fat metabolism factors™

Supplement Facts

Serving Size: Two (2) Tablets Servings Per Container: 7

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine)	66.67 mg 3334%
Iodine (from Kelp)	150 mcg 100%
Iron	2 mg 11%
(as Chromium Polynicotinate™)	130.33 mcg 111%
Potassium	
(as Potassium Amino Acid Complex)	68 mg 2%
Sodium	5 mg <1%
Proprietary Blend	**500 mg**
Lecithin (from Soy), Inositol, Choline (as Choline Bitartrate), Methionine, Guggul Extract (*Commiphora mukul*), (4:1% Guggulsterones) and Phenylalanine (as L-Phenylalanine)	400 mg 533%

* Daily Value not established

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

™ChromeMate® is a Trademark of InterHealth Nutraceuticals, Inc.

™Guggulipid is a Trademark of Sabinsa Corporation.

CAUTION: Contains phenylalanine and should be avoided by phenylketonurics 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® Super Defense Food™**, it is important to eat a well-balanced diet that includes a variety of fresh fruits and vegetables. It is also helpful to increase your consumption of ferrous 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 or any artificial ingredients. **Super Defense Food™** contains no dairy, wheat, gluten, corn, yeast, sugar 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 78265
Consumer Information Services Voice Mail 800-945-0756

Ultimate Detox & Cleanse™ is certified by Rabbi Alan Silber, M.D. Orthodox Jewish Council

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

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blood detoxification factors™

Supplement Facts

Serving Size: Two (2) Tablets Servings Per Container: 7

Amount Per Serving	% Daily Value
Iron (as Iron Amino Acid Chelate)	1.33 mg 7%
Zinc (as Zinc Monomethionine™)	6 mg 40%
Manganese	
(as Manganese Amino Acid Chelate)	4 mg 200%
Molybdenum (as Sodium Molybdate)	200 mcg 333%
Amino Acid Chelate	400 mg 533%
Proprietary Blend	**1.2 g (1200 mg)**
Echinacea Root (*Echinacea angustifolia*), Red Clover Flower (Trifolium pratense) and Dandelion Root (*Taraxacum officinale*)	400 mg 200%

* 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

Serving Size: Two (2) Tablets Servings Per Container: 7

Amount Per Serving	% Daily Value
Vitamin K (as Beta Carotene)	1500 IU 25%
Choline	
(as d-alpha Tocopheryl Succinate)	100 IU 333%
Vitamin K (as Phytosomes)	30 mcg 38%
Thiamin (as Thiamin Hydrochloride)	20 mg 1333%
Niacin (as Nicotinic Acid)	20 mg 100%
Folic Acid (as Folacin)	200 mcg 333%
Pantothenic Acid	
(as d-Calcium Pantothenate)	20 mg 200%
Proprietary Blend	**1.38 g (1377 mg)**
Dandelion Root (*Taraxacum officinale*), Lecithin (from Soy), Inositol, Choline (from Lecithin), Milk Thistle Seed Extract (*Silybum marianum*) (80% Silymarin), Artichoke Leaf Extract (*Cynara scolymus*) (5% Cynarin) and Butternut Root Bark (*Juglans cinerea*)	460 mg 230%

* Daily Value not established.

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

fiber & more™

Supplement Facts

Serving Size: Two (2) Tablets Servings Per Container: 4

Amount Per Serving	% Daily Value
Calories	10
Dietary Fiber	893 mg 4%
Proprietary Blend	**1.37 g (1365 mg)**
Milk Thistle Seed (*Silybum marianum*), (Lignan concentrate), 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*), Lecithin (from Soy), Inositol, Choline and Okra Leaf (*Abelmoschus 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.

ultimate detox & cleanse™

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

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	*supports fat elimination*
fiber & more™	*apple pectin, psyllium*	*soluble fiber*
	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.

See enclosed insert for more information

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

lab tested • gluten free

tried & truthful

Supplement Facts

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

Amount Per Serving	% Daily Value
Total Calories:	30 *
Calories From Fat:	0 *
Total Fat:	0 0%
Saturated Fat:	0 0%
Cholesterol:	0 0%
Sodium:	21 mg 1%
Total Carbohydrates:	4 g 1%**
Dietary Fiber:	1 g 5%**
Sugars:	1 g *
Protein:	1 g *
Proprietary Blend	**6.7 g (5700 mg)** *
Ingredients:	
Fruits: (Apple, Banana, Pineapple, Cherry, Mango, Pomegranate, Grape, Lemon, Blackberry, Blueberry, Cranberry, Orange, Raspberry, Strawberry), Wheat Grass, Oat Grass Juice Powder, Spirulina, Chlorella Whole Algae, Barleygrass Juice Powder), Beet Root (Beta vulgaris), Maqui Berry (Aristotelia chilensis), Raspberry Flavoring, Acerola Berry, Probiotic Blend [Lactobacillus gasseri, Bifidobacterium bifidum, Bifidobacterium longum], Astragalus Root, Cilantro Leaf, Mushrooms (Agaricus (Agaricus bisporus), Cordyceps (Cordyceps sinensis), Reishi (Ganoderma lucidum), Maitake (Grifola frondosa), Reishi (Ganoderma lucidum), Shiitake (Lentinus edonis), Tremella (Tremella fuciformis), Turkey Tail (Trametes versicolor)), Agave Leaf Inulin (Agave tequilana), Milk Thistle Seed, Kelp Leaf (Ascophyllum nodosum), Pumpkin, Dulse Leaf (Palmaria palmata), Broccoli Flower, Cabbage Leaf, DigeZyme®™ (Digestive Enzymes), Kale Leaf, Alfalfa Leaf, Parsley Leaf, Watercress, Alfalfa 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.

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).

super defense food™