

DETOX & FAST • SMART ORGANICS • DETOX & FAST • SMART ORGANICS

Suggested Use #1: For a complete Detox and Fast take 10 grams (2 scoops) in 6 oz. of distilled water followed by one cup of water eight times per day for three (3) days, while avoiding processed and solid foods. For additional benefits have one cup of Only Natural's Dieters and Cleansing tea prior to bedtime.

Suggested Use #2: Take 10 grams (2 scoops) in 6 oz. of distilled or filtered water once daily to assist in healthy digestion and alkalization.*

Smart Organic's Organic Lemon Fast is a time proven trio of ingredients that has been effectively used for decades to assist in weight management and detoxification. It is a delicious blend of Organic Lemon, Organic Maple Syrup and Organic Cayenne Pepper. When used as a 3 day fast it helps eliminate unwanted toxins, mucus and body fat which may result in weight loss (up to 10 pounds). As with most cleanses you may enjoy herbal teas such as peppermint and chamomile, however solid and processed foods are to be avoided. It can also be used as a simple once daily serving which may help improve digestion, detoxification and balance the bodies Ph level.* *Be Smart Go Organic !*

*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.

NOTE Packaged by weight not volume, settling may occur.

WARNING This product contains a desiccant packet for freshness, humidity and odor. Do not eat.

WARNING if you are pregnant or lactating do not use this product. If taking medications or under a doctor's care please consult a doctor prior to use.

NOTE If under physicians care and or taking any prescribed medications prior to committing to any rapid fast or detoxification program you should first consult with your health care practitioner.



MADE IN
USA



Vegetarian



SMART
ORGANICS

ORGANIC 3-DAY FAT FLUSH & DETOX LEMONADE FAST

ORGANIC LEMON, ORGANIC MAPLE SYRUP
AND ORGANIC CAYENNE PEPPER

Dietary Supplement
8.46 oz (240 GM)



Supplement Facts

Serving Size: Two (2) level scoops (10 grams)
Servings Per Container: 24

Amount Per Serving	% Daily Value	
Calories	40	2%
Total Fat	<1 g	<1%
Saturated Fat	<1 g	<1%
Total Carbohydrates	10 g	3%
Dietary Fiber	<1 g	<1%
Sugar	3 g	**
Sodium	133 mcg	<1%
Protein	<1 g	<1%
Vitamin C	6 mg	10%
Calcium	9 mg	<1%
Magnesium	700 mcg	<1%
Manganese	377 mcg	19%
Potassium	29 mg	<1%

Ingredients: Organic Lemon Powder (*C. limon*),
Organic Maple Syrup Powder (*Acer saccharum*),
Organic Cayenne Pepper Powder (*Capsicum annum*)

Daily value based on a 2,000 calorie diet

**Daily value not established

100% ADDITIVE AND FILLER FREE • GLUTEN FREE

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