

CODE 705922

AM PACKET

DIRECTIONS: As a dietary supplement, take the contents of one AM Packet first thing in the morning for seven days.

GASTRO FORMULA - AM PACKET

Supplement Facts

Serving Size One Yellow Tablet	
Amount Per Serving	
Fennel Seed Powder (<i>Foeniculum vulgare</i>)	200 mg
Artichoke Leaf Extract (<i>Cynara scolymus</i>) (2% Phenols = 2 mg)	100 mg
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 5 mg)	100 mg
Licorice Root Extract (<i>Glycyrrhiza glabra</i>)	70 mg
Peppermint Leaf (<i>Mentha piperita</i>)	0.2 mg
* Daily Value not established.	

OTHER INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

TOTAL CLEANSER - AM PACKET

Supplement Facts

Serving Size Two Yellow Tablets	
Amount Per Serving	
Garlic Bulb Powder (<i>Allium sativum</i>)	700 mg
Clove Bud Powder (<i>Eugenia caryophyllata</i>)	300 mg
Pomegranate Fruit Extract (<i>Punica granatum</i>)	200 mg
Fructooligosaccharides (FOS)	200 mg
Curcumin	140 mg
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 5 mg)	100 mg
Chamomile Flower (<i>Matricaria recutita</i>)	75 mg
Licorice Root Powder (<i>Glycyrrhiza glabra</i>)	35 mg
* Daily Value not established.	

OTHER INGREDIENTS: Calcium Carbonate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Riboflavin (Color).

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

ENZYME BLEND - AM PACKET

Supplement Facts

Serving Size One Beige Hardshell	
Amount Per Serving	
n•zimes® Proprietary Blend	181 mg
Amylase 8500 DU	
alpha-galactosidase 200 GalU	
Bromelain 250000 FCCPU	
Cellulase 200 CU	
Glucosylase 10 AGU	
Invertase 275 SU	
Lactase 1000 ALU	
Lipase 375 FIP	
Papain 50000 FCCPU	
Protease 3.0 7 SAPU	
Protease 4.5 10000 HUT	
Protease 6.0 Concentrate 2500 HUT	
CereCalase® Proprietary Blend	18 mg
Hemicellulase	
beta-glucanase	
Phytase	
* Daily Value not established.	

OTHER INGREDIENTS: Dicalcium Phosphate, Gelatin.

CONTAINS: Fish, Milk, Soybeans and Wheat.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

n•zimes® n•zimes® and CereCalase® are trademarks of National Enzyme Company.

ACTUAL SIZE

PROBIOTIC - ACIDOPHILUS

DIRECTIONS: As a dietary supplement, take one capsule daily with food for seven days.

Supplement Facts

Serving Size One Capsule	
Amount Per Serving	
L. acidophilus CUL-60 and CUL 21, Bifidobacterium bifidum CUL-73	4 billion CFU
* Daily Value not established.	

OTHER INGREDIENTS: Cellulose, Cellulose Capsule, Titanium Dioxide.

CONTAINS: Milk.

ACTUAL SIZE

FIBER AND PREBIOTIC BLEND

DIRECTIONS: As a dietary supplement, mix 1 packet with 4-6 fl oz of cold water or juice; drink with breakfast.

Supplement Facts

Serving Size One Packet (10 g)	
Amount Per Serving	% Daily Value
Calories	35
Total Carbohydrate	9 g 3%†
Dietary Fiber	4 g 16%†

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

OTHER INGREDIENTS: Inulin, Gum Arabic, Soy Fiber, Purified Powdered Cellulose, High Amylose Corn Starch, Natural Citrus Flavor, Acesulfame Potassium.

CONTAINS: Soybeans.

GNC QUALITY COMMITMENT

For more than 78 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

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.

No Artificial Flavors, Sodium Free, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool dry place.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

PM PACKET

DIRECTIONS: As a dietary supplement, take the contents of one PM Packet with dinner for seven days.

ENZYME BLEND - PM PACKET

Supplement Facts

Serving Size One Beige Hardshell	
Amount Per Serving	
n•zimes® Proprietary Blend	181 mg
Amylase 8500 DU	
alpha-galactosidase 200 GalU	
Bromelain 250000 FCCPU	
Cellulase 200 CU	
Glucosylase 10 AGU	
Invertase 275 SU	
Lactase 1000 ALU	
Lipase 375 FIP	
Papain 50000 FCCPU	
Protease 3.0 7 SAPU	
Protease 4.5 10000 HUT	
Protease 6.0 Concentrate 2500 HUT	
CereCalase® Proprietary Blend	18 mg
Hemicellulase	
beta-glucanase	
Phytase	
* Daily Value not established.	

OTHER INGREDIENTS: Dicalcium Phosphate, Gelatin.

CONTAINS: Fish, Milk, Soybeans and Wheat.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

BLOOD CIRCULATION - PM PACKET

Supplement Facts

Serving Size One Red Tablet	
Amount Per Serving	
Sarsaparilla Root Powder (<i>Smilax officinalis</i>)	350 mg
Butcher's Broom Root Powder (<i>Ruscus aculeatus</i>)	200 mg
Cayenne Pepper (<i>Capiscum frutescens</i>)	50 mg
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	30 mg
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg
* Daily Value not established.	

OTHER INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Cellulose, Vegetable Acetoglycerides, Carmine Color, Titanium Dioxide (Natural Mineral Whitener).

Conforms to USP <2091> for weight.

ACTUAL SIZE

LIVER CLEANSER - PM PACKET

Supplement Facts

Serving Size One Green Tablet	
Amount Per Serving	
Picrothiza Root Extract (<i>Picrothiza kurroa</i>) (5% Picrosides = 20 mg)	400 mg
Milk Thistle Seed Extract (<i>Silybum marianum</i>) (80% Silymarin = 160 mg)	200 mg
Turmeric Root Extract (<i>Curcuma longa</i>) (95% Curcumin = 95 mg)	100 mg
Betaine	50 mg
N-Acetyl-L-Cysteine	50 mg
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	30 mg
alpha-Lipoic Acid	10 mg
L-Methionine	100 mcg
* Daily Value not established.	

OTHER INGREDIENTS: Calcium Carbonate, Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Chlorophyllin.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

KIDNEY HEALTH - PM PACKET

Supplement Facts

Serving Size One White Tablet	
Amount Per Serving	
Cranberry Fruit Powder (<i>Vaccinium macrocarpon</i>)	250 mg
Parsley Herb Powder (<i>Petroselinum crispum</i>)	100 mg
Uva Ursi Leaf 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.

ACTUAL SIZE



Complete Body Cleansing 7-Day Program

DIETARY SUPPLEMENT

- Easy-to-use daily program designed to support digestive health*
- Gently rids the body of toxins
- No fasting required
- Gentle enough for first-time users

7 - AM Packs • 7 - PM Packs
7 - Fiber and Prebiotic Sachets
7 - Probiotic Capsules



Preventive Nutrition® Complete Body Cleansing is a 7-day system designed to support overall wellness and digestive health.*

AM Formula

Each AM Formula packet contains a Gastro Formula, Total Cleanser and Enzyme Blend. This packet combines specialized herbs such as ginger, artichoke and pomegranate with fructooligosaccharides (FOS) to help promote intestinal health.* It also provides digestive enzymes to help promote protein, carbohydrate and fat digestion.*

PM Formula

Each PM Formula packet supplies a Blood Circulation Formula, Liver Cleanser, Kidney Health Formula and Enzyme Blend. This packet blends the popular herbs cayenne, goldenseal and milk thistle which supports liver function with antioxidants such as green tea and grape seed extract.* It, too, provides digestive enzymes that help promote digestion.*

Probiotic - Acidophilus

Introduces beneficial probiotics, acidophilus and bifidobacterium. These organisms are important in promoting the health of the digestive tract.* They not only help maintain the health of the digestive tract but also have a direct influence on the balance of the body's natural flora.* These beneficial flora also support healthy immune function and when taken on a regular basis, support overall digestive health.*

Fiber and Prebiotic Blend

Fiber is a necessary component of everyone's diet. Among the many health benefits of fiber, it is most commonly recognized for its ability to aid in the digestion process.* Fiber plays a critical role in the intestinal transit time; it serves as a bulking agent and also provides relief from occasional constipation.* This specially formulated blend features multiple fibers that promote and support daily digestive health.* Unlike other fiber products that typically target the end of the colon, this fiber and prebiotic blend is site specific and provides fibers that work at the beginning, middle and end of the large intestines. By offering this diverse group of fibers, this patented formula helps to improve bowel cleansing without urgency or discomfort.*

*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.