



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

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



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*	Amount/serving	% DV*
Total Fat 0g	0%	Protein 0g	0%
Saturated Fat 0g	0%	Vitamin D 0mcg	0%
Trans Fat 0g	0%	Calcium 0mg	0%
Cholesterol 0mg	0%	Iron 0mg	0%
Sodium 15mg	<1%	Potassium 40mg	<1%
Total Carbohydrate 17g	6%	*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Dietary Fiber 5g	18%		
Total Sugars 12g			
Includes 11g Added Sugars	22%		
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: Purified Water, Fructose, Fiber Blend (Digestion Resistant Maltodextrin, Xanthan Gum, Gel Fiber, Soybean Fiber, Brown Rice), Fruit Blend (Lemon Juice Concentrate, Coconut, Pomegranate Extract, Raspberry Juice Crystals, Bilberry Extract, Blueberry Extract, Elderberry Extract, Cherry Juice Crystals, Blackberry Extract, Cranberry Extract, Acai Extract, Cranberry Concentrate), Natural Lemonade Flavor, Potassium Sorbate (Preservative), Sodium Benzoate (Preservative), Cleansing Blend (Aloe Vera Leaf Gel, Chlorella Algae, Japanese Seaweed Blend (Kombu, Wakame, Nori), Chicory, Jerusalem Artichoke, Licorice Extract, Astragalus, Barley Malt, Mung Bean, Soy Sprouts, Wheat Berry, Eleuthero Extract, Barley Grass, Jasmine Tea Extract, beta-Carotene (For Color), Trace Minerals. CONTAINS: Milk, Soybeans, Tree Nuts (Coconut) and Wheat.

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>Capsicum 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