

# What makes the **5-3-1 flush** good for you?

- **AQUATIC EARTH MIX**

*Bladderwrack, Irish Moss, Dulse, Kelp, Cacao, Lucuma, Hemp, Spearmint, Spirulina, Maca Root and Shilajit.*

Rich source of plant calcium, bioavailable iron and 100% plant-based protein.  
Natural detoxification, also supports thyroid function.

- **FRUIT MIX**

*Green Papaya, Amla, Sea Buckthorn, Mulberry, Yumberry, Baobab and Black Currant.*

Powerful antioxidants, synergistic enzymes and healing properties. Great rejuvenator.

- **GREEN MIX**

*Moringa Leaf, Rose Hip, Peppermint, Neem, Nopal Cactus, Yacon Leaf and Gotu Kola.*

Immune booster, brain food and liver flush. Normalizes blood sugar, exports fat and purifies/detoxes/feeds blood.

- **HERBAL MIX**

*Astragalus, Black Cumin, Cat's Claw, Echinacea and Pau d'Arco.*

Natural antibiotic, DNA repair and immune booster with antifungal properties.

- **CLAY MIX**

*Green Clay, Red Clay, Black Cumin Seed, Activated Charcoal, Sulfur, Turmeric and White Pine Bark.*

Unclogs pores, rejuvenates and elasticizes skin.

- **ENERGY TEA**

*Organic Sun-dried Schizandra Berries, Organic Sun-dried Elderberries, Organic Assam Tea and Organic Rooibos Tea.*

Improves circulation, vision, heart health and brain function. Boosts immune system while beautifying skin.

- **ESSIAC TEA**

*Organic Burdock Root, Organic Sheep Sorrel, Organic Rhubarb Root and Organic Slippery Elm.*

Removes heavy metals, detoxes body, restores energy levels and rebuilds immune system.

- **BLACK SEED**

*Nigella Sativa Seeds*

Boosts and strengthens immune system, tones and lubricates lungs, counters indigestive issues and expels parasites.

These statements have not been evaluated by the FDA.

This product is not intended to diagnose, treat, cure, or prevent any disease.

**Simple and Good Nutrients**

**Nourishment from the Earth and its Waters**

**[www.simpleandgoodenterprise.com](http://www.simpleandgoodenterprise.com)**

