

For more information, please visit integrativepro.com.

Recommendation: Take 3 to 6 capsules daily with 8 ounces of water or as recommended by your healthcare professional.

Warning: Not for use during pregnancy or nursing. Take this product with at least a full glass of liquid. Taking without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product seek immediate medical attention. This product should not be taken with any medication as it may interfere with absorption. If you have diabetes, or are taking prescription drugs, consult your healthcare professional prior to use.

Contains no sugar, salt, yeast, wheat, gluten, soy, artificial colors, flavors or preservatives.

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GREEN BAY, WI 54311 USA
integrativepro.com • 800.931.1709

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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.



BLUE HERON™

DETOXIFYING COMPLEX

120 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 6 capsules

Servings per container 20

Amount per 6 capsules		%DV
Calories	10	
Total Carbohydrate	2 g	1%†
Dietary Fiber	<1 g	3%†
Flax (<i>Linum usitatissimum</i>) Seed	1.2 g	**
Rice (<i>Oryza sativa</i>) Bran	1.2 g	**
Psyllium (<i>Plantago ovata</i>) Seed Husk	200 mg	**
Plum (<i>Prunus domestica</i>) Fruit	180 mg	**
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed	150 mg	**
Slippery Elm (<i>Ulmus rubra</i>) Bark	150 mg	**
Triphala Blend	150 mg	**
Amla (<i>Phyllanthus emblica</i>) Fruit, Belleric Myrobalan (<i>Terminalia bellerica</i>) Fruit, and Tropical Almond (<i>Terminalia chebula</i>) Fruit		
Spectra Probiotic Proprietary Blend	60 mg	**
<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus helveticus</i> , <i>Lactobacillus salivarius</i> , and <i>Streptococcus thermophilus</i>		
Marshmallow (<i>Althaea officinalis</i>) Root Extract	48 mg	**
Papain (Papaya enzyme equivalent to 800 TU/mg)	3.7 mg	**

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

**Daily Value not established.

Other ingredients: hydroxypropyl methylcellulose (vegetable capsule), calcium laurate, cellulose

Contains milk.