

CleanStart®

Dietary Cleansing & Detoxifying Program*

Natural Apple-Cinnamon Flavor

Cleansing Drink Mix

Supplement Facts		
Serving Size 1 Drink Mix Packet (6.8g)		
Servings Per Container 28		
Amount Per Packet %Daily Value		
Calories	25	
Total Carbohydrate	6g	2% **
Dietary Fiber	4g	14% **
Potassium (citrate)	160mg	3%
Proprietary Blend		
Proprietary Blend	5.3g	†
Psyllium Hulls (Plantago ovata), Aloe Vera Whole Leaf (Aloe barbadensis), Sodium Copper Chlorophyllin, Bentonite		
**Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Natural apple cinnamon flavor, malic acid, silicon dioxide, stevia leaf extract (Stevia rebaudiana).

RECOMMENDATION: Take contents of one cleansing drink mix packet 15-30 minutes before breakfast and 15-30 minutes before dinner. Take contents of capsule packet with breakfast and dinner (twice daily). Mix cleansing drink mix packet in 8 ounces of juice or water. Shake, blend or stir vigorously. Drink immediately. It is recommended that an additional glass of water be consumed immediately after drink.

NOTICE: This product contains cascara sagrada, buckthorn, and Turkey rhubarb. 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.

Warning: Take with at least 250 mL (8 fl oz) of liquid. Do not take this product if you have difficulty swallowing. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

Balanced nutrition and regular exercise will maximize the benefits achieved from use of this product.

This carton was sealed for your protection. Do not use if seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

Capsule Packet

Supplement Facts		
Serving Size 1 Capsule Packet (3 capsules)		
Servings Per Container 28		
Amount Per Packet %Daily Value		
LBS II® Proprietary Blend	850mg	†
Cascara Sagrada Bark (Rhamnus purshiana), Buckthorn Bark (Rhamnus frangula), Licorice Root (Glycyrrhiza glabra), Capsicum Fruit (Capsicum annuum), Ginger Rhizome (Zingiber officinale), Couch Grass Rhizome (Agropyron repens), Oregon Grape Root and Rhizome (Berberis aquifolium), Red Clover Flower (Trifolium pratense), Turkey Rhubarb Root (Rheum officinale)		
Enviro-Detox™ Proprietary Blend	486mg	†
Burdock Root (Arctium lappa), Dandelion Root (Taraxacum officinale), Fenugreek Seed (Trigonella foenum-graecum), Ginger Rhizome (Zingiber officinale), Pepsin (contains lactose from milk), Red Clover Flower (Trifolium pratense), Yellow Dock Root (Rumex crispus), Marshmallow Root Extract (Althaea officinalis), Sarsaparilla Root Extract (Smilax officinalis), Bacillus coagulans, Echinacea purpurea Root Extract, Milk Thistle Seed Extract (Silybum marianum)		
†Daily Value not established.		

Other Ingredients: Capsule (gelatin, water).

Environmental pollutants can build up in the body, slowing natural cleansing and detoxifying processes. Nature's Sunshine CleanStart® is our most popular cleanse to help support the primary detoxifying processes of the body. Additionally, CleanStart contains Bacillus coagulans to support the friendly bacteria in the intestinal tract.*

Use Cleanstart to help 'jump start' your cleansing and detoxifying program. After using CleanStart, try Detox Basics™ daily detoxifying program for ongoing detoxification support.

This package contains two types of packets: 28 capsule packets (2 LBS II capsules, 1 Enviro-Detox) and 28 cleansing drink mix packets (powdered mix). This represents a two-week supply when used as directed.

Drink plenty of water throughout the day.



CleanStart®

Dietary Cleansing & Detoxifying Program*

DIETARY SUPPLEMENT - 14 DAY PROGRAM
56 packets (28 drink mix packets, 28 capsule packets)



- Supports the natural, everyday cleansing of waste from the body*
- Moves intestinal contents through the digestive system*
- Helps maintain natural energy levels*

*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.