

Fiber Formula		
Supplement Facts		
Serving Size 8 capsules	Servings per container 14	
Amount per 8 capsules	%DV†	
Calories	15	
Total Carbohydrate	4 g	1%†
Dietary Fiber	4 g	16%†
Soluble Fiber	2 g	**
Insoluble Fiber	2 g	**
Proprietary Fiber Blend: Psyllium (Plantago ovata) husk, Oat (Avena sativa) bran, Guar gum (Cyamopsis tetragonoloba) seed extract, Marshmallow (Althaea officinalis) root extract, and Pectin (from citrus fruit)	3.5 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, vegetable capsule (modified cellulose), magnesium stearate, and silicon dioxide.

Caution: Do not use if pregnant or nursing. If taking prescription drugs, consult your healthcare professional prior to use.

Recommendations: For 14 days, take 4 capsules in the morning and 4 capsules at night with at least eight ounces of water. Or, may be taken as 8 capsules at night with at least eight ounces of water, or as recommended by your healthcare professional.

Fiber Formula contains no sugar, salt, yeast, wheat, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

Super Milk Thistle® X - liver cleansing formula		
Supplement Facts		
Serving Size 1 capsule		
Amount per capsule		
Milk Thistle (Silybum marianum) Fruit	100 mg**	
One part Milk Thistle Extract, standardized to contain 80% silymarin (80 mg), bound to two parts phosphatidylcholine (soy) using a proprietary process for improved absorption		
Artichoke (Cynara scolymus) Leaf Extract standardized to contain 13-18% caffeoylquinic acids calculated as chlorogenic acid (7 mg)	40 mg**	
Dandelion (Taraxacum officinale) Root Extract	10 mg**	
Licorice (Glycyrrhiza glabra) Root and Rhizome Extract standardized to contain 5% glycyrrhizic acid (0.5 mg)	10 mg**	

**Daily Value not established.

Other ingredients: cellulose, vegetable capsule (modified cellulose), magnesium stearate, and silicon dioxide.

Recommendations: **Day 1 through day 7:** Take 1 capsule at night. **Day 8 through day 14:** Take 1 capsule in the morning and 2 capsules at night, or as recommended by your healthcare professional.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

Super Milk Thistle X contains no sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

For more information, please visit integrativepro.com.

Week 1	
1	Laxative Formula: 3 tablets at night
2	Super Milk Thistle X: 1 capsule at night
3	Fiber Formula: 4 capsules in the morning and 4 capsules at night
Week 2	
1	Laxative Formula: 2 tablets at night
2	Super Milk Thistle X: 1 capsule in the morning and 2 capsules at night
3	Fiber Formula: 4 capsules in the morning and 4 capsules at night

Each of the 3 components are also available as individual products.

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THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



WHOLE BODY INTEGRATIVE CLEANSING SYSTEM™

1 LAXATIVE FORMULA, 35 TABLETS
1 FIBER FORMULA, 112 VEG CAPSULES
1 SUPER MILK THISTLE® X, 28 VEG CAPSULES

DIETARY SUPPLEMENT

Laxative Formula		
Supplement Facts		
Serving Size 3 tablets	Servings per container 11	
Amount per 3 tablets	%DV†	
Calories	10	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	1 g	4%†
Magnesium Hydroxide	2.6 g	**
Proprietary Mucilage Blend Marshmallow (Althaea officinalis) root extract, Slippery elm (Ulmus rubra) bark, and Fenugreek (Trigonella foenum-graecum) seed extract	650 mg	**
Burdock (Arctium lappa) Root Extract	300 mg	**
Proprietary Soothing Blend Fennel (Foeniculum vulgare) seed, Ginger (Zingiber officinale) rhizome extract, and Peppermint (Mentha x piperita) leaf	150 mg	**
Red Clover (Trifolium pratense) Blossom Extract	100 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, stearic acid, modified cellulose gum, modified cellulose, magnesium stearate, glycerin, silicon dioxide, and soy lecithin.

Laxative Formula, continued

Warnings: Consult a healthcare professional if a sudden change in bowel habits occurs and persists for two weeks. Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition; discontinue use and consult a healthcare professional. Do not use if pregnant or nursing. Unless directed by a healthcare professional, do not use laxative products when abdominal pain, nausea, or vomiting is present, or if you have kidney disease. Do not take more than three tablets in a 24-hour period or use the maximum dosage for more than two weeks. If taking prescription drugs, have gallstones or bile duct obstruction, consult your healthcare professional prior to use.

Recommendations: Day 1 through 7: Take 3 tablets at bedtime with 8 ounces of water. **Day 8 through 14:** Take 2 tablets at bedtime with 8 ounces of water, or as recommended by your healthcare professional. Reduce dosage if you experience abdominal discomfort or diarrhea. If discomfort persists, discontinue use.

Laxative Formula contains no sugar, salt, yeast, wheat, gluten, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

The UPC and code area
needs to be VARNISHED

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(BLK896A, BLK845A, BLK811B)

