

Supplement Your Body's Cleansing Processes

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® 1 Week Flush™* support detoxification and cleansing of the:

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

Also: • Supports fat metabolism and fluid balancing*

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

- Helps cleanse the bowel*
- May help decrease appetite*
- Aids digestion*

try **michael's® organic**
super defense food™

a daily whole food complex
non-GMO

PRODUCT BEST IF USED WITHIN
3 YEARS OF MFG DATE
(DATE OF MANUFACTURE)
MFG DATE: 11/2015
LOT: 1510327

michael's®
naturopathic programs



1 week flush™

convenient &
easy-to-use
packets

superior to herbal flushes
no harsh laxatives

1 week program

3 packets daily

[21 individual 4-tablet packets (84 tablets)]
vegetarian & kosher dietary supplements

tried & truthful

PRODUCT #01059

DIRECTIONS FOR USE: Take the contents of one packet with each meal (3 packets daily). Follow this schedule for 7 days. Throughout the time you are using *Michael's® 1 Week Flush™* 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.

See enclosed insert for more information.

blood detoxification factors™**

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: Three (3) Tablets	Servings Per Container: 7
Iron (as Iron Amino Acid Chelate)	2 mg. 11%
Zinc (as Zinc Monomethionine)**	9 mg. 60%
Manganese (as Manganese Amino Acid Chelate)	6 mg. 300%
Molybdenum (as Molybdenum Amino Acid Chelate)	600 mcg. 800%

Proprietary Blend 1.8 g (1800 mg)
Echinacea Root (Echinacea angustifolia), Red Clover Flower (Tribulus terrestris) 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 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

Amount Per Serving	% Daily Value
Serving Size: Three (3) Tablets	Servings Per Container: 7
Vitamin A (as Beta Carotene)	1500 IU 30%
Vitamin E (as d-alpha-tocopheryl Succinate)	150 IU 500%
Vitamin K (as Phytylquinone)	45 mcg. 56%
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%

Proprietary Blend 2.67 g (2665 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.

H030916

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

Double-sealed for your protection. Do not use if outer seal is broken or missing.

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS
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SAN ANTONIO, TEXAS 78285
A Division of Inner Health Group, Inc.

Consumer Information Services Voice Mail: 800-845-2730

Certified by Rabbi Alan Silver, M.D.,
Orthodox Jewish Council

www.michaelshealth.com

fat metabolism factors™**

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: Three (3) Tablets	Servings Per Container: 7
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg. 5000%
Iodine (from Kelp)	225 mcg. 150%
Chromium (as Chromium Polynicotinate)**	200 mcg. 167%
Potassium (as Potassium Amino Acid Complex)	69 mg. 3%

Proprietary Blend 1.35 g (1350 mg)
Lecithin (from Soy), Inositol, Choline (as Choline Bitartrate), Sea Buckthorn Leaf (Fucus vesiculosus), Guggul Gum*** (from Commiphora mukul) (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.
***Guggulipid® is a trademark of Sabinsa Corp.

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

fiber & more™

Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: Three (3) Tablets	Servings Per Container: 7
Dietary Fiber	1.34 g 6%**

Proprietary Blend 2.05 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 officinalis) and Oats Leaf (Avena sativa)
*Daily Value not established.

**Percent Daily Values are based on a 2,000 calorie diet.

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

◊These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.