



**NATURE'S
SUNSHINE™**

**NEW
LOOK!**
SAME GREAT
PRODUCT

CleanStart® Mild

DIETARY CLEANSING & DETOXIFYING PROGRAM*

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

DIETARY SUPPLEMENT

**14 DAY
PROGRAM**



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, everyday cleansing of waste from the body*



Moves intestinal contents through the digestive system*



Helps maintain natural energy levels*

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.

Drink plenty of water throughout the day.

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.

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
3 Gentle Move + 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

DRINK MIX

Supplement Facts

Serving Size 1 Drink Mix Packet (8.5g)
Servings Per Container 28

	Amount Per Packet	%Daily Value**
Calories	25	
Total Carbohydrate	7 g	3%**
Dietary Fiber	3 g	11%**
Potassium (citrate)	115 mg	2%
Proprietary Blend	6.3 g	†
Psyllium Husk (Plantago ovata), Isomaltoligosaccharides, Aloe Vera Whole Leaf (Aloe barbadensis), Sodium Copper Chlorophyllin, Bentonite		

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

Other Ingredients: Natural wild berry flavor, malic acid, carotene extract (color), silicon dioxide, stevia leaf extract (Stevia rebaudiana).

CAPSULE PACKET

Supplement Facts

Serving Size 1 Packet (4 VegCaps)
Servings Per Container 28

	Amount Per Packet	%Daily Value**
Magnesium (hydroxide)	600mg	143%
Gentle Move Proprietary Blend	555 mg	†
Triphala Fruit Extract (Ayurvedic fruit blend: Terminalia chebula, Terminalia bellerica, Emblica officinalis), Yellow Dock Root (Rumex crispus), Ginger Rhizome (Zingiber officinale), Marshmallow Root Extract (Althaea officinalis), Slippery Elm Inner Bark (Ulmus rubra)		
Enviro-Detox™ Proprietary Blend	486 mg	†
Burdock Root (Arctium lappa), Dandelion Root (Taraxacum officinale), Fenugreek Seed (Trigonella foenum-graecum), Ginger Rhizome (Zingiber officinale), Pepsin (contains lactose from milk), Red Clover Flower (Trifolium pratense), Yellow Dock Root (Rumex crispus), Marshmallow Root Extract (Althaea officinalis), Sarsaparilla Root Extract (Smilax officinalis), 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.

Other Ingredients: Vegetable hypromellose capsule, vegetable magnesium stearate.

*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.

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