Chomper*Aid may be substituted for a portion of Chomper® when Chomper® is too strong. Chomper Aid does not contain Cascara Sagrada. By properly combining Herbal Nutrition, Chomper®, and Chomper® Aid, a person can fully maximize the potential of the Arise & Shine cleansing programs, Cleanse 14™ and Cleanse 28®. For more information, consult the Cleanse Guide.

Suggested Intake: Substitute 1 capsule of Chomper® Aid for each capsule of Chomper®. Storage Recommendations: Keep cool and dry with lid tightly sealed.

The herbs contained in Chomper Aid are Organically grown, wildcrafted or grown without chemicals.

This product contains Rhubarb (root). Read and follow directions carefully. Do not use if you have or develop 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.





Chomper Aid Herbal Dietary Supplement

300 Vegetable Capsules Net weight 141 grams/4.97 ounces

Supplement Facts Serving Size: 2 capsules

Servings Per Container: 150

	Amount Per Serving	% Daily Value
Herbal Garden Mix: Fennel (seed) Ginger (root) Myrrh Gum (resin) Red Raspberry (leaf) Turkey Rhubarh (root) Baikal Skullcap (root) Lobelia (leaf)	560 mg	**
Meadow Mix: Plantain (leaf) Barberry (root bark)	380 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

1-800-688-2444

Customer Care: info@ariseandshine.com www.ariseandshine.com