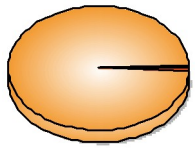


Master Cleanse

Comment: Cleansing

Meal grams: 4411.7g/155.6oz



Protein: 0%
Carbohydrates: 99%
Fat: 1%

MEAL ITEMS

WATER, BOTTLED Crystal Geyser Alpine Spring Water 1 gallon
LEMON JUICE, RAW 1 cup
MAPLE SYRUP, 100% 1 cup
PEPPER, RED OR CAYENNE 1 tsp

Nutrition Facts		
Serving Size: 1 serving (4411.7g)		
Servings: 1		
Amount Per Serving		
Calories	910	Calories from Fat 10
% Daily Value*		
Total Fat	1g	1%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	238g	79%
Dietary Fiber	1g	6%
Sugars	198g	
Protein	1g	
Vitamin A	15%	• Vitamin C 190%
Calcium	35%	• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRIENT ANALYSIS

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	907		Lycopene (mcg)	0*	
Food Energy (kj)	3795		Lutein+zeaxanthin (mcg)	259*	
Protein (g)	1	2%	Vit-A IU	795*	16%
Calories from Protein	4		Vit-B1 Thiamine (mg)	0*	6%
% Calories from Protein	0		Vit-B2 Riboflavin (mg)	0*	4%
Carbohydrates (g)	238	79%	Vit-B3 Niacin (mg)	1*	3%
Starch (g)	0*		Vit-B5 Pantothenic Acid (mg)	0*	4%
Sugars (g)	198*		Vit-B6 Pyridoxine (mg)	0*	9%
Glucose (g)	8*		Total Folate (mcg)	34*	8%
Fructose (g)	3*		Folate, Food (mcg)	34*	
Galactose (g)	0*		Folic Acid (mcg)	0*	
Sucrose (g)	181*		Folate, DFE (mcg_DFE)	34*	
Lactose (g)	0*		Vit-B12 Cyanocobalamin (mcg)	0*	0%
Maltose (g)	0*		Vit-H (mcg) Biotin	0*	0%
Dietary Fiber (g)	1*	6%	Vit-C (mg)	114*	189%
Est. Net Carbs (g)	237*		Vit-D (IU)	0*	0%
Calories from Carbohydrates	895		Tocopherol, Alpha (mg)	1*	
% Calories from Carbohydrates	99		Tocopherol, Beta (mg)	0*	
Fat (g)	1	1%	Tocopherol, Gamma (mg)	0*	
Saturated Fat (g)	0	1%	Tocopherol, Delta (mg)	0*	
Trans Fat (g)	0		Vit-E (IU)	0*	0%
Trans-Monoenoic Fat (g)	0		Vit-K (mcg)	1*	2%
Trans-Polyenoic Fat (g)	0		Calcium (mg)	351	35%
Monounsaturated Fat (g)	0		Magnesium (mg)	62	16%
Polyunsaturated Fat (g)	0		Phosphorus (mg)	26*	3%
Omega-3 (g)	0		Potassium (mg)	996	
Omega-6 (g)	0		Sodium (mg)	70	3%
Calories from Fat	8		Chloride (mg)	0*	0%
% Calories from Fat	1		Chromium (mcg)	0*	0%
Cholesterol (mg)	0	0%	Copper (mg)	0*	16%
Alcohol (g)	0		Fluoride (mg)	0*	
Calories From Alcohol	0		Iodine (mcg)	0*	0%
% Calories from Alcohol	0		Iron (mg)	4*	23%
Ash (g)	7		Manganese (mg)	11*	534%
Water (g)	4169		Molybdenum (mcg)	0*	0%
Caffeine (mg)	0*		Selenium (mcg)	2*	3%
Theobromine (mg)	0*		Zinc (mg)	14*	90%
Phytosterols (mg)	1*		Histidine (g)	0*	
Stigmasterol (mg)	0*		Isoleucine (g)	0*	
Campesterol (mg)	0*		Leucine (g)	0*	
Beta-sitosterol (mg)	0*		Lysine (g)	0*	
Vit-A (mcg_RAE)	40*		Methionine (g)	0*	
Retinol (mcg)	0*		Phenylalanine (g)	0*	
Carotene, beta (mcg)	400*		Threonine (g)	0*	
Carotene, alpha (mcg)	0*		Tryptophan (g)	0*	
Cryptoxanthin, beta (mcg)	154*		Valine (g)	0*	
			Alanine (g)	0*	

Nutrient	Value	%DV	Nutrient	Value	%DV
Arginine (g)	0*		FA 16:1 c (g)	0*	
Aspartic acid (g)	0*		FA 16:1 t (g)	0*	
Cystine (g)	0*		FA 17:1 (g)	0*	
Glutamic acid (g)	0*		FA 18:1 undifferentiated (g)	0	
Glycine (g)	0*		FA 18:1 c (g)	0*	
Hydroxyproline (g)	0*		FA 18:1 t (g)	0*	
Proline (g)	0*		FA 20:1 (g)	0	
Serine (g)	0*		FA 22:1 undifferentiated (g)	0	
Tyrosine (g)	0*		FA 22:1 c (g)	0*	
FA 4:0 (g)	0		FA 24:1 c (g)	0*	
FA 6:0 (g)	0		FA 18:2 undifferentiated (g)	0	
FA 8:0 (g)	0		FA 18:2 n-6 c,c (g)	0*	
FA 10:0 (g)	0		FA 18:2 i (g)	0*	
FA 12:0 (g)	0		FA 18:2 t not further defined (g)	0*	
FA 13:0 (g)	0*		FA 18:2 CLAs (g)	0*	
FA 14:0 (g)	0		FA 18:3 undifferentiated (g)	0	
FA 15:0 (g)	0*		FA 18:3 n-3 c,c,c (g)	0*	
FA 16:0 (g)	0		FA 18:3 n-6 c,c,c (g)	0*	
FA 17:0 (g)	0*		FA 18:3 i (g)	0	
FA 18:0 (g)	0		FA 18:4 (g)	0	
FA 20:0 (g)	0*		FA 20:2 n-6 c,c (g)	0*	
FA 22:0 (g)	0*		FA 20:3 undifferentiated (g)	0*	
FA 24:0 (g)	0*		FA 20:4 undifferentiated (g)	0	
FA 14:1 (g)	0*		FA 20:5 n-3 (g)	0	
FA 15:1 (g)	0		FA 22:5 n-3 (g)	0	
FA 16:1 undifferentiated (g)	0		FA 22:6 n-3 (g)	0	

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.