

Superfruit & Botanical Cleanse, Soothe and Protect — in just 5 days!

DIRECTIONS: (Adult) Shake well then twist tab on top of Liquid-Tube until it breaks off. Pour concentrated liquid into 16oz. of water and shake or stir. **Do not consume liquid directly from the Liquid-Tube.** Drink one (1) Liquid Cleanse & Flush drink in the morning with breakfast and another in the evening before dinner. If stools are loose, reduce to one (1) Liquid-Tube per day.

Contains <1% fruit juice

Supplement Facts

Serving Size: 1 Liquid Tube (10 mL) Servings per Container: 10

	Amount per Serving	%Daily Value
Calories	20	
Sodium	95 mg	4%
Total Carbohydrate	5 g	2% ^{**}
Sugars	4 g	†

Antioxidant & Replenishment Blend 100 mg †
Blueberry (Vaccinium angustifolium)
Juice concentrate (fruit), Cranberry (Vaccinium macrocarpon) Juice concentrate (fruit), Noni extract (S.11) (fruit), Pomegranate Juice concentrate (fruit), Plum (Prunus) Juice concentrate (fruit)

Cleansing Blend 70 mg †
Cascaraoides (as Cascara Sagrada extract (bark)), Burdock (Arctium lappa) extract (10:1 root)

Soothing Extract 30 mg †
Fennel extract (4:1) (seed)

^{**}% Daily Value based on a 2,000 calorie diet
†Daily Value not established

Other Ingredients: Filtered water, crystalline fructose, citric acid, natural flavors, salt, sucralose and Red 40.

Usage Warning: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including diuretics, heart medications and cardiovascular, or have any medical conditions. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal disorder. Do not use if you are taking any other product concurrently that has laxative effects. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. **NOTE:** This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. Can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

NOTE: This product contains Cascara Sagrada. Read and follow the directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

*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.

Today's modern lifestyle can take a toll on your body. Stress, environmental toxins and a fast-food diet can slow down your digestive tract and leave you feeling bloated, gassy and sluggish.

5-Day Liquid Cleanse & Flush™ gives you a quick and effective way to cleanse your digestive system. Specially formulated for first-time cleansers and individuals seeking quick results, this product flushes away toxins and waste from your colon, while hydrating the body and delivering powerful Superfruit phytonutrients. 5-Day Liquid Cleanse & Flush™ is designed to leave you feeling lighter, slimmer and more energetic in just 5 days.

- **Antioxidant & Replenishment Blend** Our exclusive blend of Superfruits delivers a wide range of powerful phytonutrients and cell-protecting compounds.*
- **Cleansing Blend** Cascara Sagrada promotes natural elimination and gently cleanses your digestive system.*
- **Soothing Extract** Fennel is traditionally used to calm and comfort the digestive system, as well as support overall health.*

Just break open the convenient twist tube, then add 5-Day Liquid Cleanse & Flush™ to at least 16 ounces of water — and enjoy the delicious mixed berry flavor while you flush away unwanted waste and toxins to help you look trimmer and feel better!

DISTRIBUTED, FORMULATED AND QUALITY TESTED BY:
Applied Nutrition® P.O. Box 96451, Los Angeles, CA 90096

Questions: Contact Consumer Affairs
Questions@AppliedNutrition.com

appliednutrition

Applied Nutrition® is committed to developing science-based products that exceed the highest standards for quality and purity. As a leader in innovation, we continuously strive to bring forward new ideas and groundbreaking formulas that enhance health and well-being.

To view our entire line of products, please visit us online at:

www.AppliedNutrition.com

4187-BOX-88/14 AMZ7391 Ver. 05



Powerful Superfruit Phytonutrients from Concentrates of

Pomegranate • Prune • Cranberry • Blueberry • Noni

5-Day

Liquid Cleanse & Flush®

- **Easy All-Liquid Total Body Cleanse®:**
Less Bloating, Flatter Abdomen, Feel Energized
& Feel Clean Inside...**in just 5 days!**
- **Fast-Acting Mixed Berry flavored
Concentrated Drink Mix**

appliednutrition



5-Day Liquid
Cleanse & Flush®

Mixed Berry flavored
concentrated drink
mix. Just shake vial,
twist to open, pour
into water and shake
or stir!



DIETARY SUPPLEMENT • 10 Liquid-Tubes NET WT. 100 mL (3.35 FL OZ)

Superfruit
Phytonutrients

ORAC (Oxygen Radical Absorbance Capacity) is a test developed by the USDA to measure the antioxidant activity of foods. Superfruits have one of the highest ORAC values of any known food.*