



PREVENTIVE NUTRITION®

ADVANCED COMPLETE BODY CLEANSING

14-Day Program

1st Stage: Cleanse & Purify

2nd Stage: Detox

3rd Stage: Restore

*Gently supports overall digestive health without fasting**

DIETARY SUPPLEMENT



* 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.

Use this 3-stage program to cleanse your body of toxins and promote digestive health.*

STEP 1 - CLEANSE Days 1 and 2

Each serving of liquid cleanse provides 5 grams of fiber per serving to gently rid the body of toxins.*

STEP 2 - DETOX Days 3 through 7

Each Herbal Cleansing Pack (Blood Circulation, Liver Cleanser and Kidney Health) includes formulas to help support liver and kidney health.*

Each Cleansing Fiber Sachet cleanses the colon with 5 g of fiber, including 3 g of Sunfiber®, clinically studied to improve regularity.* Fiber helps provide relief from occasional constipation and eliminate toxins.*

STEP 3 - RESTORE Days 8 through 14

Each daily Herbal Restore Pack (includes Gastro Cleanser Formula and Total Cleanser) has herbs to help support intestinal health.*

Each daily Probiotics serving has 12.5 billion active cultures for digestive and immune support.*

Days 8-14 Restore

DIRECTIONS: As a dietary supplement, take one capsule daily on days 8 - 14.

PROBIOTIC 12.5 BILLION

Supplement Facts

Serving Size One Capsule	
Amount Per Serving	
LAB4 Probiotics	12.5 Billion Active Cultures*
Lactobacillus acidophilus (CUL 60)	
Lactobacillus acidophilus (CUL 21)	
Bifidobacterium bifidum (CUL 20)	
Bifidobacterium lactis (CUL 34)	

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Cellulose, Silica, Magnesium Stearate, Titanium Dioxide (Mineral Whitener).

ACTUAL SIZE

CODE 707712

CUG

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. This product contains EGCG from green tea.

California Residents Only:
⚠️ **WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov.
No Artificial Flavors.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool dry place.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

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OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

Days 8-14 Restore

DIRECTIONS: As a dietary supplement, take the contents of one Herbal Restore Pack (includes Gastro Cleanser Formula and Total Cleanser) on days 8 - 14.

GASTRO CLEANSER FORMULA

Supplement Facts

Serving Size Two White Capsules	
Amount Per Serving	
Fennel Seed Powder (<i>Foeniculum vulgare</i>)	250 mg*
Artichoke Leaf Extract (<i>Cynara scolymus</i>) (2% Phenols = 2 mg)	100 mg*
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 5 mg)	100 mg*
Fenugreek Seed Powder (<i>Trigonella foenum-graecum</i>)	100 mg*
Licorice Root Extract (<i>Glycyrrhiza glabra</i>)	70 mg*
Papaya Fruit Powder (<i>Carica papaya</i>)	50 mg*
Aloe vera Gel Extract (200:1)	25 mg*
Peppermint Leaf Powder (<i>Mentha piperita</i>)	0.2 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Stearic Acid Vegetable Source, Maltodextrin, Silicon Dioxide, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener).

CONTAINS: Wheat.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

TOTAL CLEANSER

Supplement Facts

Serving Size Three Yellow Capsules	
Amount Per Serving	
Garlic Bulb Powder (<i>Allium sativum</i>)	700 mg*
Clove Bud Powder (<i>Eugenia caryophyllata</i>)	300 mg*
Pomegranate Fruit Extract (<i>Punica granatum</i>)	200 mg*
Fructooligosaccharides (FOS)	200 mg*
Turmeric Root Extract (<i>Curcuma longa</i>) (95% Curcumin = 150 mg)	157.9 mg*
Ginger Root Extract (<i>Zingiber officinale</i>) (5% Gingerols = 5 mg)	100 mg*
Chamomile Flower Powder (<i>Matricaria recutita</i>)	75 mg*
Licorice Root Powder (<i>Glycyrrhiza glabra</i>)	35 mg*
Amla Fruit Extract (<i>Embilica officinalis</i>)	25 mg*
Acai Berry Extract (<i>Euterpe oleracea</i>)	25 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Stearic Acid Vegetable Source, Silicon Dioxide, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Riboflavin (Color).

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Days 3-7 Detox

DIRECTIONS: As a dietary supplement, on days 3 - 7 mix one packet with 4-6 fl. oz. of cold water or juice.

CLEANSING FIBER SACHET

Supplement Facts

Serving Size One Packet (7.7 g)	
Amount Per Serving	
% Daily Value	
Calories	25
Total Carbohydrate	6 g
Dietary Fiber	5 g
Total Sugars	1 g

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

INGREDIENTS: SunFiber® Partially Hydrolyzed Guar Gum, Polyethylene Glycol.

Sunfiber®

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

ACTUAL SIZE

Days 1-2 Cleanse

DIRECTIONS: Shake well before serving. For use on days 1 and 2. Mix 4 fl. oz. of Liquid Cleanse with 4 fl. oz. cold water; drink slowly once daily.

LIQUID CLEANSE

Nutrition Facts

Amount/serving		% DV*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 15mg		<1%	
Total Carbohydrate 17g		6%	
Dietary Fiber 5g		18%	
Total Sugars 12g		<1%	
Includes 11g Added Sugars		22%	
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4		

Days 3-7 Detox

DIRECTIONS: As a dietary supplement, take the contents of one Herbal Cleansing Pack (includes Blood Circulation, Liver Cleanser and Kidney Health) on days 3 - 7.

BLOOD CIRCULATION

Supplement Facts

Serving Size Two Red Capsules	
Amount Per Serving	
Sarsaparilla Root Powder (<i>Smilax aristolochifolia</i>)	350 mg*
Butcher's Broom Root Powder (<i>Ruscus aculeatus</i>)	200 mg*
Cayenne Pepper Fruit Powder (<i>Capiscum frutescens</i>)	50 mg*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	30 mg*
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Silicon Dioxide, Magnesium Stearate Vegetable Source, Carmine Color.

Conforms to USP <2091> for weight.

ACTUAL SIZE

LIVER CLEANSER

Supplement Facts

Serving Size One Brown Capsule	
Amount Per Serving	
Milk Thistle Seed Extract (<i>Silybum marianum</i>) (80% Silymarin = 160 mg)	200 mg*
Goldenseal Root Extract (<i>Hydrastis canadensis</i>) (5% Hydrastine = 5 mg)	100 mg*
Red Clover (Aerial Parts) Extract (<i>Trifolium pratense</i>) (2.5% Flavonoids = 2.5 mg)	100 mg*
Artichoke Leaf Extract (<i>Cynara scolymus</i>) (9% Caffeoylquinic Acid Derivatives as Chlorogenic Acid = 9 mg)	100 mg*
Dandelion Root Powder (<i>Taraxacum officinale</i>)	100 mg*

* Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose Capsule, Maltodextrin, Hydroxypropylcellulose, Microcrystalline Cellulose, Magnesium Stearate Vegetable Source, Stearic Acid Vegetable Source, Silica.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

KIDNEY HEALTH

Supplement Facts

Serving Size Two Tan Capsules	
Amount Per Serving	
Juniper Berry Extract (<i>Juniperus communis</i>)	100 mg*
Yellow Dock Root Powder (<i>Rumex crispus</i>)	75 mg*
Dandelion Root Powder (<i>Taraxacum officinale</i>)	75 mg*
Parsley Leaf Powder (<i>Petroselinum crispum</i>)	100 mg*
Uva Ursi Leaf Extract (<i>Arctostaphylos uva-ursi</i>)	100 mg*
Goldenseal Root Extract (<i>Hydrastis canadensis</i>) (5% Hydrastine = 5 mg)	100 mg*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Microcrystalline Cellulose, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Silicon Dioxide, Magnesium Stearate Vegetable Source, Caramel Color, Titanium Dioxide (Mineral Whitener).

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE