

Fiber Formula

Supplement Facts

Serving Size 8 capsules

Servings per container 14

Amount per 8 capsules		%DV
Calories	15	
Total Carbohydrate	4g	1%†
Dietary Fiber	4g	16%†
Soluble Fiber	2g	**
Insoluble Fiber	2g	**
Proprietary Fiber Blend: Psyllium (Plantago ovata) seed husk, Oat (Avena sativa) hull, Guar gum (Cyamopsis tetragonoloba) seed, Marshmallow (Althaea officinalis) root extract and Pectin (from citrus fruit)	3.45g	**

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

Other ingredients: cellulose, hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide

Contains wheat.

Warning: Take this product with at least a full glass of liquid. Taking without adequate 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. If pregnant, nursing or taking prescription drugs, consult your healthcare professional prior to use.

Recommendation: 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.

Super Milk Thistle® X - liver support formula

Supplement Facts

Serving Size 1 capsule

Amount per capsule	
Milk Thistle (Silybum marianum) Phytosome	100 mg**
One part Milk Thistle Fruit Extract, standardized to contain 80% silymarin, bound to two parts soy lecithin using a proprietary process for improved absorption	
Artichoke (Cynara scolymus) (Aerial Parts) Root Extract	40 mg**
Extract standardized to contain 13-18% caffeoylquinic acids calculated as chlorogenic acid	
Dandelion (Taraxacum officinale) Root Extract	10 mg**
Licorice (Glycyrrhiza glabra) Root and Rhizome Extract standardized to contain 5% glycyrrhizic acid	10 mg**

**Daily Value not established.

Other ingredients: cellulose, hydroxypropyl methyl-cellulose (vegetable capsule), magnesium stearate, silicon dioxide

Contains soy.

Recommendation: **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.

Warning: Do not use this product if pregnant or nursing. Do not use if you have high blood pressure, cardiovascular disease or if intestinal obstruction/ inflammation is present. Do not use if you are allergic to plants of the *Asteraceae* (*Compositae*) family including ragweed, or have bile duct obstruction or gallstones. If you have any gastrointestinal disease or are taking any prescription drugs, consult your healthcare professional prior to use.

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



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LBZ78450.12 BLK896A, BLK845A, BLK811B

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%†
Sodium	10 mg <1%†
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, sodium carboxymethyl cellulose, hydroxypropyl methylcellulose, magnesium stearate, glycerin, silicon dioxide, soy lecithin

Contains soy.

Warning: Do not use this product if you are pregnant, nursing, attempting to become pregnant or under the age of 12. Do not

Laxative Formula, continued

use when abdominal pain, nausea or vomiting are present. Do not exceed the recommended dose, or take longer than the recommended period as frequent or prolonged use may result in dependence. Consult your healthcare professional if you notice a sudden change in bowel habits that persist over two weeks. Rectal bleeding or failure to move bowels after use may indicate a serious condition. Discontinue use and consult your healthcare professional. This product contains slippery elm, and should not be taken with prescription drugs as it may interfere with their absorption. If you are nursing or have diabetes, 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.

This kit contains no sugar, yeast, dairy products, artificial colors, flavors, preservatives or ingredients of animal origin.