

Liver Cleanse

ABNnaturals
PRODUCT INFORMATION PAGE

The **Liver Cleanse** is the cornerstone of every true detox program — a focused reset that restores balance to the body's most important filtration organ. The liver filters toxins, metabolizes fats, and keeps bile flowing, yet daily exposure to stress, processed foods, and pollutants can slow these vital functions. When bile thickens and pathways clog, toxins linger, leaving you feeling heavy, bloated, or fatigued. This gentle cleanse helps clear congestion and rekindle healthy flow so your body can filter, flush, and renew naturally.

Each component works together to **hydrate, purify, and replenish** — stimulating bile flow, opening elimination pathways, and restoring mineral balance for steady energy. Rather than forcing detox through harsh purges or restriction, this protocol supports your body's natural rhythm for smooth, effective cleansing.

By re-activating the liver's natural detox power, you create the foundation for deeper protocols like **ParaCleanse** and **Heavy Metal & Toxin Binder**. When the liver flows freely, every subsequent cleanse works better and recovery feels easier. The **Liver Cleanse** helps you feel lighter, clearer, and more energized from within — the essential first step toward lasting balance and whole-body renewal.*

Benefits

- Supports healthy liver and bile flow*
- Promotes gentle toxin elimination*
- Enhances hydration and mineral balance*
- Boosts energy and mental clarity*
- Aids digestion and nutrient absorption*
- Reduces bloating and fatigue*
- Strengthens detox and filtration pathways*
- Prepares the body for deeper cleansing*

What's Inside The Liver Cleanse Pack & How It Works

FULVIC MINERALS

Delivers essential trace minerals that restore hydration, boost energy, and support optimal cellular function.*

LIVER SUPPORT

Supports healthy liver function and bile flow for natural detoxification and balance.*



VITALITEA

Revitalizing herbal blend that boosts energy, aids digestion, and promotes gentle cleansing.*

FREE BLACK SEED OIL

Delivers trace minerals to support hydration, absorption, and cellular energy for daily balance.*

HEPADETOX

Targets parasite eggs and larvae while supporting healthy digestion and microbial balance.*

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Liver Cleanse

CLEANSING STARTS WITH THE LIVER

True cleansing begins before any parasite or heavy-metal protocol — it starts with the liver. The **Liver Cleanse** primes the body for success by gently stimulating bile flow, relieving digestive congestion, and awakening the natural detox rhythm. This short, focused phase ensures that as toxins are released, they keep moving out — not back in. Think of it as the calm before the cleanse: three days of nourishment, hydration, and gentle activation that make everything that follows work better.

WHY LIVER PREP MATTERS

Before deep detox, the liver, gallbladder, lymph, and colon must be open and supported. When these systems are sluggish, impurities re-enter circulation instead of clearing out — often triggering headaches, fatigue, or skin flare-ups. Preparing first helps your body process and release toxins smoothly, reducing discomfort and improving overall results.

Taking three intentional days to support bile flow and hydration is like clearing the drain before turning on the faucet. Once pathways are open, detox runs smoother, energy steadier, and recovery faster.*

HOW IT WORKS

The **Liver Cleanse** reawakens the body's detox engine through targeted nutrition, hydration, and botanical support. Over three days it restores bile flow, nourishes liver tissue, and re-opens filtration routes so waste can move out efficiently and energy can return.*

Key Actions

- **Stimulates bile flow** to flush fats, waste, and fat-soluble toxins.*
- **Supports liver cell renewal** and healthy detox enzyme activity.*
- **Encourages lymph and colon movement** for steady elimination.*
- **Replenishes trace minerals & electrolytes** for balance and energy.*

When the liver is open and flowing, detoxification becomes smoother, digestion improves, and nutrients are absorbed more efficiently. Each small improvement compounds — clearer skin, lighter energy, steadier focus — as your system regains its natural rhythm. The goal of this phase isn't intensity; it's readiness. These three days build the foundation for everything that follows, preparing your body to release deeper toxins and recover more comfortably during advanced cleansing.

By opening these pathways and strengthening the liver's defenses, the **Liver Cleanse** sets the stage for what's next — making your transition into **ParaCleanse** and **Heavy Metal & Toxin Binder** smoother, more comfortable, and far more effective. It's a brief pause that recharges your system, setting the tone for deeper, cleaner, and longer-lasting results.*

Pro Liver Tip

*Before any deep cleanse, take time to open your liver's pathways. Gentle hydration, trace minerals, and steady bile flow make every detox smoother, safer, and ultimately more effective.**

“Preparation is the quiet power behind every successful cleanse.”

Liver Cleanse

YOUR LIVER: THE BODY'S MASTER FILTER

Your liver performs more than **300 essential tasks** every day — filtering the blood, converting nutrients, producing bile, and managing hormones. It's the body's built-in purification system, transforming harmful compounds into substances that can be safely released. When the liver functions efficiently, digestion flows easily, energy stays steady, and detoxification runs smoothly.

Modern life, however, makes this work harder than ever. Environmental toxins, medications, processed foods, and daily stress can thicken bile and slow filtration, leaving you feeling sluggish, bloated, or mentally foggy. Supporting the liver through proper hydration, mineral replenishment, and targeted botanicals keeps these pathways clear so your body can maintain balance naturally.*

- Sluggish Digestion — *bloating, gas, or irregular elimination*
- Low Energy — *fatigue or mid-day crashes*
- Hormonal Imbalance — *PMS or mood swings*
- Skin Issues — *itching, rashes, or breakouts*
- Headaches — *tension, fogginess, or irritability*
- Poor Appetite — *nausea or digestive upset*
- Stubborn Weight — *slow metabolism or water retention*
- Brain Fog — *trouble focusing or mental fatigue*

Everyday Liver Stressors



Processed Foods & Additives

Sugars, dyes, and preservatives burden detox pathways.



Medications or Alcohol

Common causes of sluggish liver enzyme activity.



Environmental Toxins

Pollution, smoke, and household chemicals add daily strain.



Dehydration & Poor Sleep

Frequent factors in reduced bile flow and slowed regeneration.

WHY ONGOING CARE MATTERS

Finishing a cleanse isn't the end of the process — it's the beginning of better rhythm. A strong, well-supported liver not only filters toxins; it also fuels digestion, stabilizes hormones, and promotes clearer skin and sharper focus. When bile flows freely and enzyme activity stays strong, nutrients are absorbed efficiently and waste exits smoothly.

Taking time to nourish your liver between cleanses helps sustain the results you've worked for. Just a few mindful habits — hydration, balanced nutrition, and mineral support — keep bile moving, digestion steady, and energy stable. Over time, this quiet consistency becomes your body's best defense against buildup and burnout, helping you maintain the same clarity, lightness, and balance you feel after a cleanse.

Maintaining this support helps the body work smarter, not harder. Consistent hydration, mineral intake, and gentle movement all keep flow steady. Better bile means fewer post-meal crashes; better enzyme function means sustained energy. Over time, these small choices create lasting balance, resilience, and vitality.*

“Reset your rhythm. Let your liver lead the way to balance.”

Liver Cleanse

LIVER CLEANSE AT A GLANCE

Prepare • Activate • Renew — Restore Your Body's Natural Flow of Detox

A gentle three-day reset designed to open detox pathways, enhance bile flow, and prepare the liver for deeper cleansing. By supporting circulation, hydration, and enzyme activity, this phase helps your body release impurities smoothly and efficiently — setting the stage for **ParaCleanse** and **Heavy Metal & Toxin Binder** to work their best.*



1. PREPARE – Liver Support

Awaken flow. Open and clear pathways.

Promotes bile flow and enzyme activity to clear waste and ease congestion. Helps the liver release stored toxins, improving filtration for more effective cleansing.*

Quick Directions: 1 dropper in water twice daily, morning and late afternoon, before meals.



2. ACTIVATE – Fulvic Minerals

Replenish energy. Restore cellular balance.

Restores trace minerals and electrolytes for steady energy. Helps move impurities out and keep hydration balanced during detox.*

Quick Directions: Approximately 20 drops in 8 ounces of water once daily.



3. RENEW – HepaDetox & VitaliTEA

Soothe and hydrate. Revive natural rhythm.

HepaDetox helps the liver restore strength and balance by supporting healthy circulation, regeneration, and daily detox flow for overall vitality.*

Quick Directions: Apply 2–3 drops (diluted) over the liver area 1–2x daily.

VitaliTEA supports gentle digestion and hydration, promoting warmth, relaxation, and natural detox rhythm for balanced daily renewal.*

Quick Directions: 1 cup 1–2x daily between meals. Steep 5–7 minutes.

Pro Liver Tip

*Daily Black Seed Oil supports steady flow and recovery between cleanses. Its unique blend of omegas and antioxidants nourishes cells, balances energy, and keeps your body's natural detox rhythm strong.**

Liver Cleanse

CLEANSE YOUR WAY - Choose Your Level of Liver Support

Every body has its own rhythm. Whether you're easing in for the first time or ready for a deeper reset, choose the level that fits your comfort, schedule, and goals.*

BEGINNER: DAILY LIVER SUPPORT

Gentle maintenance for everyday balance.

Goal: Provide steady nourishment, promote bile flow, and maintain daily detox rhythm.

Duration: Daily for 3 weeks each month, taking 1 week off for rejuvenation.

Products Used: Liver Support • VitaliTEA • HepaDetox

Morning Routine

- Drink 1 cup **VitaliTEA** between meals to support gentle digestion and hydration.
- Take **Liver Support** in water twice daily, morning and late afternoon before meals.
- Apply **HepaDetox** (diluted) over the liver area or reflex point on the right foot once daily.

Why It Works

Daily, gentle support keeps bile thin and moving so the liver can continuously filter waste and steady digestion and daily energy. When flow stays open, the body clears waste more efficiently — you feel lighter, clearer, and more balanced.*

ADVANCED: DEEP LIVER CLEANSE

Comprehensive restoration and renewal.

Goal: Support deep detoxification, bile flow, and cell regeneration for full liver renewal.

Duration: 3–7 days as a focused reset or after illness, travel, or toxin exposure.

Products Used: Liver Support • Fulvic Minerals • VitaliTEA • HepaDetox

Routine

- Drink 8 cups **VitaliTEA** plus 8 additional cups of water daily to maintain hydration and flow.
- Take **Liver Support** in water 3x daily, before meals.
- Take **Fulvic Minerals** once daily in water to restore trace elements and aid detox efficiency.
- Apply **HepaDetox** over the liver area 1–2x daily to promote circulation and repair.
- *Optional:* Add **HepaDetox** to a warm foot soak for 10–15 minutes for additional detox support.

Why It Works

A concentrated 3 to 7-day protocol allows the liver to release stored toxins and restore balance after stress, exposure, or extended cleansing. By maximizing bile flow, mineral replenishment, and cellular repair, this phase helps the liver regenerate more efficiently — improving digestion, energy, and resilience for the body as a whole.*

Pro Liver Tip



Consistency builds resilience. A few mindful minutes of daily support keep the liver's detox rhythm strong, reducing the need for more intense resets later on.

*Steady bile flow, hydration, and circulation are the quiet foundations of effective detox. Nurture those daily, and your liver will do the rest.**

Liver Cleanse

DURING THE CLEANSE

As your liver releases stored compounds and increases bile flow, you may notice brief changes in digestion, energy, or mood — all normal signs that detox is underway. As circulation improves and nutrients are better absorbed, the body begins to steady itself. Support this phase with **hydration**, **warmth**, and **rest** while your system resets its rhythm.*

LISTENING TO YOUR BODY

Your liver moves in harmony with every system — digestion, hormones, circulation, and even mood. Pay attention to subtle shifts like sleep, appetite, or focus; they often reveal how well detox pathways are functioning. By noticing these cues, you'll learn how your body responds best to cleansing, helping you build balance and resilience with each reset.*

KEEP HYDRATION & FLOW STRONG

Hydration is the key to keeping bile and lymph moving freely. Sip water throughout the day rather than gulping, and add a few drops of **Fulvic Minerals** for trace electrolyte support. In the evening, take **Black Seed Oil** — its natural antioxidants and omega compounds help soothe inflammation, strengthen immunity, and support cellular repair while your liver rests and regenerates. This gentle pairing of minerals by day and black seed by night keeps flow steady and energy balanced from start to finish.*

REST, RENEW & REPLENISH

Your body does its deepest healing while you rest. During cleansing, aim for early nights and quiet downtime to allow your liver to complete its repair cycle. Use **HepaDetox** before bed to support healthy circulation and renewal, and follow with a few deep breaths or light stretching to encourage lymph flow. If emotions surface, let them move — the liver also governs emotional balance, and release is part of its rhythm.*

BLACK SEED FOR RECOVERY & RESILIENCE

Continue using **Black Seed Oil** after your cleanse to help stabilize your system and lock in the results you've achieved. Its synergistic compounds work alongside your liver's detox enzymes, helping neutralize lingering oxidative stress while restoring balance to digestion and immunity. Think of it as your bridge from cleansing to daily care — a simple habit that helps your body stay light, clear, and energized long after the reset ends.*

RECONNECTING WITH YOUR RHYTHM

Each day of cleansing helps your body return to its natural rhythm — clearer thinking, steadier energy, calmer digestion. As your system settles, **Black Seed Oil** and **Fulvic Minerals** continue supporting repair from within, protecting cells and maintaining smooth bile flow. This gentle recovery stage restores harmony so you're ready to notice the outward benefits that follow.*

Pro Liver Tip

*Deep cleansing creates powerful momentum, but lasting results come from recovery. After each detox phase, give your liver time to rest and rebuild. Continue gentle hydration, trace minerals, and Black Seed Oil after your cleanse — your body will reward you with steady energy, smoother digestion, and renewed clarity.**

Liver Cleanse

VISIBLE RESULTS & NEXT STEPS

As your cleanse completes and your liver begins working at full efficiency, you'll start to see *and feel* the difference — lighter digestion, clearer skin, and a noticeable lift in focus and energy. Gentle detoxification can also bring moments of increased elimination or skin sensitivity as the body clears impurities. Support this process by drinking plenty of water, eating light, whole foods, and resting when needed. Within days, most people notice improved energy, clearer skin, and an overall sense of lightness and balance as the liver restores its natural rhythm.*

HELPFUL TIPS

- **Best Time to Take:** Follow the timing on your cleanse level or individual product label for best results.*
- **Stay Hydrated:** Drink at least half your body weight in ounces of clean water daily to support toxin removal.*
- **Gentle Movement:** Light activity or sauna use promotes circulation and lymph flow, aiding natural detox.*
- **Avoid During Cleanse:** Limit caffeine, alcohol, sugar, and processed foods to ease liver load.*
- **Rest:** Aim for early sleep — the liver regenerates most actively between 1–3 a.m.*

AFTER THE CLEANSE

When your cleanse is complete, continue to hydrate and focus on whole, nourishing foods that keep bile moving and digestion steady. A few drops of **Liver Support** or **HepaDetox** can be used daily to maintain flow and balance between deeper protocols.

For continued wellness, most people repeat the **Liver Cleanse** every 3 to 6 months, or seasonally before starting **ParaCleanse** or **Heavy Metal & Toxin Binder**. Between cleanses, maintain balance with **Fulvic Minerals** and **Black Seed Oil** to keep the body's natural elimination pathways open and strong.*

NOURISH YOUR LIVER DAILY

Your liver thrives on rhythm and repetition. After cleansing, simple daily habits — hydration, movement, balanced meals, and mineral support — help maintain the flow you've re-established. Adding beets, leafy greens, lemon water, or herbal teas between cleanses keeps bile thin and energy steady. Think of it as ongoing maintenance, not another cleanse — your liver loves consistency more than intensity.*

LIVER LOVE ESSENTIALS



Leafy Greens: natural chlorophyll to aid gentle detox.*



Lemon Water: supports bile flow and digestion.*



Beets: nourish and thin bile for smoother elimination.*



Sunlight & Movement: energize circulation and renewal.*

Pro Liver Tip

*The best detox is daily balance. Nourish, hydrate, and rest — small actions repeated often do more for your liver than intensity ever could.**

Liver Cleanse

SUPPORT YOUR LIVER YEAR-ROUND

Simple daily rituals for balance and resilience

Cleansing clears the path — daily support keeps it open. Between deeper detox phases, your liver still works tirelessly to filter, process, and renew. Gentle daily habits using **HepaDetox**, **VitaliTEA**, and **Black Seed Oil** keep bile flowing, energy steady, and circulation strong so you feel balanced every day.

When practiced consistently, these simple routines maintain hydration, nutrient flow, and antioxidant protection. Think of them as daily tune-ups for your body's most hard-working filter.*

HOW TO USE FOR DAILY CARE

Add these gentle rituals to your day to maintain the flow you've restored and keep your body in balance:

- **HepaDetox:** Apply 2–3 drops over the liver area or on the soles of the feet once or twice daily to support circulation and natural detox rhythm.*
- **VitaliTEA:** Enjoy 1 cup daily between meals to promote hydration, gentle digestion, and lymphatic movement. Serve warm for relaxation or chilled for refreshment.*
- **Black Seed:** Shake well before use; take by mouth starting with up to 10 drops once daily, gradually increasing to 10–20 drops twice daily as tolerated.*

Pro Liver Tip

Your liver thrives on rhythm. Consistent, gentle care between cleanses prevents stagnation, supports energy, and keeps every system flowing in harmony.*

LIVER LOVE ROUTINE

Daily liver support keeps the body's natural rhythm strong between cleanses. Consistent hydration and gentle nourishment help maintain bile flow, strengthen circulation, and sustain steady energy throughout the day.

By replenishing antioxidants and trace minerals, you give your liver the tools it needs to protect, filter, and restore while reducing buildup from diet, stress, and daily exposure.*



KEEP THE FLOW GOING

Daily care turns cleansing into a lifestyle. Small, steady choices — hydration, nourishment, and rest — help your liver stay balanced long after the cleanse ends. With rhythm and consistency, you'll feel lighter, clearer, and more resilient every day.*

Liver Cleanse

FAQ

Q. Can I extend the Liver Cleanse beyond 3 days?

A. Yes — the advanced level can be extended up to 7 days for deeper restoration or after travel, stress, or toxin exposure. The beginner level may be used daily for gentle, ongoing liver support and maintenance.

Q. Is it normal to feel tired or experience mild digestive changes?

A. Yes—temporary fatigue, mild bloating, or shifts in elimination are normal as the liver clears waste and resets rhythm.

Q. Can I combine the Liver Cleanse with other protocols?

A. Yes, it's designed to precede ParaCleanse and Heavy Metal & Toxin Binder for smoother results and fewer detox reactions.

Q. Can I drink VitaliTEA cold or iced?

A. Absolutely. Steep as usual and refrigerate. It remains potent and refreshing when chilled.

Q. How often should I repeat the cleanse?

A. The beginner cleanse can be used daily for ongoing liver support or repeated once a month as a gentle reset. The advanced cleanse may be done every 3 to 6 months for deeper detox and renewal.

CAUTIONS

- Not for children, pets, or use during pregnancy or breastfeeding.
- Consult a qualified healthcare provider before starting any cleanse, especially if taking medications or managing chronic conditions.
- Contains botanicals that may increase bile flow; discontinue use if discomfort occurs.

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Liver Support

herbal extract 1 ounce

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ingredients

Organic Silybum marianum (Milk Thistle), Berberis vulgaris L. (Barberry) Bark, Organic Arctium (Burdock) Root, Organic Bupleurum (Bupleurum) Root, Organic Foeniculum vulgare (Fennel), Organic Zingiber officinale (Ginger), Organic Hydrastis canadensis (Goldenseal) Root, Water, Organic Sugar Cane Alcohol (30%)

responsible cautions

- Should not be used by pregnant or lactating women, young children, and the immunocompromised
- Keep out of reach of children and pets.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.
- Store away from sunlight, at room temperature, with the lid securely tightened

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product summary

The liver supports almost every other organ in the body. If you want to live, you'll need a healthy liver. A healthy liver is a key element to a healthy life, and when the liver gets sick many problems can follow. Living a healthy lifestyle that includes whole food nutrition and moderate exercise can help our liver work as efficiently as possible and may lower the risk for developing liver disease.*

Our Liver Support Extract is a proprietary blend of herbs formulated to assist and promote healthy liver function.*

ingredient highlights

Milk Thistle: Used by herbalists and physicians for hundreds of years to treat a wide range of liver concerns including hepatitis and fatty liver disease. Shown in studies to protect the liver from toxins, including drugs like acetaminophen, due to its chemical constituents, especially the flavonoid silymarin.*

Barberry Bark: Boosts the secretion of bile, which helps the body digest fatty foods. Promotes overall health of both the liver and gallbladder, and may be helpful in lowering LDL "bad" cholesterol.*

Burdock Root: Traditionally employed most commonly as a diuretic and digestive aid, burdock root has been used for centuries in holistic medicine. It has been shown to contain multiple types of powerful antioxidants known to reduce inflammation as well as active ingredients proven to remove toxins from the bloodstream.*

Bupleurum Root: Used for centuries in Chinese medicine to treat liver problems and other ailments. Research indicates it may protect the liver, support a healthy immune system, and prevent complications of diabetes.*

directions

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*

HepaDetox

detoxification blend

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HepaDetox is a potent essential oil blend that supports liver detoxification, regeneration, and overall health. Featuring Carrot Seed, Peppermint, Lemon, and Rosehip Seed oils, it helps the liver process and eliminate toxins from food, alcohol, drugs, and the environment. Over time, toxin buildup can slow liver function, impacting overall wellness. HepaDetox promotes cell repair, enhances natural detox pathways, and restores balance. Best used after the acute phase of illness, it helps the liver rebuild and strengthen for optimal health.*



DIRECTIONS

- **Topical Use:** Rub 1 to 2 drops neat (undiluted) on the liver reflex area of the right foot. Massage in thoroughly.*
- **Topical Use:** Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area. Massage in thoroughly.*
- **Internal Use:** Add 2 to 3 drops to the juice of ½ to 1 whole organic lemon. Mix and drink.*

MEDICINAL CONSTITUENTS

- **Monoterpenes:** Naturally occurring compounds known for their cleansing, immune-boosting, and antioxidant properties. They help detoxify the body, support respiratory health, and promote cellular repair by neutralizing harmful free radicals. Monoterpenes also aid digestion, reduce inflammation, and enhance mood, making them a key component in natural wellness and healing.*
- **Menthol:** A cooling compound found in peppermint and other mint oils, is known for its soothing, detoxifying, and anti-inflammatory properties. It helps clear respiratory congestion, support digestion, and flush out toxins, promoting overall wellness. Menthol also aids in relieving muscle and joint discomfort, easing headaches, and enhancing mental clarity. With its refreshing and purifying effects, it supports circulation, lymphatic drainage, and natural detoxification, making it a powerful ally for cleansing and revitalization.*
- **Limonene:** A powerful compound found in citrus peels, is known for its cleansing, detoxifying, and antioxidant properties. It helps flush out toxins, support liver function, and promote digestive health by stimulating the body's natural detox pathways. Limonene also boosts circulation, reduces inflammation, and strengthens immune function, making it a key component in natural detox and overall wellness.*

Clinical studies for HepaDetox ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7582973/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10609285/>
- <https://pubmed.ncbi.nlm.nih.gov/31969098/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5814329/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5761127/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8348102/>

INGREDIENTS

Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), Rosa rubiginosa (Rosehip Seed)

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.
- Do not exceed recommended dosages.
- Non-toxic, non-irritant, non-sensitizing.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs *
 - **Healthy individuals ages 10 and over:** Dilute 60 drops per 1 ounce of carrier oil.*
- Keep out of reach of children and pets.
- Store away from sunlight, at room temperature, with the lid securely tightened.*

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VITALITEA

Energy & Detox

VITALITEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system.*

VITALITEA is filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.*

All the water soluble components in the herbs float in the mild but fragrant brew. They are immediately absorbed by the cells as VITALITEA enters your system. Antioxidants, polysaccharides, oligosaccharides, flavonoids, terpenes, phytosterols, alkaloids... the list becomes thousands of compounds in each of these families of phytochemicals.*

Benefits

- Cleanses digestive system*
- Removes toxins*
- Increases energy*
- Boosts metabolism*
- Supports healthy weight*
- Supports immune system*

Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

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Suggested Use

Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight.

Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VITALITEA before 4:00 pm.*

Although steeping for just a couple of hours will also work, steeping VITALITEA for up to twelve hours creates a phytonutrient-rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.*

Ingredients

Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cinnamon Bark, Organic Yerba Mate, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove

Black Seed Oil

mother nature's remedy

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PRODUCT INFORMATION PAGE

Black Seed oil (*Nigella sativa*), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness. Free of CBD and THC, it remains widely studied for its therapeutic potential.*



DIRECTIONS

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.*

ADULTS

- Start with up to 10 drops once daily for 2 to 7 days.*
- Increase to 5 to 10 drops twice daily for 2 to 7 days.*
- Gradually build up to 10 to 20 drops twice daily.*

CHILDREN 12 & UP

- Start with 1 to 5 drops once daily for 2 to 7 days.*
- Increase to 2 to 5 drops twice daily for 2 to 7 days.*
- Gradually build up to 5 to 10 drops twice daily.*

CHILDREN 6 & UP

- Start with ½ to 2 drops once daily for 2 to 7 days.*
- Increase to 1 to 3 drops twice daily for 2 to 7 days.*
- Gradually build up to 1 to 3 drops twice daily.*

Nutrition Facts			Serving Size: 30 drops/1ml (1 full dropper)	Servings per container: 30
Amount per serving			12	
Calories			Ingredients: Concentrated Unrefined Organic Cold-Pressed <i>Nigella Sativa</i> (Black Seed) Oil	
	Amount Per Serving	% Daily Value*	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Total Fat	1g	1%	**Daily Value not established.	
Calories From Fat	12		Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.	
Linoleic Acid (Omega 6)	505mg	**		
Alpha Linoleic Acid (Omega 3)	235mg	**	This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.	
Oleic Acid (Omega 9)	190mg	**		
Total Carbohydrate	0g	0%		
Protein	0g	0%		

MEDICINAL CONSTITUENTS

- **Thymoquinone:** The primary active compound in Black Seed oil (*Nigella sativa*) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection.*

Clinical studies for Black Seed:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/>
- <https://pubmed.ncbi.nlm.nih.gov/29962349/>
- <https://pubmed.ncbi.nlm.nih.gov/27364039/>
- <https://pubmed.ncbi.nlm.nih.gov/37605475/>
- <https://pubmed.ncbi.nlm.nih.gov/36815641/>
- <https://pubmed.ncbi.nlm.nih.gov/31143688/>
- <https://pubmed.ncbi.nlm.nih.gov/25829334/>
- <https://pubmed.ncbi.nlm.nih.gov/34297870/>

CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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