World's Number One Herbal Cleanser Chomper® is precisely formulated with eleven herbs that work synergistically to gently assist the systemic cleansing of the body while supporting bowel regularity.\*

Along with other program components, Chomper® helps make up the renowned Arise & Shine cleansing programs, Cleanse 14<sup>th</sup> and Cleanse 28<sup>th</sup>.

## 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 Herbal Nutrition, or as directed by your health care professional.

For more information read the Arise & Shine Cleanse Guide The herbs contained in **Chomper®** are Organically grown, wildcrafted or grown without chemicals.

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

## Notice:

This product contains Cascara Sagrada (bark) and Rhubarb (root). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain, because ascara Sagrada (bark) and Rhubarb (root) may worsen these ons and be harmful to your health. Consult your physician before using if you have frequent diarrhea, or if you are pregnant, nursing, taking medication, or have a medical condition.

\* 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.



Herbal Dietary Supplement 120 Vegetable Capsules

Net weight 56.4 grams/1.99 ounces

## Supplement Facts

Serving Size: 3 capsules

Servings Per Container:	40	
	Amount Per Serving	% Daily Value
Meadow Mix: Cascara Sagrada (bark) Plantain (leaf) Barberry (root bark) Sheep Sorrel (leaf)	780 mg	**
Herbal Garden Mix: Fennel (seed) Ginger (root) Turkey Rhubarb (root) Red Raspberry (leaf) Baikal Skullcap (root) Myrrh Gum (resin) Lobelia (leaf)	630 mg	••

\*\* 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

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