

Natures Plus® Fresh Start CLEANSE®

CERTIFIED ORGANIC

Gentle Cleansing

Promote Daily Bowel Regularity

2
WEEK
PROGRAM



Gluten Free • Vegetarian
DIETARY SUPPLEMENT



MORNING PROGRAM
30 Vegetarian Capsules



EVENING PROGRAM
30 Vegetarian Capsules

1 Morning Program

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 15

Amount Per Serving		% DV
Calcium (from <i>Algas calcareas</i> †)	150 mg	15%
Magnesium (from <i>Algas calcareas</i> †)	13 mg	3%

Herbal Complex made with organic herbs: 1400 mg †

<i>Algas calcareas</i> (supplying naturally occurring calcium and magnesium)†	Turmeric root powder (<i>Curcuma longa</i>)†
Prune fruit powder (<i>Prunus domestica</i>)†	Artichoke leaf powder (<i>Cynara scolymus</i>)†
Pullulan prebiotic polysaccharides (from <i>Aureobasidium pullulans</i>)	Echinacea angustifolia root powder†
Kelp powder (<i>Ascophyllum nodosum</i>)†	Green Tea leaf extract powder (<i>Camellia sinensis</i>)†
Dandelion root powder (<i>Taraxacum officinale</i>)†	Hawthorn berry powder (<i>Crataegus monogyna</i>)†
Oregano leaf powder (<i>Origanum vulgare</i>)†	Horsetail herb powder (<i>Equisetum arvense</i>)†
Dandelion leaf powder (<i>Taraxacum officinale</i>)†	Parsley leaf powder (<i>Petroselinum crispum</i>)†
Burdock root powder (<i>Arctium lappa</i>)†	Yellow Dock root powder (<i>Rumex crispus</i>)†
Fenugreek seed powder (<i>Trigonella foenum-graecum</i>)†	Lemon peel powder (<i>Citrus limon</i>)†
Garlic bulb powder (<i>Allium sativum</i>)†	Apple powder (<i>Malus domestica</i>)†
Red Clover herb powder (<i>Trifolium praetense</i>)†	Acacia Gum powder (<i>Acacia seyal</i>)†
Milk Thistle seed powder (<i>Silybum marianum</i>)†	Olive leaf powder (<i>Olea europaea</i>)†
	Açai fruit powder (<i>Euterpe oleracea</i>)†
	Nettle leaf powder (<i>Urtica dioica</i>)†
	Grape seed extract powder (<i>Vitis vinifera</i>)†

Organic Alkalinizing Cleansing Blend: 180 mg †

Spirulina powder (<i>Spirulina platensis</i>)†	Ginger root/rhizome powder (<i>Zingiber officinale</i>)†
Cinnamon powder (<i>Cinnamomum burmannii</i>)†	Cayenne Pepper powder (<i>Capsicum annuum</i>)†
Chlorella powder (<i>Chlorella vulgaris</i>)†	Cumin seed powder (<i>Cuminum cyminum</i>)†
Fennel seed powder (<i>Foeniculum vulgare</i>)†	Black Pepper powder (<i>Piper nigrum</i>)†
	Peppermint leaf powder (<i>Mentha piperita</i>)†
	Kelp powder (<i>Ascophyllum nodosum</i>)†
	Coriander seed powder (<i>Coriandrum sativum</i>)†

† Daily Value (DV) not established.

‡ Organic

Other ingredients: Organic maltodextrin, organic carnauba wax.

2 Evening Program

Supplement Facts

Serving Size 2 Capsules, Servings Per Container 15

Amount Per Serving		% DV
Calcium (from <i>Algas calcareas</i> †)	180 mg	18%
Magnesium (from <i>Algas calcareas</i> †)	15 mg	4%

Elimination Complex made with organic herbs: 1400 mg †

<i>Algas calcareas</i> † (supplying naturally occurring calcium and magnesium)	Rhubarb root powder (<i>Rheum palmatum</i>)†
Prune fruit powder (<i>Prunus domestica</i>)†	Slippery Elm bark powder (<i>Ulmus rubra</i>)†
Pullulan prebiotic polysaccharides (from <i>Aureobasidium pullulans</i>)	Flax Seed powder (<i>Linum usitatissimum</i>)†
<i>Lactobacillus acidophilus</i> (1 billion cells at time of manufacture)	Triphala powder (a blend of <i>Phyllanthus emblica</i> , <i>Terminalia bellirica</i> and <i>Terminalia chebula</i>)†

Organic Alkalinizing Cleansing Blend: 210 mg †

Spirulina powder (<i>Spirulina platensis</i>)†	Ginger root/rhizome powder (<i>Zingiber officinale</i>)†
Kelp powder (<i>Ascophyllum nodosum</i>)†	Cayenne Pepper powder (<i>Capsicum annuum</i>)†
Cinnamon powder (<i>Cinnamomum burmannii</i>)†	Coriander seed powder (<i>Coriandrum sativum</i>)†
Black Pepper powder (<i>Piper nigrum</i>)†	Cumin seed powder (<i>Cuminum cyminum</i>)†
Chlorella powder (<i>Chlorella vulgaris</i>)†	Peppermint leaf powder (<i>Mentha piperita</i>)†
Fennel seed powder (<i>Foeniculum vulgare</i>)†	

† Daily Value (DV) not established.

‡ Organic

Other ingredients: Organic maltodextrin, organic carnauba wax.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.
Vegetarian • Gluten Free. Free from artificial colors and preservatives.

Manufactured in a USA GMP Certified Facility.

Manufactured with LOVE ♥ by
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PRODUCT NO. 1110



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