



4 Total Cleanse™

Developed by the Doctor who completely reinvented the entire Internal Cleansing market in health food stores!



Health & Competitive Benefits of 4 Total Cleanse™ :

- Ensures 2-3 healthy bowel movements each & every day with absolutely no dependency
- Formulations backed with 20 years of real life clinical experience & 2.5 years of actual testing
- Does not cause cramping, diarrhea, gas or over stimulating effects like other internal cleansers
- Includes critical cleansing herbs that other popular internal cleansers do not contain, such as Wasabi, Uva Ursi Leaf, Yellow Dock Root, Pau D-Arco Bark, Gentian, Horsetail & many others
- Non habit forming and buffered to help support proper gastrointestinal elimination*
- Supports healthy detoxification of all seven channels of elimination*
- 100% vegetarian product with almost no excipients or binders - less than 4 mg per capsule (made with vegetarian capsules)
- Does NOT contain Magnesium Hydroxide, Cape Aloe Gel, Senna or other harsh, un-buffered active ingredients that have potential negative effects associated with their use

Doctor Developed & Doctor Tested

- Dr. Lindsey Duncan, ND, CN Founder and CEO of Genesis Today, reinvented the entire "Internal Cleansing" market available in health food stores today
- Winner of Gold Medal VITY Awards for multiple years
- 40,000 clinical hours in every formula
- ABC, CBS, NBC, CNN & CNBC have all relied on Dr. Duncan's expert opinion on Health & Nutrition

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4Total Cleanse™ Part I: Whole Body Cleanser

UNIQUE PRODUCT FEATURES

DIRECTIONS: 4Total Cleanse Part I and Part II were designed to be taken together in the evening. As an herbal supplement, start with 1 capsule of each product and increase intake of both products by 1 capsule every other day. Continue this until you achieve 2-3 good bowel movements every day and maintain this amount. **For example: Days 1 & 2: Take 1 capsule of each. Days 3 & 4: Take 2 capsules of each. Days 5 & 6: Take 3 capsules of each, etc.** If you experience loose bowel movements, simply reduce the amount of capsules you are taking.

WARNINGS: Do not use if safety seal on bottle is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool dry place.

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Free Health Evaluation!
www.askdrindsey.com

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 capsule		Servings per Container: 60	
Amount per serving	% D.V.		% D.V.
Calcium (as calcium carbonate)	32 mg 3%	Elderberry fruit	†
Genesis Today™ Proprietary Blend:	618 mg †	Fenugreek seed	†
Alfalfa leaf	†	Pau D'Arco bark	†
Burdock root	†	Ginger root	†
Dandelion root	†	Chickweed herb (aerial parts)	†
Fennel seed	†	Echinacea Angustifolia (leaf)	†
Gentian root	†	Horsetail herb (whole plant)	†
Hawthorn berry	†	Irish moss (whole plant)	†
Mullein herb (leaf)	†	Kelp	†
Plantain leaf	†	Marshmallow root	†
Red Clover (flower)	†	Milk thistle seed extract	†
Uva Ursi leaf	†	Safflower (oil)	†
Wasabi 4:1 extract (Wasabia japonica) (seed)	†	Scullcap (aerial parts)	†
Yarrow (aerial parts)	†	Slippery elm bark	†
Yellow dock (root)	†	Cayenne pepper fruit	†
Black Cohosh root	†	Piper Longum (fruit)	†

Other Ingredients: Cellulose (vegetarian source), Magnesium Stearate (vegetarian source) and Silica (mineral source).
Formulated, Quality Tested & Distributed by: **GENESIS TODAY, INC.**
14101 W. HWY 290, BLDG.#1900, AUSTIN, TX 78737
1-800-916-6642 • www.genesis-today.com

Pau D'Arco: Originally from South America, Pau D'Arco has been used traditionally around the world to support the gastrointestinal tract & liver.*

Kelp: Supports overall glandular health & a very good source of minerals (Iodine).*

Plantain: Helps to support healthy cholesterol levels & the detoxification process of the gastrointestinal tract.†

Gentian: Generates heat & chi. Other cleansing programs remove heat & make the body too cool (cold hands & feet). Gentian also helps support & strengthen the stomach, liver, gallbladder & pancreas.*

Hawthorn Berry: Helps support healthy blood pressure & supports the detoxification of heart & circulatory system.*†

Wasabi: Generates heat & chi. Supports purification of the blood, liver & digestive system. Also used to support healthy inflammatory processes in the body.*

Yellow Dock: A well known blood cleanser, tonic & builder helping liver & lymphatic systems.

4Total Cleanse™ Part II: Intestinal Cleanser

UNIQUE PRODUCT FEATURES

WARNINGS: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Do not use if safety seal on bottle is broken.

KEEP OUT OF REACH OF CHILDREN. Store in a cool dry place.

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60 VEGETARIAN CAPSULES

DIRECTIONS: 4Total Cleanse Part I and Part II were designed to be taken together in the evening. As an herbal supplement, start with 1 capsule of each product and increase intake of both products by 1 capsule every other day. Continue this until you achieve 2-3 good bowel movements every day and maintain this amount. **For example: Days 1 & 2: Take 1 capsule of each. Days 3 & 4: Take 2 capsules of each. Days 5 & 6: Take 3 capsules of each, etc.** If you experience loose bowel movements, simply reduce the amount of capsules you are taking.

Supplement Facts

Serving Size: 1 capsule		Servings per Container: 60	
Amount per serving	% D.V.		% D.V.
Calcium (as calcium carbonate)	32 mg 3%	Licorice root	†
Genesis Today™ Proprietary Blend:	674 mg †	Centauray root	†
Cascara Sagrada (bark)	†	Clove powder (dried buds)	†
Fennel (seed)	†	Gentian root	†
Psyllium (husks)	†	Cayenne pepper fruit	†
Alfalfa leaf	†	Piper longum (fruit)	†
Ginger root	†	Red raspberry (leaf)	†
Wasabi 4:1 extract (Wasabia japonica) (seed)	†	Slippery elm (bark)	†

Other Ingredients: Cellulose (vegetarian source), Magnesium Stearate (vegetarian source) and Silica (mineral source).
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Centauray, Cloves, Gentian, Cayenne pepper fruit & Piper longum: These herbs all generate heat. No other cleanser on the market has this critical ability to generate heat in the body. On the contrary, other cleansers strip the body of it's heat which may cause the body to become deficient of it's natural chi energy.

Wasabi: Used for centuries in Japan, Wasabi's major compound *isothiocyanate*, is a strong antibacterial, has a protective effect on the colon epithelium & may inhibit the growth of mutagenic cells. Traditionally used as treatment for parasites, tooth aches & headaches.*

Cascara Sagrada: Excellent & effective in promoting 2-3 healthy bowel movements each day. Genesis Today's Cascara Sagrada is buffered: 1) Through the aging process 2) Through adjusting the pH 3) Through buffering & calming the Cascarasides 4) Through the other ingredients in this formula

†Healthy blood sugar and cholesterol levels that are already within normal range.

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