

Lee Haney's Nutritional Support Systems
DIETARY SUPPLEMENT
SYSTEMIC CLEANSING & DETOX 28 Packets

Formulated by:

Lee Haney's

Nutritional Support System

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For tips on training and diet, please visit our website at:

www.LeeHaney.com

Supplement Facts

Serving Size 4 Packets (2 Clear / 2 White)

Amount Per Serving

Flax Seed Oil	2000 mg*
Cascara Sagrada (herb powder)	100 mg*
Oat Bran	4000 mg*
Bentonite Clay	800 mg*
Glucomannan	80 mg*
Goldenseal (herb powder)	200 mg*
Milk Thistle (herb powder)	1100 mg*
Red Clover (herb powder)	1200 mg*
Yellow Dock (herb powder)	600 mg*
Burdock Root (herb powder)	600 mg*
Cranberry (herb powder)	500 mg*
Lemon (extract)	150 mg*
Garlic (herb powder)	50 mg*
Cape Aloe (herb powder)	1400 mg*
Senna Leaves (herb powder)	100 mg*
Fennel Seed (herb powder)	100 mg*
African Bird Pepper	40 mg*

*%Daily Value not established.

Other ingredients: Gelatin, purified water, hydroxypropyl methylcellulose, gelatin, magnesium stearate, stearic acid, and silica.

SUGGESTED USE: As a dietary supplement, take two (2) packets twice daily as follows:

CLEANSING COMPLEX (Clear Packet): Take one (1) packet with 8 – 10 ounces of water one hour before breakfast and one (1) packet with 8 – 10 ounces of water one hour before dinner.

FIBER COMPLEX (White Packet): Take one (1) packet with 8 – 10 ounces of water immediately before eating breakfast and one (1) packet with 8 – 10 ounces of water immediately before eating dinner.

The Lee Haney Systemic Cleansing & Detox system is a two-phase, broad-spectrum botanical 7-day program designed to cleanse and detoxify the entire body. In order to maximize the results of this program, it is essential that the product be taken with the specified amount of water with each serving along with additional water intake throughout the afternoon and evening.

The diet that I recommend for the 7-day cleansing program is as follows:

BREAKFAST

1 medium bowl of oatmeal or cream of wheat (honey or maple syrup as sweetener), 8 ounces of distilled water with lemon

OR

One bran muffin with one whole grapefruit (pink), 8 ounces of distilled water

MID MORNING SNACK

Select 1: Pear, apple, banana, medium bowl of melon, or cup of berries

LUNCH

Select 1: One cup of, lentils, peas, kidney, pinto or lima beans – NO MEAT

Select 1: 1 ½ cups of broccoli, turnip greens, squash, green beans, or carrots

8 ounces of distilled water with lemon

OR

Large mixed salad with low-cal dressing & 8oz distilled water with lemon

AFTERNOON SNACK

Large mixed salad/low-cal dressing OR select from mid morning snack

DINNER

1 cup of steamed or boiled vegetables (or large salad), 1 slice whole wheat bread, and 8 ounces of distilled water with lemon

SUBSTITUTIONS: Any of the vegetable selections for lunch or dinner may be replaced with 1 ½ cups of one of the following vegetables:

Bean sprouts, romaine lettuce, collard greens, asparagus, broccoli, cabbage, cauliflower, corn, eggplant, green beans, kale, okra, pumpkin, spinach or squash.

*For persons experiencing slow bowel movement; add one teaspoon of extra virgin olive oil with breakfast and dinner during the Systemic Cleansing Program.

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

CAUTION: This product is not intended for pregnant or nursing mothers or children under the age of 18. Do not use this product if you have abdominal pain or diarrhea. Do not use this product for more than one week nor exceed the recommended daily dose. Rectal bleeding and / or failure to have a bowel movement after the use of a laxative formula may be an indication of a more serious condition. Should this occur, or if you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF OUTER SEAL IS DAMAGED OR MISSING.