

Herbal Nutrition is designed to work with **Chomper®** to optimize deep cleansing and minimize cleansing reactions.* **Herbal Nutrition** is an herbal cleansing formula that can assist all the body's organs while supplying nutrition and electrolytes to enhance the cleansing process.* These herbs are known to increase healthy energy and endurance.* They also contain abundant amounts of chlorophyll, one of nature's greatest gifts for internally cleansing the body.*

Along with other program components, **Herbal Nutrition** helps make up the renowned **Arise & Shine** cleansing programs, **Cleanse 14™** and **Cleanse 28®**.

Suggested Intake:

3 capsules or more as needed taken between meals, or at least 90 minutes after a Psyllium shake during the cleansing process with an equal amount of **Chomper** or **Chomper with Cayenne**, or as directed by your health care professional.

For more information please read the **Arise & Shine Cleanse Guide**.

Storage Recommendations:
Keep cool and dry with lid tightly sealed.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Arise & Shine™

TRANSFORMATIONAL CLEANSING*™

Herbal Nutrition

Herbal Dietary Supplement
300 Vegetable Capsules
Net weight 142.5 grams/4.99 ounces

Supplement Facts

Serving Size: 3 capsules

Servings Per Container: 100

	Amount Per Serving	% Daily Value
Nature's Purifying Mix:	855 mg	**
Milk Thistle (seed)		
Tumeric (root) - Organically Grown		
Burdock (root)		
Red Clover (aerial parts)		
Dandelion (root) - Organically Grown		
Chickweed (leaf) - Organically Grown		
Cleavers (herb)		
Yarrow (aerial parts)		
Uva Ursi (leaf)		
Natural Nutritional Support Mix:	570 mg	**
Alfalfa (leaf) - Organically Grown		
Marshmallow (root)		
Irish Moss (whole) - Organically Grown		
Kelp (leaf) - Organically Grown		

** Percent Daily Value not established

Other Ingredients: Vegetarian Capsule (Hypromellose and Water)

Distributed by:

Avalon Acres, Inc.

PO Box 2845 Mount Vernon, Washington 98273 USA

1-800-688-2444

Customer Care: info@ariseandshine.com

www.ariseandshine.com