

91061 **Herbal Harmony®**

Purpose: Promotes digestive health

Servings: 30

Directions: Mix one scoop (one serving) daily with 8 mL of water or other favorite beverage. We recommend 1-2 servings per day.



It has... (Features)	Which means... (Benefits)
10 grams of fibre per serving...	...you'll receive roughly one-third of the total 30-35 grams of fibre recommended daily to promote good health.
Soluble fibre...	...it helps inhibit cholesterol production and slows digestion and absorption of carbohydrates to improve blood glucose control.
Insoluble fibre...	...it reduces constipation, diverticulosis and the risk of colon cancer and other intestinal diseases; supports growth of "good-guy" bacteria in the colon and leaves you feeling fuller longer to enhance weight loss.
Beta Carotene and Vitamin C, potent antioxidants...	...it neutralizes cell-damaging free radicals.
Papain and bromelain, two key digestive enzymes...	...you can manage inflammation, promote and maintain proper digestion, relieve bloating and indigestion and help your body function more efficiently and energetically.
Special blend of 21 bioflavonoid-rich herbs, such as ginseng, garlic and chamomile...	...you'll be promoting overall wellness thanks to the herbs' revitalizing properties.
Inulin, a pre-biotic fibre...	...you can feel fuller without extra calories while you enhance calcium absorption and support healthy digestion.
Deliciously sweetened pineapple flavor...	...you can easily mix it in any drink, including water, juice, milk or one of your daily Reliv shakes.

