract, Aloe Vera Gel, Milk Thistle Seed Extract, Green Tea Leaf Extract, Citrus Bioflavonoid Complex, Acai Fruit, Spirulina, Grape Skin Extract, Pineapple, Apple, Orange, Chlorophyll, Goji Berry Extract, Broccoli, Tomato, Brussels Sprouts, Cauliflower, Blueberry, Grape, Grapefruit, Plum, Raspberry, Strawberry, Watermelon, Celery, Kale, Spinach, Lemon, Lime, Papaya, Cantaloupe, Cherry, Peach, Pear, Radish, Onion, Leek and Yellow Pepper], Fiber Blend [Maltodextrin Soluble Fiber, Xanthan Gum, Apple Pectin, Carrot Fiber and Beet Fiber], Citric Acid, Potassium Phosphate, Natural Flavors, Potassium Sorbate, Sodium Benzoate, Calcium Ascorbate, Sucralose, Niacin, D-Calcium Pantothenate, Acesulfame Potassium, Folic Acid, Pyridoxine HCl, Riboflavin, Thiamin HCl, Chlorella Algae, Japanese Seaweed Blend [Kombu, Wakame, Nori], Oat Fiber, Soybean Fiber, Brown Rice, Chicory Root, Jerusalem Artichoke Tuber, Acerola Berry Extract, Licorice Root Extract, Astragalus Root, Barley Malt, Mung Bean, Soy Sprouts, Wheat Berry, Eleuthero Root Extract, Pomegranate Fruit Extract, Cranberry Concentrate, Barley Grass, Jasmine Tea Extract, Trace Minerals, Cyanocobalamin.

CONTAINS: Soybeans and Wheat.

Refrigerate after opening.

EMG