

Intestinal System

Supports Proper Elimination*

Stock No. 5382-9
NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660
1-800-223-8225 www.naturessunshine.com

Each packet in this 30 day program contains 2 Bowel Detox capsules, 1 Probiotic Eleven capsule and 2 Psyllium Hulls capsules.

RECOMMENDATION

Each day take the contents of two packets: take one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

Supplement Facts

Serving Size 1 Packet

BOWEL DETOX

Serving Size 2 Capsules

Amount Per 2 Capsules		% Daily Value
Vitamin A (beta-carotene)	600 IU	12%
Vitamin C (ascorbic acid)	20 mg	33.5%
Vitamin E (d-alpha tocopherol from soy)	4 IU	13.5%
Zinc (gluconate)	2 mg	13.5%
Selenium (amino acid chelate)	10 mcg	14.5%
Betaine HCl	16 mg	*
Bile Salts	16 mg	*
Pancreatin	10 mg	*
Pepsin (contains lactose from milk)	16 mg	*
Proprietary Blend	924 mg	*
Psyllium Hulls (<i>Plantago ovata</i>), Algin (from brown seaweed), Cascara Sagrada Bark (<i>Rhamnus purshiana</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Apple Pectin, Parthenium Aerial Parts and Root (<i>Parthenium integrifolium</i>), Activated Charcoal, Marshmallow Root Extract (<i>Althaea officinalis</i>), Sodium Copper Chlorophyllin, Bentonite Clay		

* Daily Value not established

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable), silicon dioxide (powdered silica).

PSYLLIUM HULLS

Serving Size 2 Capsules

Amount Per 2 Capsules

Psyllium Hulls (*Plantago ovata*) 930 mg*

* Daily Value not established

Other Ingredients: Capsule (kosher gelatin, water).

PROBIOTIC ELEVEN®

Serving Size 1 Capsule

Amount Per 1 Capsule

<i>Lactobacillus rhamnosus</i>	800 million	CFU	*
<i>Bifidobacterium bifidum</i>	600 million	CFU	*
<i>Lactobacillus acidophilus</i>	600 million	CFU	*
<i>Lactobacillus brevis</i>	600 million	CFU	*
<i>Lactobacillus bulgaricus</i>	600 million	CFU	*
<i>Lactobacillus plantarum</i>	600 million	CFU	*
<i>Streptococcus thermophilus</i>	600 million	CFU	*
<i>Bifidobacterium infantis</i>	400 million	CFU	*
<i>Bifidobacterium longum</i>	400 million	CFU	*
<i>Lactobacillus casei</i>	400 million	CFU	*
<i>Lactobacillus salivarius</i>	400 million	CFU	*

* Daily Value not established

* Amount at time of manufacture

Other Ingredients: FOS (short and long chain), capsule (kosher gelatin, water), cellulose (plant fiber), magnesium stearate (vegetable), silicon dioxide (powdered silica).

May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

NOTICE: This product contains cascara sagrada bark. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain.** Consult your physician if you have frequent diarrhea, or if you are pregnant, nursing, taking medication, or have a medical condition. Do not exceed recommended dose. Not for long-term use.

This product contains probiotic material. Some probiotics grown on a milk culture.

FOR BEST RESULTS REFRIGERATE THIS BOX UPON RECEIPT

This carton was sealed for your protection. Do not use if outer shrink wrap is missing or damaged.

Nature's Sunshine uses natural source materials in its products that are subject to color variation.

©2012 Nature's Sunshine Products, Inc.
Product of U.S.A.

The time lapse between eating food and eliminating waste is known as "transit time". Transit time and colon health are directly correlated: the longer the transit time, the longer the intestinal system is exposed to waste. Stress, medication, a poor diet, inadequate fiber, dehydration and lack of exercise can all result in slow transit time, which may result in a variety of conditions related to an unhealthy colon. The ingredients in this 30 day **Intestinal System** program are formulated and traditionally used to support proper elimination and colon health.*

By understanding our body's intricate and harmonious systems we can improve our own health and vitality, and share this wisdom with those we love.

Bowel Detox: Provides enzymes to aid in upper gastrointestinal tract digestion. Also contains bulking agents to help encourage the proper flow of waste through the colon.*

Probiotic Eleven: A combination of 11 types of friendly bacteria that support proper digestion and nutrient absorption. Probiotics are important to the intestine and colon as they help produce enzymes, support immune function and help prevent occasional constipation.*

Psyllium Hulls: A soluble fiber that has a remarkable ability to absorb water, and help absorb bowel toxins. Psyllium Hulls supports healthy sugar metabolism, and may help maintain already normal levels of cholesterol in the bloodstream.*

**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.*



Intestinal System

Supports Proper Elimination*

DIETARY SUPPLEMENT - 30 DAY PROGRAM

60 PACKETS - (300 Capsules)

Se conoce al tiempo que pasa entre comer un alimento y eliminar el desperdicio como "tiempo de tránsito". El tiempo de tránsito y la salud del colon están directamente correlacionados: mientras más es tiempo de tránsito entonces es más tiempo que el sistema intestinal está expuesto a los desperdicios. El estrés, los medicamentos, una mala dieta, la cantidad inadecuada de fibra, la deshidratación y la falta de ejercicio pueden resultar en un tiempo de tránsito más lento, que puede resultar en una variedad de condiciones relacionadas a un colon no saludable. Los ingredientes en este programa de 30 días para el **Intestinal System** están formulados y usados tradicionalmente para apoyar la eliminación apropiada y la salud del colon.*

Al entender los intrincados y armoniosos sistemas del cuerpo podemos mejorar nuestra propia salud y vitalidad, y compartir este conocimiento con nuestros seres queridos.

Bowel Detox: Provee enzimas para ayudar a la digestión apropiada en el tracto gastrointestinal. Además contiene agentes abultantes para ayudar alentando el flujo de desperdicios en el colon.*

Probiotic Eleven: Es una combinación de 11 cepas de bacteria amigable que apoyan la digestión apropiada y la absorción de nutrientes. Los probióticos son importantes para los intestinos y el colon, ya que ayudan a producir enzimas, apoyan la función inmunológica y ayudan a prevenir el estreñimiento.*

Psyllium Hulls: Es una fibra soluble con la gran capacidad de absorber agua, y ayudar a absorber toxinas en el intestino. Psyllium Hulls apoya el metabolismo saludable del azúcar y puede ayudar a mantener niveles ya normales de colesterol en la sangre.*

**Estas afirmaciones no han sido evaluadas por la FDA. La información aquí presentada no pretende diagnosticar, tratar ni curar enfermedades.*