

## PROBIOTIC POWER CLEANSE

WITH SUMMER BOCK

### **Top 5 Ingredients that are Sapping Your Energy, Clogging Your Liver and Filling Your Fat Cells**

I'm sharing this list of ingredients. Notice I'm not calling them food. They are not food. They are poisonous ingredients that have shown to wreak havoc in the body sometimes so severely that it produces chronic irreversible long-term illnesses.

Put this list in your wallet and pull it out every time you go shopping and out to eat.

*(continued on back)*

1. High Fructose Corn Syrup (beverages, yogurt, bread, crackers, cereals, candy, ice cream, cookies, condiments, cough syrup, canned veggies and fruits, meat)
  2. Trans Fats or Partially Hydrogenated Oils (Crisco, deep fried fries, onions, chicken, fish, doughnuts, chips, processed food)
  3. Preservatives (wine, meat, packaged, processed food)
  4. Artificial Sweeteners (gum, candy, soda, sugar-free anything, little colorful packets, salad dressing)
  5. Artificial Colors and Flavors (colorful food, salmon, cereals, jello, icing, desserts) Names: FC&C# is the term to label coloring not found in nature. Also Lakes or Dyes or MSG.
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