



1 Morning Program

Supplement Facts			
Serving Size 4 Tablets, Servings Per Container 3			
Amount Per Serving		% DV	
Thiamin (naturally occurring from Guava [<i>Psidium guajava</i>], Holy Basil [<i>Ocimum tenuiflorum</i>] and Lemon extracts [<i>Citrus sinensis</i>])		4.4 mg	293%
Riboflavin (naturally occurring from Guava, Holy Basil and Lemon extracts)		4.0 mg	235%
Niacin (naturally occurring from Guava, Holy Basil and Lemon extracts)		6.8 mg	34%
Vitamin B6 (naturally occurring from Guava, Holy Basil and Lemon extracts)		4.4 mg	220%
Folic Acid (naturally occurring from Guava, Holy Basil and Lemon extracts)		100 mcg	25%
Vitamin B12 (as cyanocobalamin)		500 mcg	8333%
Pantothenic Acid (naturally occurring from Guava, Holy Basil and Lemon extracts)		7.6 mg	76%
Pre-Diet Energizing Whole Food Blend		1400 mg	†
Guarana seed extract (<i>Paulinia cupana</i>)‡, (standardized 9% [100 mg] caffeine), Milk Thistle seed (<i>Silybum marianum</i>)‡, Cinnamon (<i>Cinnamomum burmanii</i> bark)‡, Turmeric root (<i>Curcuma longa</i>)‡			
Organic Energizing Fruit & Vegetable Blend		100 mg†	
Apple‡, Orange‡, Concord Grape‡, Blueberry‡, Strawberry‡, Cranberry‡, Beet Juice‡, Blackberry‡, Black Currant‡, Cherry‡, Pomegranate‡, Raspberry‡, Carrot Juice‡, Bell Pepper Red‡, Cucumber‡, Sweet Potato‡, Broccoli‡, Spinach‡, Mango‡, Papaya‡, Wild Bilberry‡, Cinnamon‡			
† Daily Value (DV) not established. ‡ Organic powder			

Other ingredients: Organic brown rice syrup solids, organic malto-dextrin, organic carnauba wax, shellac (orange shellac and organic alcohol) (alcohol evaporated, not present in final product).

2 Evening Program

Supplement Facts			
Serving Size 4 Tablets, Servings Per Container 3			
Amount Per Serving		% DV	
Vitamin A (as beta carotene from organic Annatto [<i>Bixa orellana</i>] seed extract)		5,000 IU	100%
Vitamin C (from organic Amla [<i>Emblica officinalis</i>] berry extract)		60 mg	100%
Vitamin E (from organic Annatto seed extract)		30 IU	100%
Calcium (from organic <i>Algas calcareas</i>)		110 mg	11%
Magnesium (from organic <i>Algas calcareas</i>)		9 mg	2%
Organic Cleansing Whole Food Complex		1200 mg	†
<i>Algas calcareas</i> ‡ (supplying naturally occurring calcium and magnesium), Rhubarb root (<i>Rheum palmatum</i>)‡, Prune fruit (<i>Prunus domestica</i>)‡, <i>Bacillus coagulans</i> (250 million viable cells*), Marshmallow root (<i>Althaea officinalis</i>)‡, Slippery Elm bark (<i>Ulmus rubra</i>)‡, <i>Lactobacillus acidophilus</i> (250 million viable cells*), Triphala (a blend of <i>Phyllanthus emblica</i> , <i>Terminalia bellirica</i> and <i>Terminalia chebula</i>)‡			
Organic Diet Boost Cleansing Blend		500 mg	†
Acai berry (<i>Euterpe oleracea</i>)‡, Acacia Gum (<i>Acacia seyal</i>)‡, Fenugreek seed (<i>Trigonella foenum-graecum</i>)‡, Celery seed (<i>Apium graveolens</i>), Dandelion leaf (<i>Taraxacum officinale</i>)‡, Dandelion root (<i>Taraxacum officinale</i>)‡, Red Clover herb (<i>Trifolium praetense</i>)‡, Black Pepper fruit (<i>Piper nigrum</i>)‡			
† Daily Value (DV) not established. ‡ Organic powder			
*At time of manufacture			

Other ingredients: Organic brown rice syrup solids, organic malto-dextrin, organic carnauba wax, shellac (orange shellac and organic alcohol) (alcohol evaporated, not present in final product).

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Vegetarian • Gluten Free. Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

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