

# Solutions4™

## CHILDREN'S NATURAL HEALTH

### internal care

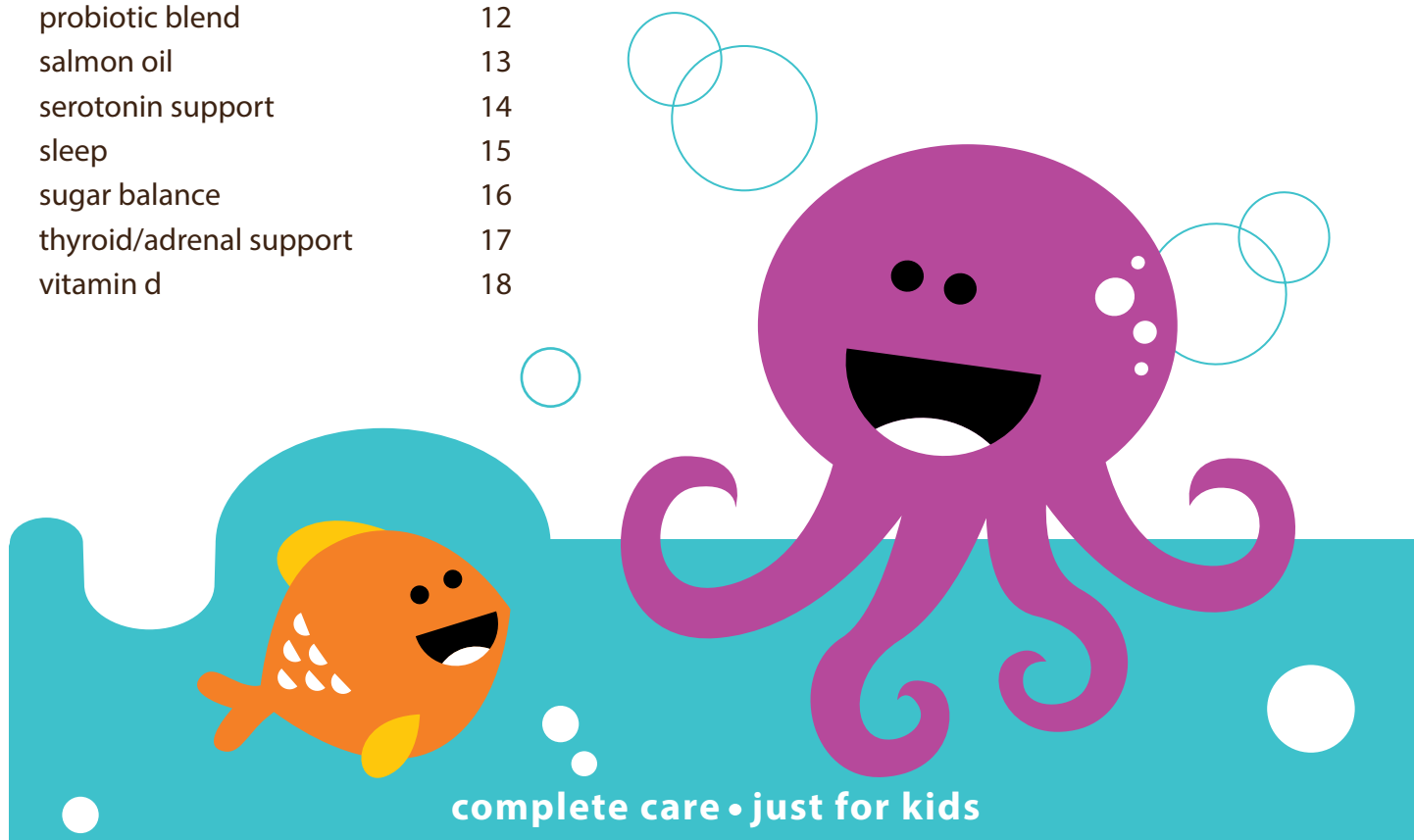
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complete care • just for kids

## adrenal calming

90  
v-caps

We live in a fast-paced world in which over-scheduled children run from one activity to the next. These stresses affect our children's adrenal glands in the most impactful ways. The Solutions4 Children's Adrenal Calming formulation will help to ease an over stimulated mind, allowing your child to focus on growing and thriving.

## This Product:

- Reduces stress
- Enhances mental clarity and focus
- Promotes a state of restful ease
- Improves sleep quality
- Reduces symptoms of anxiety

## Concentrated Formula Contains:

Rhodiola Rosea (Root)  
SerinAid 50P  
L-Glycine

L-Taurine  
Vegetable Cellulose

Silicon Dioxide  
Magnesium Stearate

**Suggested Use:** Administer when there is a need for learning and focus during the day. May also be used at night to encourage deep and restful sleep.

**Dosing:** If child is over 100 lbs, dose 1-2 capsules as suggested above  
If child is under 100 lbs, dose 1 capsule as suggested above

**Shelf Life:** 7 years



Health heroes astaxanthin and beta-carotene work together to provide the unique benefits of the world's greatest superfruits and veggies. Solutions4 Children's Antioxidant provides power-packed capsules that have two assignments – destroy free radicals and protect healthy cells from being compromised.

#### This Product:

- Maintains health
- Helps the body fight disease
- Encourages cells to work properly
- Stimulates the immune system
- Contains anti-inflammatory properties

#### Concentrated Formula Contains:

Astaxanthin Extract  
Angel Hair Extract  
Ginkgo Biloba (Leaf)  
Bilberry (Leaf)

Vitamin C  
Milk Thistle Herb  
Selenium Chelated

Motherwort Herb  
Green Tea  
Red Raspberry (Leaf)

**Suggested Use:** Administer daily. Extremely beneficial for children who spend time in public settings and encounter threats to their immune systems on a daily basis.

**Dosing:** If child is over 100 lbs, dose 2 capsules as suggested above  
If child is under 100 lbs, dose 1 capsule as suggested above

**Shelf Life:** 7 years



## body purifier

90  
v-caps

Despite our best efforts as parents, our children swallow, inhale, and absorb toxins on a daily basis. These toxic substances bombard their little systems, causing an increased risk of disease and developmental disorders. Though this can be scary, you can find comfort in the fact that Solutions4 Body Purifier will safely, naturally, and gently flush out these impurities. This will allow your children to achieve better health and brain functionality.

## This Product:

- Flushes out heavy metals, chemicals, and harmful food additives
- Removes mucus and congestion
- Purifies the blood stream
- Fights bacteria, virus, yeast, mold, and worms
- Cleanses the lymphatic system

## Concentrated Formula Contains:

Red Clover Blossom

Burdock (Root)

Dandelion (Root)

Echinacea Purpurea (Herb)

Ginger (Root)

Sarsaparilla (Root)

Oregon Grape (Root)

Burdock (Seed)

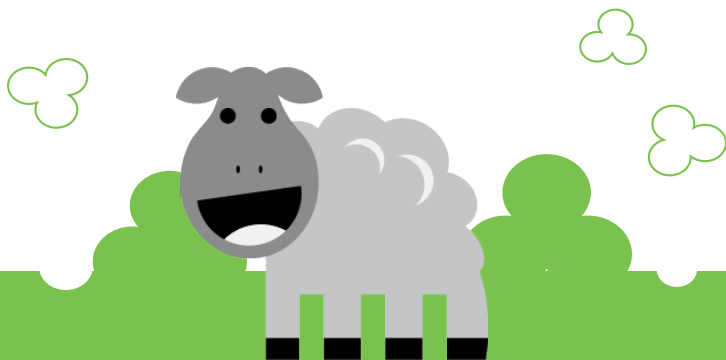
Golden Seal (Root)

Yellow Dock (Root)

**Suggested Use:** Administer when a child is experiencing congestion, has too much mucus, or is fighting off illness.

**Dosing:** If child is over 100 lbs, dose 1-2 capsules 2-3 times daily as suggested above  
If child is under 100 lbs, dose 1 capsule 2-3 times daily as suggested above

**Shelf Life:** 7 years



Milk and other calcium-rich foods are a must-have in our kids' diets. After all, calcium is a key building block that the body needs to support physical growth and development. Sadly, most kids don't get enough calcium each day. The S4 Children's Calcium is guaranteed to be clean and pure to give your kiddo the extra boost their body needs to be healthy.

#### This Product:

- Maintains strong bones and teeth
- Encourages healthy muscle contractions
- Regulates blood pressure

#### Concentrated Formula Contains:

Calcium Carbonate 600 mg  
Vitamin D3 (Cholecalciferol) 1000 IU

#### Capsule Ingredients:

Gelatin  
Glycerin  
Soybean Oil

**Suggested Use:** Administer 1-2 capsules daily with a large glass of water.

**Dosing:** If child is over 100 lbs, dose 2 capsules daily  
If child is over 100 lbs, dose 1 capsules daily

**Shelf Life:** 7 years



## craving and impulse control

90  
v-caps

Impulsive kids may experience problems at school, in the home, or in relationships with others. As a parent, you can feel better knowing that Solutions4 Craving and Impulse Control offers support to help young minds stay balanced and focused.

## This Product:

- Balances energy levels
- Supports healthy weight management
- Helps manage food cravings
- Allows for greater mental clarity and focus
- Increases cognition and concentration
- Helps control impulsive behavior

## Concentrated Formula Contains:

Vitamin C	N-Acetylcysteine	Velvet Bean Extract
Vitamin B6	L-Phenylalanine	Coleus Forskohlii (Root) Extract
Vitamin B5	Green Tea (Leaf) Extract	Huperzia Serattaherb Extract
Chromium	5-Hydroxytryptophan	Vegetable Cellulose

**Suggested Use:** Administer when your child has cravings for unhealthy foods. Also use for focus and learning during the day.

**Dosing:** If child is over 100 lbs, dose 1-2 capsules daily as suggested above  
If child is under 100 lbs, dose 1 capsule daily as suggested above

**Shelf Life:** 7 years



## digestive enzyme

90  
v-caps

Poor digestion can cause children to develop poor health and behavioral problems. This is where Solutions4 Digestive Enzyme comes in. This unique supplement provides the enzymes your child needs to properly break down and digest foods, keeping the tummy in tip-top shape.

## This Product:

- Allows the body to better absorb nutrients from food
- Breaks down food
- Restores natural energy
- Improves immune system efficiency
- Rests vital organs
- Prevents gas, bloating, diarrhea, and heartburn
- Reduces allergies
- Promotes weight control
- Aids in proper waste elimination

## Concentrated Formula Contains:

Omega 3 Fatty Acids (Fish)	Ginger (Root)	Protease
Pancreatin 3X	Peppermint (Leaf)	Amylase
Dandelion (Root)	Garlic (Pure)	Lipase
Fennel (Seed)	Bilberry (Herb)	Cellulase

**Suggested Use:** Administer prior to mealtime to ensure proper assimilation of food. May also be given after eating at times when your child has heartburn or feels overly full, bloated, or gassy.

**Dosing:** If child is over 100 lbs, dose 2 capsules as suggested above  
If child is under 100 lbs, dose 1 capsule as suggested above

**Shelf Life:** 4 years

NOT A VEGAN PRODUCT



## evening primrose oil

200  
softgels

Kids always stop to smell the roses, but it's up to you to ensure that their growing bodies get the essential nutrients that those flowers have to offer. Solutions4 Evening Primrose Oil has superpowers that give your kiddos the extra boost their bodies need for healthy brain function.

## This Product:

- Improves skin conditions
- Reduces inflammation
- Helps calm the body
- Improves focus
- Enhances immune system
- Lowers blood cholesterol and blood pressure

## Concentrated Formula Contains:

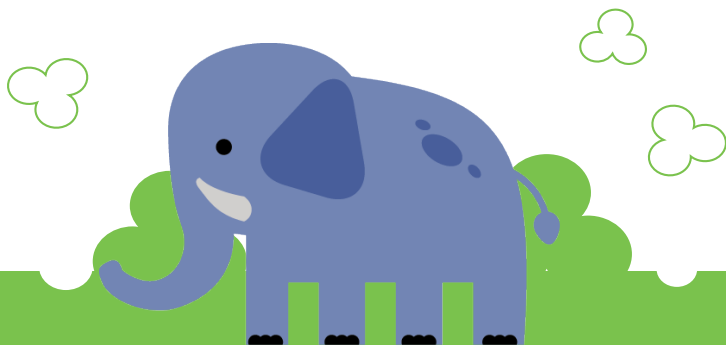
Evening Primrose Oil 500mg    Cis-Linoleic Acid (LA)    Gamma-Linolenic Acid (GLA)

Suggested Use: Administer daily for optimal health.

Dosing: If child is over 100 lbs, dose 3 capsules as suggested above

If child is under 100 lbs, dose 1-2 capsules as suggested above

Shelf Life: 3 years





No one likes to be hungry – especially children! Solutions4 Fiber Blend helps to keep your child feeling full and satisfied without junk food or unnecessary calories. Fiber is a key ingredient for building a healthy digestive system.

#### This Product:

- Encourages healthy weight management
- Helps satisfy hunger and helps children feel “full” for a longer period of time
- Maximizes efficiency without calories
- Cleanses bowels and intestines
- Stimulates natural action of intestines
- Reduces adrenal acne
- Adds bulk to stool
- Absorbs waste
- Regulates hormones

#### Suggested Use:

Wheat Bran

Psyllium Husk Powder

Suggested Use: Administer daily to increase a child’s fiber intake. May also be used when a child is experiencing difficulty with elimination.

Dosing: If child is over 100 lbs, dose 2-6 capsules as suggested above  
If child is under 100 lbs, dose 1-3 capsules as suggested above

Shelf Life: 7 years



Your child uses the nutrients in food to grow, learn, and thrive. But what happens to what's leftover? Cue the elimination system! The ability to remove waste from the body is essential for a child's health. Solutions4 Children's Internal Repair helps to get rid of excess waste materials, toxins, and fluids that build up in the body – ensuring that nothing holds your child back from a lifetime of optimal health.

#### This Product:

- Breaks down encrustation of waste in the colon
- Restores the peristaltic action of the colon
- Relieves gas and pains in the bowels
- Expels toxins
- Acts as an anti-inflammatory in the gastrointestinal tract
- Improves function of the stomach and liver
- Lubricates the intestinal tract

#### Concentrated Formula Contains:

Marshmallow Root  
Oregon Grape Root  
Yellowdock Root

Butternut Bark  
Cloves  
Fennel Seeds

Ginger Root  
Cascara Sagrada

**Suggested Use:** Administer to children who have a history of poor elimination and/or flatulence.

**Dosing:** If child is over 100 lbs, dose 2-6 capsules daily as suggested above  
If child is under 100 lbs, dose 1-3 capsules as suggested above

**Shelf Life:** 7 years



## multivitamin/multimineral

90  
v-caps

Getting your kids to eat healthy can be a challenge. We understand this, so we created the Children's Multivitamin/Multimineral. This supplement provides your child with 100% of the essential vitamins and minerals that their growing bodies need to thrive.

## This Product:

- Balances energy levels
- Aids in the removal of free radicals
- Encourages healthy weight management
- Improves skin tone and texture
- Improves digestion
- Repairs cells

## Concentrated Formula Contains:

Vitamin A	Magnesium Chelated	Iron Chelated	Potassium Chelated
Vitamin A	Zinc Chelated	Phosphorus USP	Hesperidin Complex
Vitamin D 1%	Selenium	Iodine	Citrus Bioflavins
Vitamin E	Biotin D	Paba	Rosemary (Herb)
Vitamin B1	Calcium Citrate	Ginkgo Biloba Leaf	Rose Hips
Vitamin B2	Lecithin	Alfalfa Leaf	Rutin
Niacinamide Usp	Inositol Monophosphate	Manganese Chelated	Grape Seed
Vitamin B6	Calcium Ascorbate	Chromium Chelated	Ginseng, Siberian
Vitamin B12	Calcium Chelated	Molybdenum	Kelp
Folic Acid Usp			

Dosing: For all children, administer 1 capsule daily for optimal health.

Shelf Life: 7 years



## organic flax seed oil

90  
v-caps

Omega-3s have become quite the nutritional superstars! The anti-inflammatory properties of essential fatty acids work wonders for little bodies – they support healthy brain function, improve the health of the skin and eyes, and promote general wellbeing. The Solutions4 Children's Organic Flax Seed Oil takes center stage by offering your kiddo countless health-boosting benefits that will propel your child towards a lifetime of wellness.

### This Product:

- Regulates cholesterol and triglyceride levels in the blood
- Improves function of hyperactive children
- Increases metabolic rate, stamina, and muscle fatigue recovery
- Reduces inflammation
- Alleviates acne

### Concentrated Formula Contains:

Organic Flaxseed Oil:

*Omega-3*

*Omega-6*

*Omega-9*

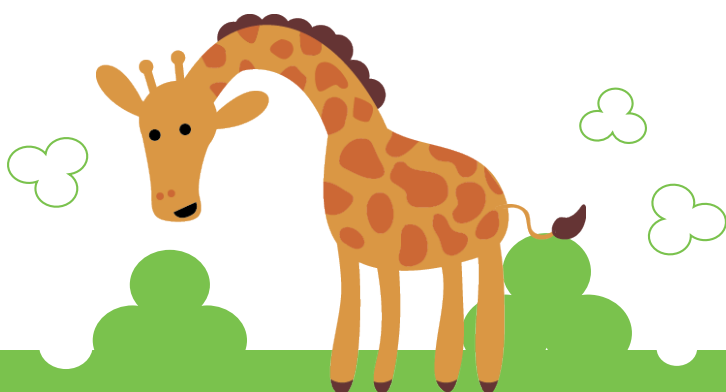
*Other Fatty Acids*

Suggested Use: Administer daily for optimal health.

Dosing: If child is over 100 lbs, dose 3 capsules as suggested above

If child is under 100 lbs, dose 1-2 capsules as suggested above

Shelf Life: 3 years



A healthy immune system begins in your child's gut. Supplementing with Solutions4 Children's Probiotic Blend can provide your child with the natural defenses needed to fight off all the bad guys (harmful bacteria) and keep a good balance of intestinal flora. It's jam-packed with 10 billion enterically-coated units of probiotics in each capsule.

#### This Product:

- Reduces anxiety
- Improves mood
- Controls acne
- Promotes healthy cell renewal
- Helps prevent gas and bloating
- Combats harmful bacteria
- Fights infection
- Stimulates the immune system

#### Concentrated Formula Contains:

Vitamin A (10% Beta-Carotene)	Zinc Citrate	Pau d'Arco (Bark)
Vitamin C (Ascorbic Acid)	Barberry Root (Bark)	Garlic (Powder) Pure
Biotin D	Licorice (Root)	Golden Seal (Root)
Lactobacillus Acidophilus	Bifidobacterium Longum	Bifidobacterium Bifidum

**Suggested Use:** Administer daily with a meal. Especially beneficial for post-antibiotic use.

**Dosing:** If child is over 100 lbs, dose 2 capsules daily as suggested above  
If child is under 100 lbs, dose 1 capsules daily as suggested above

**Shelf Life:** 4 years



It's time to go fishing, and wild Alaskan salmon is the catch of the day! The Solutions4 Children's Salmon Oil contains 180 mg of EPA and 220 mg of DHA, providing your child with a healthy brain boost and an increase in overall wellbeing. So what are you waiting for? Reel in the power of these incredible softgels and hook into the health-boosting benefits that they have to offer.

#### This Product:

- Increases bone and joint health
- Assists in cognitive function
- Increases the health of eyes, skin and nails
- Improves mental health
- Boosts cognitive function and learning

#### Concentrated Formula Contains:

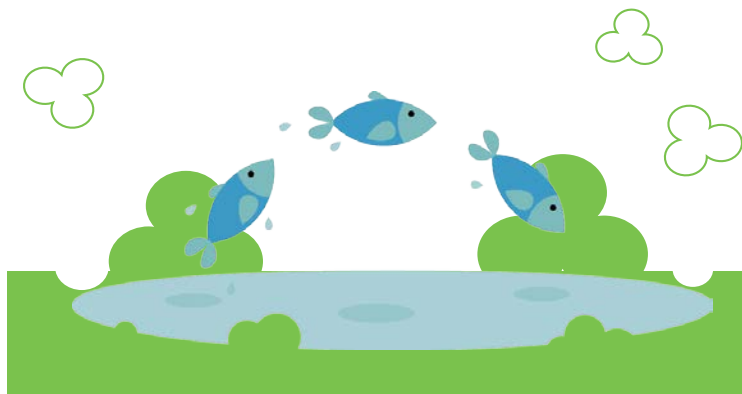
Salmon Oil:	420 mg of total omega-3 fatty acids	Shell:	Gelatin
	150 mg EPA		Vegetable Glycerin
	180 mg DHA		Purified Water

**Suggested Use:** Administer ½ hour after morning and evening meals (daily).

**Dosing:** If child is over 100 lbs, dose 2 capsules daily as suggested above  
If child is under 100 lbs, dose 1 capsules daily as suggested above

**Shelf Life:** 7 years

*NOT A VEGAN PRODUCT*



Kids should always view the world with rose-colored glasses. When things just aren't going their way, Solutions4 Children's Serotonin Support is there to give them the mood boost they need. This special blend of herbal extracts and other naturally-occurring substances helps to relay feel-good vibes from one area of the brain to another, encouraging our little ones to see the world as it should be.

#### This Product:

- Improves cognition
- Lowers stress levels
- Reduces irritability
- Balances mood
- Helps regulate sleep cycles
- Improves memory and cognition

#### Concentrated Formula Contains:

Vitamin C  
Calcium

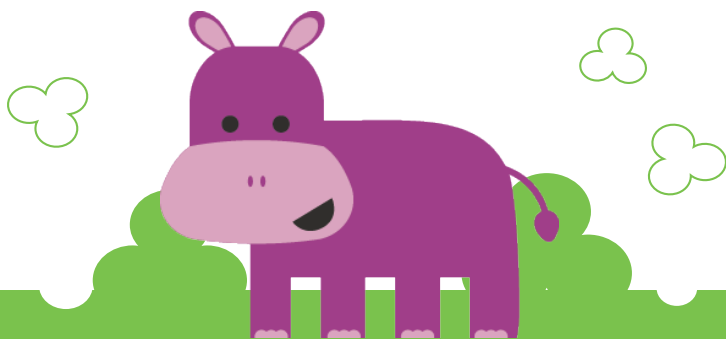
Vitamin B6  
Folate

5-Hydroxytryptophan  
Vegetable Cellulose

**Suggested Use:** Administer when a child is experiencing irritability, poor concentration, or irregular sleep cycles.

**Dosing:** If child is over 100 lbs, dose 1-2 capsules daily as suggested above  
If child is under 100 lbs, dose 1 capsules daily as suggested above

**Shelf Life:** 7 years



Sleep is a necessary part of the day, especially for children. Sleep deprivation can affect a child's health, social life, grades, and physical well-being. That's where Solutions4 Sleep comes in. This unique supplement naturally calms and relaxes little minds and bodies without causing dependencies or other side effects. It allows kids to achieve the deep, restorative sleep that their growing bodies need. Our gentle formula was created by a loving father who understands the value of a good night's rest...for everyone involved.

#### This Product:

- Promotes healthy sleep
- Aids in stress management
- Soothes an anxious mind
- Allows kids to awake feeling refreshed
- Encourages restorative sleep

#### Concentrated Formula Contains:

Melatonin

5-Hydroxytryptophan

Vegetable Cellulose

Gamma-Aminobutyric Acid

**Suggested Use:** If a child is experiencing irregularities in their sleep cycle, administer 30 minutes before bedtime.

**Dosing:** If child is over 100 lbs, dose 1-2 capsules daily as suggested above  
If child is under 100 lbs, dose 1 capsules daily as suggested above

**Shelf Life:** 2 years





Life is a constant balancing act, and you may be fighting against the tide. Believe it or not, the blood sugar fluctuations your child experiences after they eat can have a huge impact on their quality of life. Blood sugar irregularities can affect a child's ability to fight off illness, properly absorb nutrients from food, focus in school, and effectively follow directions. Solutions4 Sugar Balance helps to calm behavioral waves and bring blood sugar levels into balance. This gives your little ones the best change at learning and thriving.

#### This Product:

- Reduces hunger pangs and nervous tension
- Regulates blood sugar levels
- Aids in digestion
- Balances mood
- Improves focus and concentration

#### Concentrated Formula Contains:

Bladderwrack Herb  
Burdock Root  
Chickweed Herb  
Dandelion Root

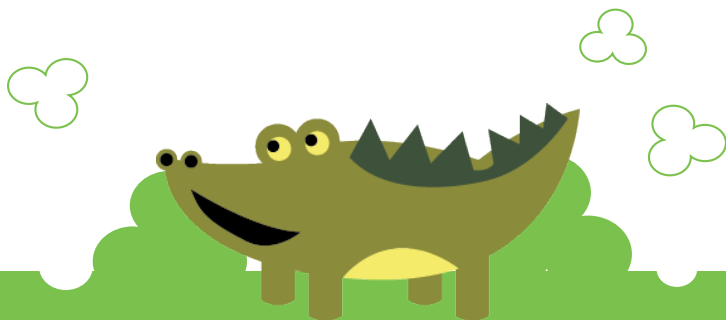
Fennel Seed  
Gotu Kola Herb  
Hawthorn Berry

Kelp  
Licorice (Root)  
Parsley (Leaf)

**Suggested Use:** Administer 1-2 capsules  $\frac{1}{2}$  hour before each meal three times daily.

**Dosing:** If child is over 100 lbs, dose 2 capsules daily as suggested above  
If child is under 100 lbs, dose 1 capsules daily as suggested above

**Shelf Life:** 7 years



Every parent knows that a well-balanced child is a happy child, but sometimes imbalances happen for reasons we don't fully understand. Solutions4 Children's Thyroid/Adrenal Support was developed for kids who have or are suspected of having a thyroid disorder. This adrenal-supporting formula helps to balance hormone levels so that your little one can focus on the most important thing – being a kid.

#### This Product:

- Restores the body's optimal thyroid hormone levels
- Alleviates the symptoms of thyroid disorders, such as weight gain, low energy, fatigue, decreased growth rate, muscle soreness, and depression
- Encourages T4 production (bacopa)

#### Concentrated Formula Contains:

Kelp

Bacopa

Hops (Flower)

Sage (Leaf)

Ashwaganda

Coleus Forskohilii

Rosemary

Bladderwrack

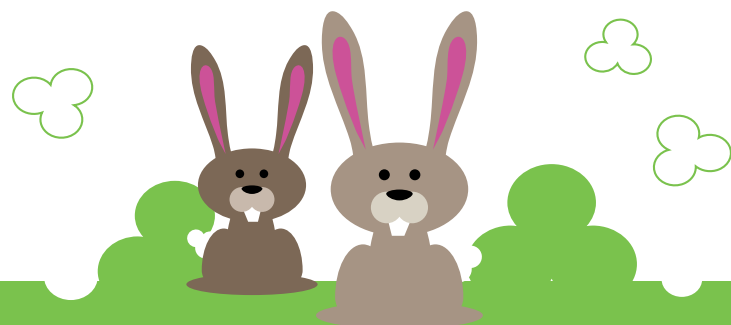
Ginseng Siberian

Shizandra (Root)

Suggested Use: Administer daily as directed by a healthcare professional.

Dosing: Take 1 capsule daily or as suggested by a healthcare professional.

Shelf Life: 7 years



Playing out in the sun encourages children to grow up strong and healthy. Now, your child can carry that sunshine with them throughout the day! Solutions4 Vitamin D helps to drive away the health-robbing clouds that loom overhead by providing children with 1,000 IU of body-benefiting goodness. After all, who doesn't look forward to sunny weather?

This Product:

- Boosts mood
- Strengthens immune system
- Lowers risk of disease and infection
- Encourages strong teeth and bones

Concentrated Formula Contains:

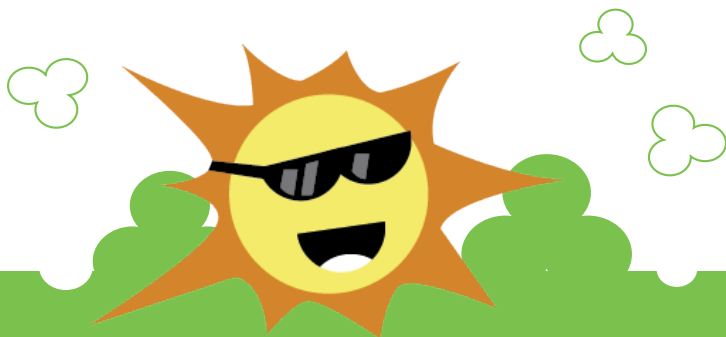
Vitamin D as Cholecalciferol

Suggested Use: Administer daily for optimal health.

Dosing: If child is over 100 lbs, dose 2 capsules daily as suggested above

If child is under 100 lbs, dose 1-2 capsules daily as suggested above

Shelf Life: 2 years



## nutritional shake

32  
servings

Do you have a picky eater in your house? Are you worried about meeting all of your child's nutritional needs? Solutions4 Nutritional Shake can give you what you are looking for and more! This delicious and nutritious shake provides a well-balanced meal and/or snack for growing bodies. With 10 grams of protein, 17 essential vitamins, and other health-boosting ingredients (probiotics, digestive enzymes, fiber, and omega-3 fatty acids), this whey-based shake is best in its class. It mixes instantly with water for the ultimate grab-and-go meal or snack!

## This Product:

- Improves brain function
- Aids immune system and digestion
- Encourages healthy weight management
- Improves bone and muscle development
- Reduces bad cravings
- Is free of GMO, gluten, lactose, dairy, sugar, yeast, and nuts

## Concentrated Formula Contains:

Organic Whey Protein	Vitamin C	Magnesium	Cystine	Xanthin
Milk Protein Isolate	Tryptophan	Iron	Glutamic Acid	Sweet Source
Vitamin A	Magnesium	Fibersol	Glycine	72 Trace Minerals
Vitamin E	Potassium	CLA	Histidine	Lysine
Vitamin K	Enzyme Pack	Tyrosine	Isoleucine	Methionine
Vitamin B1	Citrus Bioflavoniods	Vitacell	Leucine	Phenylalaine
Vitamin B2	Probiotic Pack	Krill Oil	Folic Acid	Proline
Vitamin B3	Brown Rice Creamer	Valine	Biotin	Serine
Vitamin B5	18 Amino Acid Blend	Alanine	Vitamin D	Theronine
Vitamin B6	Chickory Fiber	Arginine	Sun Flower Oil	Aspartic Acid
Vitamin B12				

**Suggested Use:** For meal replacement, mix 2 level scoops with 8-10 fl oz of water. For snack option, mix 1 level scoop with 4-5 fl oz of water.

**Shelf Life:** 6 years

NOT A VEGAN PRODUCT



## anti-inflammatory gel

1.7oz

Painful muscles and/or nerves are no fun for anyone! Cool things down with the Solutions4 Children's Anti-Inflammatory Gel. When massaged into the skin, this soothing cream will gently increase circulation and reduce the body's inflammatory response. It's perfect for kids who need a little help to resume an active life.

Tip: Apply to legs and feet when child is experiencing growing pangs.

This Product:

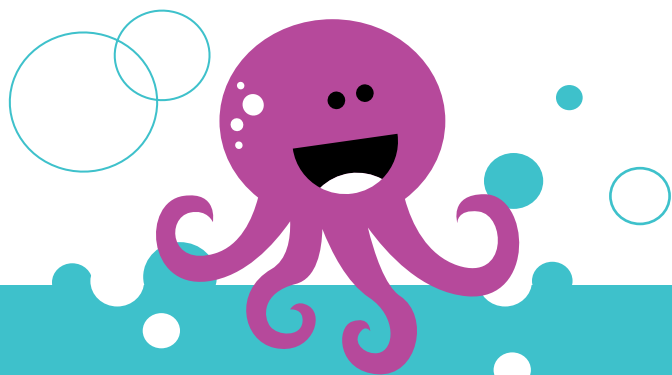
- Provides long-lasting natural pain relief by reactivating itself throughout the day
- Decreases swelling, inflammation, aches, and soreness of muscles and joints caused by injury, sprains, stiffness, arthritis, sciatica, rheumatic pain, and fibromyalgia

Concentrated Formula Contains:

Aloe Vera	Green Tea Extract	Silica
Carbomer	Orange Peel Extract	Food Grade Preservatives
Decyl Polyglucose	Queen Of The Prairie Extract	Vegetable Glycerin
Deionized Water	Rose Water	Witch Hazel
Grapefruit Extract	Sodium Hydroxymethylglycinate	Yucca Extract

Suggested Use: Apply as needed, 1-3 times daily to calm muscle and nerve pain.

Shelf Life: 1 year



## circulatory cream

2 oz

Sometimes, toxins and fluids can build up in our children's bodies if they're not successfully processed for removal. Fortunately, Solutions4 Children's Circulatory Cream is available for such occasions! This cream encourages the elimination system to flush out built up toxins that weigh down young bodies. Use it as-needed to reduce water retention and/or increase circulation.

## This Product:

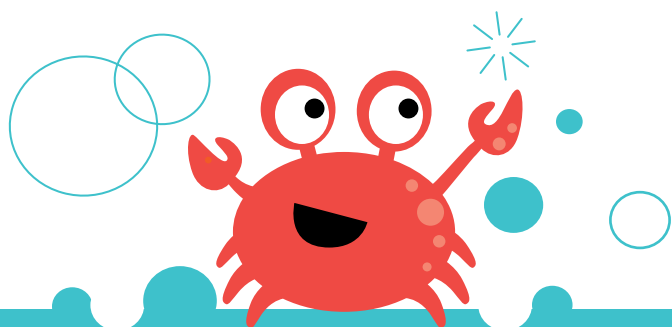
- Removes toxins trapped in the connective tissue
- Increase skin elasticity and health

## Concentrated Formula Contains:

DI Water	Soybean Oil	Propylene Glycol	Allantoin
Aloe Juice	Vegetable Glycerin	Avocado Oil	Panthenol
Sesame (Seed) Oil	Ivy (Leaf) Extract	Niacinamide	Triethanolamine
Stearic Acid	Spirea Ulmaria (Flower) Extract	Peppermint Oil	
Glyceryl Stearate	Equisetum Arvense (Leaf) Extract	Vitamin E	

Suggested Use: Use as directed by a healthcare professional.

Shelf Life: 1 year



## skin repair cream

1.7oz

Owies don't have anything on this cream! The Solutions4 Children's Skin Repair Cream combines 7 powerful potions into one cream, creating the most powerful tissue-rebuilder ever! You'll have peace of mind knowing that the next time your child scrapes their knees, you can use this formulation to heal tissues from the inside-out. Let the cream do its job so that you can focus on the most important part of the process – dishing out loves and hugs.

Bonus Tip: This product is especially helpful for dry and damaged skin, burns, eczema, psoriasis, poison oak, poison ivy, abrasions, and sunburns. It can also help to reduce scarring.

## This Product:

- Protects and soothes damaged skin
- Minimizes and reverses the scarring process
- Rebuilds tissue naturally

## Concentrated Formula Contains:

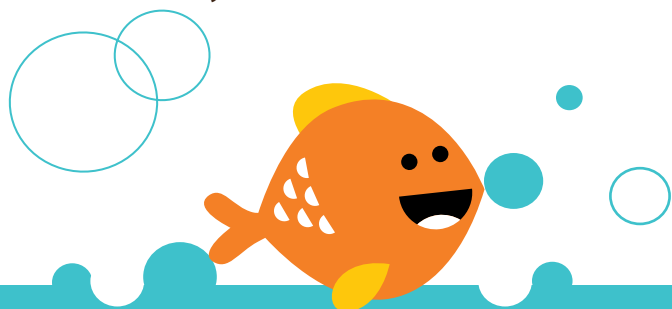
Aloe Barbadensis  
DI Water  
Sesame Seed Oil  
Stearic Acid  
Glyceryl Stearate

Propylene Glycol  
Allantoin  
Panthenol  
Petrolatum  
Isopropyl Myristate

Cetyl Alcohol  
Eucalyptus (Leaf) Oil  
Methyl Salicylate  
Beta Carotene  
Glycerin

Suggested Use: For best results, apply evenly across problem areas several times a day. The cream must be used at least once a day until the problem is alleviated. To extend the shelf life of the cream, keep opened product in the refrigerator.

Shelf Life: 1 year



Clean kids are happy kids. Solutions4 Children's Wash combines a shampoo and body wash for a two-in-one natural botanical cleanser. This pH-balanced cleanser is hypo-allergenic for sensitive skin, and yet tough enough to penetrate every pore for the deepest clean. From their sweet little heads to those ten wiggly toes, this gentle soap will leave every kid's skin soft and kissably clean.

Bonus Tip: This product is free from parabens, urea, sulfates, artificial colors, and perfumes.

#### This Product:

- Controls acne conditions
- Relieves ingrown hairs
- Cleanses the skin without drying
- Flushes away excess oils, waste materials from perspiration, soot, smog residue, bacteria, and fungus

#### Concentrated Formula Contains:

Di Water	Collagen	Citric Acid
Cocomide Dea	Hydroxypropyl Methylcellulose	Sodium Lauryl Ether Sulfate
Cocoamidopropyl Betaine	Quercus Alba Bark Extract	

**Suggested Use:** As a gentle facial wash, use morning and night. May also be used as a shampoo and all-over body wash.

**Shelf Life:** 1 year

