



**NATURE'S
SUNSHINE**

**NEW
LOOK!**

SAME GREAT
PRODUCT

Tiao He Cleanse

INTESTINAL SYSTEM SUPPORT*

With Cascara Sagrada, Psyllium Hulls and Black Walnut

DIETARY SUPPLEMENT

**15 DAY
PROGRAM**

30 PACKETS (180 Capsules)



Supplement Facts

Serving Size 1 Packet (3 capsules)
Servings Per Container 30

Amount Per 1 Packet	%Daily Value
Liver Balance TCM Proprietary Blend 425 mg †	
Concentrated Extracts of: Bupleurum Root (Bupleurum chinense), Chinese Peony Root without Bark (Paeonia lactiflora), Typhonium Rhizome (Typhonium flagelliforme), Cassia Twig (Cinnamomum cassia), Dong Quai Root (Angelica sinensis), Hoelen Scrotdum with Hostwood (Poria cocos), Scute Root (Scutellaria baicalensis), Young Bitter Orange Fruit (Citrus x aurantium), Bai-Zhu Atractylodes Rhizome (Atractylodes macrocephala), Asian Ginseng Root (Panax ginseng), Ginger Rhizome (Zingiber officinale), Chinese Licorice Root (Glycyrrhiza uralensis)	
Cellular Detox Proprietary Blend 416 mg †	
Gentian Root (Gentiana lutea), Spirulina (Arthrospira platensis), Cascara Sagrada Bark (Rhamnus purshiana), Fenugreek Seed (Trigonella foenum-graecum), Slippery Elm Inner Bark (Ulmus rubra), Safflowers Flowers (Carthamus tinctorius), Black Walnut Unripe Hulls (Juglans nigra), Yellow Dock Root (Rumex crispus), Dandelion Root (Taraxacum officinale), Oregon Grape Root & Rhizome (Mahonia aquifolium), Catnip Leaf (Nepeta cataria), Chickweed Aerial Parts (Stellaria media), Parthenium Aerial Parts & Root (Parthenium integrifolium), Uva Ursi Leaf Extract (Arctostaphylos uva-ursi), Goldenrod Root Extract (Hydrastis canadensis), Boswellia Gum Extract (Boswellia serrata)	
Lower Bowel Stimulator Proprietary Blend 425 mg †	
Cascara Sagrada Bark (Rhamnus purshiana), Buckthorn Bark (Rhamnus frangula), Licorice Root (Glycyrrhiza glabra), Capsicum Fruit (Capsicum annuum), Ginger Rhizome (Zingiber officinale), Couch Grass Rhizome (Agropyron repens), Oregon Grape Root & Rhizome (Mahonia aquifolium), Red Clover Flower (Trifolium pratense), Turkey Rhubarb Root (Rheum officinale)	
Psyllium Hulls (Plantago ovate) 405 mg †	
Burdock Root (Arctium lappa) 360 mg †	
Black Walnut Unripe Hulls Extract (Juglans nigra) 480 mg †	

†Daily Value not established.

Other Ingredients: Capsule (gelatin, water), cellulose, vegetable magnesium stearate, silicon dioxide.

*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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RECOMMENDED USE: Take the contents of one packet (6 capsules) 15 minutes before meals up to two times daily for 15 days. Drink 8 ounces of water with the capsules, followed by 8 more ounces of water. This should produce two or three bowel movements daily. If stools become too loose, reduce the number of packets being used. Continue the program until all 30 packets have been used. (Program not recommended for children.)

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

Inner packets not intended or labeled for individual sale

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.

Stock # 3050
010920



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We are committed to you and our planet.
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CHINESE LIVER BALANCE TCM CONCENTRATE

This traditional herbal blend supports liver cleansing, enhances digestion and may help reduce stress.*

CELLULAR DETOX

Cellular Detox supports bowel function and helps eliminate waste and toxins.*

LOWER BOWEL STIMULATOR

This blend stimulates your lower bowel, encourages toxin elimination and may provide natural constipation relief.*

PSYLLIUM HULLS

Soluble fiber promotes bowel movement, elimination and supports intestinal health.*

BURDOCK ROOT

This plant offers time-honored digestive system support.*

BLACK WALNUT

The bitter compounds of black walnut hulls formula traditionally support intestinal health.*

TIAO HE CLEANSE

We recommend a healthy diet, focusing on leafy green vegetables, fresh fruits, and whole grains. For best results, minimize red meat, coffee, alcohol, sugar, and processed or fried foods.

CONTENTS

Packet

- 1 Liver Balance TCM Concentrate capsule
- 1 Cellular Detox capsule
- 1 Lower Bowel Stimulator capsule
- 1 Psyllium Hulls capsule
- 1 Burdock Root capsule
- 1 Black Walnut capsule

MAXIMIZE THE BENEFITS

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