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## Body Cleanse

Fast track your weight management efforts with Synergy SLMsmart Body Cleanse. Featuring an efficacious blend of 35 time-honored herbs, this powerful formula helps rid the body of waste and unwanted toxins that can build up over time as a result of a poor diet, the environment, or the breakdown of stored body fat. Naturally gentle, Body Cleanse works with minimal interference with your daily activities. Purify and detoxify your body the easy way with SLMsmart Body Cleanse.

### **BENEFITS**

- Purifies and detoxifies the body
- Helps eliminate toxins that build up during the breakdown of stored body fat
- Minimal interference with daily activities

### **KEY INGREDIENTS**

- *Cleanse Tablets* — the herbs in these tablets work synergistically to create an environment that supports the health and viability of “healthy” microorganisms, also known as intestinal flora. These formulas help make the intestines inhospitable to foreign invaders, help remove debris and lubricate the colon to optimize intestinal

function. Ingredients such as whole leaf aloe vera, black walnut hulls, and Red Clover flowers act as nutritional storehouses, soothing the tissues lining the digestive track and containing biologically active compounds that support the digestion and absorption of food, all the while nourishing the intestinal system.

- *Detox capsules* — formulated to detoxify and cleanse the body of many common environmental pollutants. The formulation includes Cascara sagrada— or sacred bark, which has been used by cultures around the world as a nutritional support for proper waste elimination. Cascara sagrada acts as an herbal laxative, influences intestinal contraction and supports a clean, healthy colon. The detox capsules also include other strong, purgative herbs and protective, gentle and soothing herbs to enhance elimination, increase production of digestive enzymes and soothe the digestive tract.

### **RECOMMENDED USE**

Take two packets daily; one packet with morning meal and one packet with evening meal.



**FREQUENTLY ASKED QUESTIONS**

**How is SLMsmart Body Cleanse unique?**

Some cleansing routines and products can be harsh, requiring people to make dramatic changes to their food intake. Many of these leave people with a need to constantly stay close to the restroom. Then, other cleanses are ineffective, containing very little of the ingredients that truly detoxify the body. Synergy's Body Cleanse, on the other hand, contains a more gentle formula that works incredibly well alongside the other SLMsmart products and Essential Foods. Body Cleanse contains 35 time-honored herbs that combine to effectively cleanse and detoxify the body with less shock to the digestive process.

**When should I take Body Cleanse?**

Periods of weight loss are the best time to cleanse. During these periods, it is recommended that you take a packet with each morning and evening meal for the first week of every month. In other words, cleanse for the first seven days of every 30 day period. This kind of cycling will ensure effectiveness each time around.

**Can I take Body Cleanse while not dieting?**

Yes, Body Cleanse is safe to use whenever you choose to cleanse. However, Body Cleanse is most effective during times of controlled dieting (for example, when only Essential Foods are being eaten). To truly see the results of Body Cleanse, we recommend taking it as part of the SLMsmart System.

**How much weight can I expect to lose on Synergy's SLMsmart weight management program?**

Over the course of 90 days, you can expect to lose at least 10% of your body weight, which is considered a healthy rate for weight loss, optimal for long term results.

**How will Body Cleanse affect my day during periods of use?**

Though Body Cleanse is built on a foundation of safe, naturally-gentle herbs, cleansing the body may lead to an increase in bowel movements, especially when combined with a high-fiber diet. Best results will be achieved by taking two packets of Body Cleanse per day, but individuals experiencing the rare

cases of extreme discomfort or inconvenience may choose to limit themselves to one packet per day within the seven day period.

*The statements within have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

**Supplement Facts**

Serving Size 1 packet (3 capsules and 3 tablets)

Amount Per Serving	% Daily Value
Proprietary Blend	1410 mg*
Cascara Sagrada bark ( <i>Rhamnus purshiana</i> ), Buckthorn bark ( <i>Rhamnus frangula</i> ), Licorice root ( <i>Glycyrrhiza glabra</i> ), Ginger rhizome ( <i>Zingiber officinale</i> ), Oregon Grape root and rhizome ( <i>Berberis aquifolium</i> ), Capsicum fruit ( <i>Capsicum annuum</i> ), Turkey Rhubarb root ( <i>Rheum officinale</i> ), Couch Grass rhizome ( <i>Agropyron repens</i> ), and Red Clover flowers ( <i>Trifolium pratense</i> )	
<b>Other Ingredients:</b> Maltodextrin, cellulose (plant fiber), stearic acid (vegetable), silicon dioxide (powdered silica), and magnesium stearate (vegetable).	
Proprietary Blend	1049 mg*
Whole Leaf Aloe Vera ( <i>Aloe barbadensis</i> ), Cranberry Fruit ( <i>Vaccinium macrocarpon</i> ), Garlic Bulb ( <i>Allium sativum</i> ), Licorice Root ( <i>Glycyrrhiza glabra</i> ), Dandelion Root ( <i>Taraxacum officinale</i> ), Yellow Dock Root ( <i>Rumex crispus</i> ), Psyllium Hulls ( <i>Plantago ovata</i> ), Echinacea Purpurea Root ( <i>Echinacea purpurea</i> ), Black Walnut Hulls ( <i>Juglans nigra</i> ), Burdock Root ( <i>Arctium lappa</i> ), Fenugreek Seeds ( <i>Trigonella foenum-graecum</i> ), Ginger Rhizome ( <i>Zingiber officinale</i> ), Kelp Leaves & Stems ( <i>Ascophyllum nodosum</i> & <i>Laminaria digitata</i> ), Red Clover Flowers ( <i>Trifolium pratense</i> ), Black Cohosh Root ( <i>Cimicifuga racemosa</i> ), Chickweed Aerial parts ( <i>Stellaria media</i> ), Milk Thistle Seed ( <i>Silybum marianum</i> ), Cloves Flowers ( <i>Eugenia caryophyllata</i> ), Marshmallow Root ( <i>Althaea officinalis</i> ), Capsicum Dark Fruit ( <i>Capsicum annuum</i> ), Fennel Seeds ( <i>Foeniculum vulgare var. vulgare</i> ), Peppermint Leaves ( <i>Mentha X piperita</i> ), Safflowers Flowers ( <i>Carthamus tinctorius</i> ), Slippery Elm Bark ( <i>Ulmus rubra</i> ), Blessed Thistle Aerial parts ( <i>Cnicus benedictus</i> ), Cornsilk style and stigma (Zea mays), Irish Moss Plant ( <i>Chondrus crispus</i> ), Plantain Leaves ( <i>Plantago major</i> ), Rosemary Leaves ( <i>Rosmarinus officinalis</i> ), Spirulina Algae, plankton ( <i>Arthrospira platensis</i> ), Aloe inner leaf ( <i>Aloe barbadensis</i> ).	
<b>Other Ingredients:</b> Hypromellose and water, cellulose, sucrose fatty acid ester, silicon dioxide.	
<small>*Daily Value not established</small>	
<b>NOTE:</b> As with any nutritional product, please consult your physician before use, especially if pregnant, lactating, diabetic, hypoglycemic, or have a known medical condition.	