

DIRECTIONS:

- Shake bottle well before each use. With the cap as a measurement, add 1 capful (or 2 tablespoons) of the concentrate to a bottle of water (16 fl. oz./500 mL) and drink slowly during the morning.
- In the afternoon, drink slowly another bottle of water with one serving of the concentrate.
- Eat two light meals per day consisting of lean protein, salad and green vegetables. Use this concentrate to replace either breakfast or lunch.
- See the One Week® program manual for further recommendations: www.PhaseDiets.com.

IMPORTANT: Refrigerate after opening. For adult use only. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

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PHASE DIETS®

One Week®

DIET PROGRAM

LIQUID MEAL REPLACEMENT & DIGESTIVE CLEANSE

*FRUIT JUICES
WITH VITAMINS
AMINO ACIDS &
ELECTROLYTES*

**EXTRA
CONCENTRATED**

14 FL OZ (420 mL)
DIETARY SUPPLEMENT



Nutrition Facts

Serving Size 1 Fl Oz (30 mL) (1 capful)
Servings Per Container 14

Amount Per Serving	% Daily Value
Calories 50	
Total Fat 0g	
Total Carbohydrate 12g	4%
Sugars 12g	*
Protein 0g	0%
Sodium 25mg	1%
Vitamin C (as ascorbic acid)	120 mg 200%
Vitamin B1 (as thiamine)	5 mg 330%
Vitamin B2 (as riboflavin)	5 mg 290%
Vitamin B3 (as niacinamide)	20 mg 100%
Vitamin B5 (as calcium pantothenate)	10 mg 100%
Vitamin B6 (as pyridoxine HCl)	8 mg 400%
Folic acid	100 mcg 25%
Vitamin B12 (as cyanocobalamin)	30 mcg 500%
Biotin	75 mcg 25%
Calcium (as gluconate)	50 mg 5%
Magnesium (as carbonate)	50 mg 15%
Potassium (as bicarbonate)	60 mg 2%
Chromium (as picolinate)	60 mcg 50%

Not a significant source of calories from fat.
*Daily Value not established.

ALLERGEN STATEMENT: This product does not contain any of the eight major food allergens: milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybean (see www.fda.org).
NOTE: This product is intended to assist in weight loss by means of calorie reduction.
See the program manual for further information: www.PhaseDiets.com.

INGREDIENTS: JUICE BLEND—AUG, KEA, MOPAL, CACTUS, MANGO, ORANGE, POMEGRANATE, VITAMIN A, MINERAL BLEND, COLLOIDAL MINERALS, MAGNESIUM CITRATE, SODIUM ASCORBATE, CALCIUM CITRATE, POTASSIUM CITRATE, ASCORBIC ACID, D-CALCIUM PANTOTHENATE, NIACINAMIDE, CHOLINE BITARTRATE, INOSITOL, PYRIDOXINE HCL, BIOTIN, THIAMINE MONONITRATE, CHROMIUM PICOLINATE, FOLIC ACID, BOTAN, CHONDRIUM ANNA, EUTANICAL BLEND, L-LEUCISIN, ELUTEHERB ROOT, GELATIN, COCCULUS SCUTICUS, AMERICAN GINSENG ROOT, ANAX, QUINQUEFOIDUS GREEN TEA LEAF, CAMELIA SINEENSIS, SUIWA ROOT, PEPPER, PANICUM, YERBA MATE LEAF, ILEO PARAGUAYENSIS, GUMBAI SEED, PALLAVA OLIVARIA, PALD HROD BARK, TABERNA ANEULAREAE, CYNEMEA LEAF, CYNEMEA SYLVESTRIS, CARINIA FRUIT, CARONIA, CARYOPAL, CASABARI, SERRADA BARK, PHANANUS PARSAMAI, SEMA LEAF, SEMA ALONGRADA, FENEL SEED, FENUGRUM, MUGGEE KOLA NUT, COTLA, ACUMINATA, BURROCK ROOT, ARCTIUM ANIVUS, PERPERMIT LEAF, (MAYTICA PERPIT), SUPPERY EL M BARK, ULMAS PURBAL, LICORICE ROOT, GYCORRIZA, G. ARBA, FRUCTOSE, NATURAL FLAVORS AND COLORS, CITRIC ACID, AMINOLACID BLEND, L-ARGININE, L-GLUTAMINE, L-METHIONINE, L-CARNITINE, GUARBER, L-TRYPTOPHANE, XANTHAN GUM, POTASSIUM SORBATE.