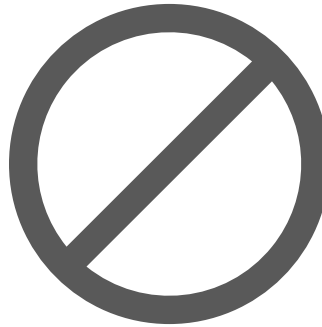


# THINK BEFORE YOU DRINK

We are concerned that certain supplements may be harmful if you have an autoimmune disease

## Avoid these ingredients:

- SPIRULINA
- ECHINACEA
- GREEN ALGAE
- TONGKAT ALI (LONGJACK)
- CHLORELLA
- ALFALFA
- ELDERBERRY (SAMBUCOL)
- ASHWAGANDHA



Before you try *supplements, powders, protein drinks, or juices*, **check the ingredients!** Look closely at anything marketed for “immune support” or “healthy immunity”

## They may be found in these products:

- BOLTHOUSE FARM (DAILY GREENS)
- HEALTH-ADE KOMBUCHA
- SYNERGY KOMBUCHA
- NAKED JUICE (GREEN MACHINE)
- SUJA
- RAW JUICE GURU
- SMARTFRUIT
- JUICE PLUS
- ROBITUSSIN WITH ELDERBERRY
- MELATONIN WITH ELDERBERRY
- NUUN IMMUNITY
- NUTRAFOL (CONTAINS ASHWAGANDHA)
- AND MANY OTHER PRODUCTS!

Nutrition Facts	
Serving size 1 bottle	
Amount Per Serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 0.5g	1%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	6%
Total Sugars 26g	
Incl. 0g Added Sugars	0%
Protein 3g	
Calcium 40mg 2%	Iron 1mg 4%
Potas. 670mg 10%	Vit. C 36mg 40%

Not a significant source of saturated fat, trans fat and vitamin D.

**INGREDIENTS:** COCONUT WATER FROM CONCENTRATE (WATER, COCONUT WATER CONCENTRATE) CUCUMBER JUICE, APPLE PUREE, PEACH PUREE, ORANGE JUICE, LEMON JUICE, KIWI PUREE, NATURAL FLAVORS, SPIRULINA, ALFAFA, BROCCOLI, SPINACH, BARLEY GRASS, WHEATGRASS, GINGER ROOT, PARSLEY, KALE, GARLIC..



1. Zeidl M. Chansky PB, Werth VP. Acute onset/flares of dermatomyositis following ingestion of IsaLean herbal supplement: clinical and immunostimulatory findings. Journal of the American Academy of Dermatology, 2018