

## Senna Tea

**INGREDIENTS:** Senna leaves.

**DIRECTIONS:** One cup daily. The best way to make a good cup of tea is by the infusion method. Place one tea bag in a cup and add no more than 6 oz. of boiling water. Let steep for 3 minutes. Press the bag before removing to enhance the flavor. Add honey to sweeten. Do not consume more than one cup daily. Do not give to children.

## Cranberry Clear

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per Serving	% DV	
Vitamin C (as <i>Cycas revoluta</i> extract)	5 mg	8%
Zinc (from L-OptiZinc® Zinc I-Methionine Complex)	15 mg	100%
Immunoglobulin Protein Isolate	500 mg	†
Cranberry Fruit	500 mg	†
Blueberry Fruit	100 mg	†
Grapefruit Seed Extract	25 mcg	†
† Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Pullulan, rice flour, purified water, magnesium stearate, silica and soy lecithin.

**DIRECTIONS:** As a dietary supplement, take two capsules daily.

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## Natural Defense

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
Amount Per Serving	% DV	
Calories	5	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Vitamin C (from <i>Cycas revoluta</i> extract)	100 mg	167%
Zinc (as L-OptiZinc® Zinc I-Methionine Complex)	20 mg	133%
Arabinogalactan	1500 mg	†
Beta 1, 3 Glucan	30 mg	†
CoEnzyme Q10	15 mg	†
Proprietary Blend	150 mg	†
Astragalus root, Echinacea purpurea (leaf and stem), Elderberry fruit		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
† Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Pullulan, rice flour, purified water, medium chain triglycerides, magnesium stearate, silica.

**DIRECTIONS:** As a dietary supplement, take three vegetarian capsules daily, preferably with food.

## Probiotics

Supplement Facts		
Serving Size: 1 Capsule		
Amount Per Serving	% DV	
Proprietary Probiotic Blend	450 mg	†
<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium breve</i> (supplying a total of 7 billion live cells at time of manufacture)		
† Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Potato starch, pullulan, tapioca starch, purified water, silica, potassium chloride and carrageenan.

**DIRECTIONS:** Take one capsule daily with a meal.

**FREE OF:** Preservatives, sugar, sodium, milk, yeast, gluten, artificial colors and flavors.

Refrigeration Not Required.

## Inner Clear

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
Amount Per Serving	% DV	
Calories	10	
Total Carbohydrate	2 g	1%*
Dietary Fiber	2 g	8%*
Soluble Fiber	2 g	†
Vitamin C (as ascorbic acid)	60 mg	100%
Fiber Blend Concentrate (Psyllium seed husk, guar gum, apple pectin)	2221 mg	†
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
† Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Pullulan, purified water, medium chain triglycerides, croscarmellose sodium.

**DIRECTIONS:** As a dietary supplement, take three vegetarian capsules daily with a 16 oz. glass of water, preferably with an evening meal.