

Chomper® with Cayenne is designed to gently assist the systemic cleansing of the body while supporting bowel regularity.* For centuries, it has been believed by many herbalists that cayenne enhances the potential of other herbs. When cayenne is added to Chomper® the combination becomes one of the most powerful in the Arise & Shine Cleansing Program.*

Along with other program components, **Chomper®** with Cayenne helps make up the renowned Arise & Shine cleansing programs, **Cleanse 14™** and **Cleanse 28®**. For more information read the Arise & Shine Cleanse Guide.

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.

The herbs contained in Chomper with Cayenne 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 Cascara Sagrada (bark) and Rhubarb (root) may worsen these conditions 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.

Arise & Shine®
TRANSFORMATIONAL CLEANSING*™

Chomper® with Cayenne
Herbal Dietary Supplement
300 Vegetable Capsules
Net weight 141 grams/4.97 ounces

Supplement Facts

Serving Size: 3 capsules

Servings Per Container: 100

	Amount Per Serving	% Daily Value
Meadow Mix:	750 mg	**
Cascara Sagrada (bark)		
Plantain (leaf)		
Barberry (root bark)		
Sheep Sorrel (leaf)		
Herbal Garden Mix:	660 mg	**
Fennel (seed)		
Ginger (root)		
Turkey Rhubarb (root)		
Red Raspberry (leaf)		
Baikal Skullcap (root)		
Myrrh Gum (resin)		
Lobelia (leaf)		
Cayenne Pepper (fruit)		

** 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