

Dieter's Cleanse®

Natural Weight Management Program*

AM Packet, NOON Packet

Supplement Facts

Serving Size 1 Packet (4 capsules)
Servings Per Container 28 (14 AM, 14 NOON)

	Amount Per Packet	%Daily Value
Vitamin A (beta-carotene)	225mcg	25%
Vitamin C (ascorbic acid)	40mg	44%
Vitamin E (d-alpha tocopheryl acetate)	6.5mg	43%
Pantothenic Acid (d-calcium pantothenate)	12mg	240%
Zinc (gluconate)	3.25mg	30%
Selenium (amino acid chelate)	5mcg	9%
Manganese (amino acid chelate)	0.5mg	22%
Potassium (citrate)	10mg	<1%
Betaine Hydrochloride	8mg	†
Bile Salts	8mg	†
Pancreatin	5mg	†
Pepsin (contains milk lactose)	8mg	†
Soy Lecithin	12.5mg	†
Bowel Detox Proprietary Blend	470mg	†
Psyllium Hulls (<i>Plantago ovata</i>), Sodium Alginate, Cascara Sagrada Bark (<i>Rhamnus purshiana</i>), Marshmallow Root (<i>Althaea officinalis</i>), Parthenium Aerial Parts & Root (<i>Parthenium integrifolium</i>), Apple Fruit Pectin, Bentonite, Activated Charcoal, Ginger Rhizome (<i>Zingiber officinale</i>), Sodium Copper Chlorophyllin		
Master Gland Proprietary Blend	349mg	†
Licorice Root (<i>Glycyrrhiza glabra</i>), Alfalfa Aerial Parts (<i>Medicago sativa</i>), Asparagus Stem (<i>Asparagus officinalis</i>), Black Walnut Hulls (<i>Juglans nigra</i>), Parthenium Aerial Parts & Root (<i>Parthenium integrifolium</i>), Kelp Leaf & Stem (<i>Ascophyllum nodosum</i> , <i>Laminaria digitata</i>), Parsley Leaf (<i>Petroselinum crispum</i>), Thyme Leaf (<i>Thymus vulgaris</i>), Dandelion Root (<i>Taraxacum officinale</i>), Dong Quai Root (<i>Angelica sinensis</i>), Eleuthero Root (<i>Eleutherococcus senticosus</i>), Schisandra Fruit (<i>Schisandra chinensis</i>), Lemon Bioflavonoid Extract, Marshmallow Root (<i>Althaea officinalis</i>), Uva Ursi Leaf (<i>Arctostaphylos uva-ursi</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 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> , Echinacea purpurea Root Extract (<i>Echinacea purpurea</i>), Milk Thistle Seed Extract (<i>Silybum marianum</i>)		
Liver Cleanse Proprietary Blend	450mg	†
Red Beet Root (<i>Beta vulgaris</i>), Dandelion Root (<i>Taraxacum officinale</i>), Parsley Leaf (<i>Petroselinum crispum</i>), Horsetail Stem & Strobilus (<i>Equisetum arvense</i>), Yellow Dock Root (<i>Rumex crispus</i>), Birch Leaf (<i>Betula pendula</i>), Black Cohosh Root (<i>Cimicifuga racemosa</i>), Blessed Thistle Aerial Parts (<i>Cnicus benedictus</i>), Angelica Root (<i>Angelica archangelica</i>), Chamomile Flowers (<i>Matricaria recutita</i>), Gentian Root (<i>Gentiana lutea</i>), Goldenrod Aerial Parts (<i>Solidago virgaurea</i>)		

†Daily Value not established.

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

PM Packet

Supplement Facts

Serving Size 1 Packet (6 capsules)
Servings Per Container 14

	Amount Per Packet	%Daily Value
Chromium (amino acid chelate)	500mcg	1429%
GTF Chromium Proprietary Blend	472mg	†
Alfalfa Aerial Parts (<i>Medicago sativa</i>), Horsetail Stem & Strobilus (<i>Equisetum arvense</i>) Red Clover Flower (<i>Trifolium pratense</i>), Yarrow Aerial Parts (<i>Achillea millefolium</i>)		
LBS II Proprietary Blend	1275mg	†
Cascara Sagrada Bark (<i>Rhamnus purshiana</i>), Buckthorn Bark (<i>Rhamnus frangula</i>), Licorice Root (<i>Glycyrrhiza glabra</i>), Capsicum Fruit (<i>Capsicum annuum</i>), Ginger Rhizome (<i>Zingiber officinale</i>), Couch Grass Rhizome (<i>Agropyron repens</i>), Oregon Grape Root & Rhizome (<i>Mahonia aquifolium</i>), Red Clover Flower (<i>Trifolium pratense</i>), Turkey Rhubarb Root (<i>Rheum officinale</i>)		
SF Proprietary Blend	900mg	†
Cascara Sagrada Bark (<i>Rhamnus purshiana</i>), Hawthorn Berry (<i>Crataegus laevigata</i> , <i>C. monogyna</i>), Papaya Fruit Concentrate (<i>Carica papaya</i>), Licorice Root (<i>Glycyrrhiza glabra</i>), Safflowers Flowers (<i>Carthamus tinctorius</i>), Black Walnut Hulls (<i>Juglans nigra</i>), Chickweed Aerial Parts Extract (<i>Stellaria media</i>), Fennel Seed (<i>Foeniculum vulgare</i>), Parthenium Aerial Parts & Root (<i>Parthenium integrifolium</i>), Gotu Kola Aerial Parts Extract (<i>Centella asiatica</i>), Dandelion Root (<i>Taraxacum officinale</i>)		

†Daily Value not established.

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

RECOMMENDATION: Take the contents of one AM packet with breakfast, one NOON packet with lunch, one PM packet with evening meal with 8 oz of water daily for seven days. The second-week supply of Dieter's Cleanse can be used during recommended rest periods of other NSP weight-loss programs. This product may also be used by any adult desiring a two-week cleanse.

NOTICE: This product contains cascara sagrada bark, buckthorn bark, and Turkey 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, buckthorn bark, and Turkey rhubarb root may worsen these conditions and be harmful to your health.** 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 8 fl oz of liquid. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

Balanced nutrition and regular exercise will maximize the function of this product.*

*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.

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. 3220

NATURE'S SUNSHINE PRODUCTS, INC.

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

WEIGHT MANAGEMENT



Dieter's Cleanse®

Natural Weight Management Program*

Products featured in this kit are:

- Bowel Detox
- Master Gland Formula
- Enviro-Detox
- Liver Cleanse Formula
- LBS II
- GTF Chromium
- SF

WEIGHT MANAGEMENT



Dieter's Cleanse®

Natural Weight Management Program*



Two 7-Day Cleanse Program*

Dietary Supplement

42 PACKETS (14 AM, 14 NOON, 14 PM)

WEIGHT MANAGEMENT



Dieter's Cleanse®

Natural Weight Management Program*

Dieter's Cleanse is an essential first step in any weight management plan, for use between programs, or for use by any adult desiring periodic cleansing and detoxifying. Years of improper diet – refined foods, low-fiber foods, and fast foods – can cause an imbalance in the gut and digestive system. This imbalance can limit the body's ability to fully absorb vital nutrients needed for optimal health.*

- Supports digestive waste elimination*
- Promotes healthy colonic environment*