RECOMMENDED USE: 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.

NOTICE: This product contains cascara sagrada, buckthorn, and Turkey rhubarb. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada, buckthorn, and Turkey rhubarb 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 medications, or have a medical condition.

Do not exceed recommended dose. Not for long-term use.

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.

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.

DRINK MIX

Supplement Facts

Serving Size 1 Drink Mix Packet (8.6g)
Servings Per Container 28

	Amount Per Packet	%Daily Value**
Calories	20	
Total Carbohydrate	7 g	3%*
Dietary Fiber	5 g	18%*
Potassium (citrate)	110 mg	2%
Proprietary Blend	8.3 g	†
Psyllium Husk (Plantago ovata), isomalto-oligosaccharides, Aloe Vera Whole Leaf (Aloe barbadensis), Sodium Copper Chlorophyllin, Stevia leaf.		

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

CAPSULE PACKET

Supplement Facts

Serving Size 1 Packet (2 Vegicaps)
Servings Per Container 28

	Amount Per Packet	%Daily Value**
Lower Bowel Stimulator Proprietary Blend	850 mg	†
Cascara Sagrada Bark (Rhamnus purshiana), Buckthorn Bark (Rhamnus frangula), Licorice Root (Glycyrrhiza glabra), Capsicum Fruit (Capsicum annuum), Ginger Rhizome (Zingiber officinale), Grape Grape Rhizome (Agrostemma githago), Dragon Grape Red and Princeton (Berberis aquifolium), Red Clover Flower (Trifolium pratense), Turkey Rhubarb Root (Rheum officinale).		
Enviro-Detox™ Proprietary Blend	680 mg	†
Burdock Root (Arctium lappa), Dandelion Root (Taraxacum officinale), Fenugreek Seed (Trigonella foenum-graecum), Ginger Rhizome (Zingiber officinale), Prickly Pear (Opuntia spinosa Root), Red Clover Flower (Trifolium pratense), Yellow Dock Root (Rumex crispus), Bioenhancer Root Extract (Rheum officinale), Tarragon Root Extract (Artemisia dracunculus), Bacillus coagulans, Echinacea purpurea Root Extract, Milk Thistle Seed Extract (Silybum marianum).		

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

Stock # 22199
08/23

*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.

Nature's Sunshine Products, Inc. • Spanish Fork, Utah 84660
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We are committed to you and our planet. Scan QR code to learn more.

Environmental pollutants can build up in the body, interfering with our natural cleansing and detoxifying processes. Nature's Sunshine CleanStart® is our most popular cleanse to help support intestinal regularity and the detoxifying processes of the body.*

Balanced nutrition and regular exercise will maximize the benefits achieved from use of this product.

CONTENTS

- **28 capsule packets**
  2 Lower Bowel Stimulator (formerly LBS II®)
  1 Enviro-Detox per packet
- **28 cleansing powdered drink mix packets**

MAXIMIZE THE BENEFITS

- Eat a healthy and balanced diet
- Increase your physical activity
- Drink plenty of water throughout the day

HERBAL EXPERTS SINCE 1972

NATURE'S SUNSHINE

NEW LOOK! SAME GREAT PRODUCT

CleanStart®

DIETARY CLEANSING & DETOXIFYING PROGRAM*

Natural Body Cleanse that Helps Rid the Body of Waste and Toxins*

DIETARY SUPPLEMENT

WILD BERRY FLAVOR

14 DAY PROGRAM

56 PACKETS
(28 Drink Mix Packets, 28 Capsule packets)

CLEANSING & DETOXIFYING*

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.*

- Supports the natural cleansing of waste from the body*
- Moves intestinal contents through the digestive system*
- Naturally promotes a feeling of energy*