

CleanStart® Mild

Dietary Cleansing & Detoxifying Program*

Natural Wild Berry Flavor

Cleansing Drink Mix

Supplement Facts

Serving Size 1 Drink Mix Packet (8.5g)
Servings Per Container 28

	Amount Per Packet	%Daily Value
Calories	25	
Total Carbohydrate	7g	3%**
Dietary Fiber	3g	11%**
Potassium (citrate)	115mg	2%
Proprietary Blend	6.3g	†
Psyllium Hulls (<i>Plantago ovata</i>), Isomalto-oligosaccharides, Aloe Vera Whole Leaf (<i>Aloe barbadensis</i>), Sodium Copper Chlorophyllin, Bentonite		

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Natural wild berry flavor, malic acid, carotene extract (color), silicon dioxide, stevia leaf extract (*Stevia rebaudiana*).

Capsule Packet

Supplement Facts

Serving Size 1 Capsule Packet (4 capsules)
Servings Per Container 28

	Amount Per Packet	%Daily Value
Magnesium (hydroxide)	600mg	143%
Gentle Move Proprietary Blend	555mg	†
Triphala Fruit Extract (Ayurvedic fruit blend: <i>Terminalia chebula</i> , <i>Terminalia bellerica</i> , <i>Embolica officinalis</i>), Yellow Dock Root (<i>Rumex crispus</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Marshmallow Root Extract (<i>Althaea officinalis</i>), Slippery Elm Inner Bark (<i>Ulmus rubra</i>)		
Enviro-Detox Proprietary Blend	486mg	†
Burdock Root (<i>Arctium lappa</i>), Dandelion Root (<i>Taraxacum officinale</i>), Fenugreek Seed (<i>Trigonella foenum-graecum</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Pepsin (contains lactose from milk), Red Clover Flower (<i>Trifolium pratense</i>), Yellow Dock Root (<i>Rumex crispus</i>), Marshmallow Root Extract (<i>Althaea officinalis</i>), Sarsaparilla Root Extract (<i>Smilax officinalis</i>), <i>Bacillus coagulans</i> , <i>Echinacea purpurea</i> Root Extract, Milk Thistle Seed Extract (<i>Silybum marianum</i>)		

†Daily Value not established.

Other Ingredients: Capsule (gelatin, water), magnesium stearate (vegetable).

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.

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.

Stock No. 3991

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225 www.naturessunshine.com Product of U.S.A.

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. Now this flagship product is available in a mild formula for those seeking complete yet gentle cleansing support. Additionally, CleanStart Mild contains *Bacillus coagulans* to support the friendly bacteria in the intestinal tract.*

Use CleanStart or CleanStart Mild 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 (3 Gentle Move, 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® Mild

Dietary Cleansing & Detoxifying Program*

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



- Supports the natural, everyday cleansing of waste from the body*
- Gently 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.*