



# CLEAN CLEANSE

## Vanilla Cleanse Shake

| Nutrition Facts                                                                                                                     |           |                      |             |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|-------------|
| Serving Size 1 Packet (42 g)                                                                                                        |           |                      |             |
| Amount Per Serving                                                                                                                  |           |                      |             |
| Calories 150                                                                                                                        |           | Calories from Fat 25 |             |
| % Daily Value*                                                                                                                      |           |                      |             |
| Total Fat                                                                                                                           | 2.5g      | 4%                   |             |
| Saturated Fat                                                                                                                       | 1.5g      | 8%                   |             |
| Trans Fat                                                                                                                           | 0g        |                      |             |
| Cholesterol                                                                                                                         | 0mg       | 0%                   |             |
| Sodium                                                                                                                              | 85mg      | 4%                   |             |
| Potassium                                                                                                                           | 350mg     | 10%                  |             |
| Total Carbohydrate                                                                                                                  | 14g       | 5%                   |             |
| Dietary Fiber                                                                                                                       | 3g        | 12%                  |             |
| Sugars                                                                                                                              | 4g        |                      |             |
| Protein                                                                                                                             | 20g       |                      |             |
| Vitamin A 50% • Vitamin C 150% • Calcium 50%                                                                                        |           |                      |             |
| Iron 10% • Vitamin D 6% • Vitamin E 170%                                                                                            |           |                      |             |
| Thiamin 70% • Riboflavin 60% • Niacin 90%                                                                                           |           |                      |             |
| Vitamin B <sub>6</sub> 630% • Folate 50% • Vitamin B <sub>12</sub> 250%                                                             |           |                      |             |
| Biotin 25% • Pantothenic Acid 100% • Phosphorus 50%                                                                                 |           |                      |             |
| Iodine 35% • Magnesium 35% • Zinc 35%                                                                                               |           |                      |             |
| Copper 25% • Manganese 80% • Chromium 25%                                                                                           |           |                      |             |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: |           |                      |             |
|                                                                                                                                     | Calories: | 2,000                | 2,500       |
| Total Fat                                                                                                                           | Less than | 65 g                 | 80 g        |
| Saturated Fat                                                                                                                       | Less than | 20 g                 | 25 g        |
| Cholesterol                                                                                                                         | Less than | 300 mg               | 300 mg      |
| Sodium                                                                                                                              | Less than | 2,400 mg             | 2,400 mg    |
| Potassium                                                                                                                           | Less than | 3,500 mg             | 3,500 mg    |
| Total Carbohydrate                                                                                                                  |           | 300 g                | 375 g       |
| Dietary Fiber                                                                                                                       |           | 25 g                 | 30 g        |
| Calories per gram:                                                                                                                  |           |                      |             |
| Fat 9                                                                                                                               | •         | Carbohydrate 4       | • Protein 4 |

**Ingredients:** Rice protein concentrate, natural flavors, rice syrup solids, dicalcium phosphate, magnesium citrate, medium chain triglycerides, olive oil, dipotassium phosphate, vitamin and mineral blend (sodium chloride, DL-alpha tocopheryl acetate, ascorbic acid, niacinamide, pyridoxine HCl, zinc sulfate, calcium d-pantothenate, biotin, beta-carotene, retinyl palmitate, manganese sulfate, ferrous sulfate, copper sulfate, riboflavin, thiamin HCl, potassium iodide, folic acid, chromium chloride, and methylcobalamin), silicon dioxide, guar gum, pomegranate whole fruit extract powder, broccoli seed extract powder, and rebaudioside A (*Stevia rebaudiana* leaf extract).

**Directions:** Blend or briskly stir packet contents into 8 fluid ounces of chilled water, almond milk or rice milk.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

**Formulated to Exclude:** Wheat, Dairy, Soy, Nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

|                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Storage:</b> Store in a cool, dry place.                                                                                                                                                                                                                                                                                                                                     |
| <b>Warning:</b> Do not use if pregnant or nursing. Do not use if you are currently experiencing or have a history of a peptic or duodenal ulcer.. Do not use if you are on medications for bipolar disorder, active cancer or have a history with cancer. Consult your physician if you are taking medications, or have a medical condition. Keep out of the reach of children. |

This product is not intended to diagnose, treat, cure, or prevent any disease.

Nutritional information is given for both Vanilla and Chocolate Flavor Cleanse Shakes. Please refer to the content information to see what flavors are included in your kit.

## Chocolate Cleanse Shake

| Nutrition Facts                                                                                                                     |           |                      |             |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|-------------|
| Serving Size 1 Packet (44 g)                                                                                                        |           |                      |             |
| Amount Per Serving                                                                                                                  |           |                      |             |
| Calories 140                                                                                                                        |           | Calories from Fat 25 |             |
| % Daily Value*                                                                                                                      |           |                      |             |
| Total Fat                                                                                                                           | 2.5g      |                      | 4%          |
| Saturated Fat                                                                                                                       | 1.5g      |                      | 8%          |
| Trans Fat                                                                                                                           | 0g        |                      |             |
| Cholesterol                                                                                                                         | 0mg       |                      | 0%          |
| Sodium                                                                                                                              | 85mg      |                      | 4%          |
| Potassium                                                                                                                           | 350mg     |                      | 10%         |
| Total Carbohydrate                                                                                                                  | 11g       |                      | 4%          |
| Dietary Fiber                                                                                                                       | 2g        |                      | 8%          |
| Sugars                                                                                                                              | 3g        |                      |             |
| Protein                                                                                                                             | 20g       |                      |             |
| Vitamin A 50% • Vitamin C 150% • Calcium 50%                                                                                        |           |                      |             |
| Iron 25% • Vitamin D 6% • Vitamin E 170%                                                                                            |           |                      |             |
| Thiamin 70% • Riboflavin 60% • Niacin 90%                                                                                           |           |                      |             |
| Vitamin B <sub>6</sub> 630% • Folate 50% • Vitamin B <sub>12</sub> 250%                                                             |           |                      |             |
| Biotin 25% • Pantothenic Acid 100% • Phosphorus 50%                                                                                 |           |                      |             |
| Iodine 35% • Magnesium 35% • Zinc 35%                                                                                               |           |                      |             |
| Copper 25% • Manganese 80% • Chromium 25%                                                                                           |           |                      |             |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: |           |                      |             |
|                                                                                                                                     | Calories: | 2,000                | 2,500       |
| Total Fat                                                                                                                           | Less than | 65 g                 | 80 g        |
| Saturated Fat                                                                                                                       | Less than | 20 g                 | 25 g        |
| Cholesterol                                                                                                                         | Less than | 300 mg               | 300 mg      |
| Sodium                                                                                                                              | Less than | 2,400 mg             | 2,400 mg    |
| Potassium                                                                                                                           | Less than | 3,500 mg             | 3,500 mg    |
| Total Carbohydrate                                                                                                                  |           | 300 g                | 375 g       |
| Dietary Fiber                                                                                                                       |           | 25 g                 | 30 g        |
| Calories per gram:                                                                                                                  |           |                      |             |
| Fat 9                                                                                                                               | •         | Carbohydrate 4       | • Protein 4 |

**Ingredients:** Rice protein concentrate, Dutch processed cocoa powder, natural flavors, dicalcium phosphate, rice syrup solids, magnesium citrate, dipotassium phosphate, medium chain triglycerides, olive oil, vitamin and mineral blend (sodium chloride, DL-alpha tocopheryl acetate, ascorbic acid, niacinamide, pyridoxine HCl, zinc sulfate, calcium d-pantothenate, biotin, beta-carotene, retinyl palmitate, manganese sulfate, ferrous sulfate, copper sulfate, riboflavin, thiamin HCl, potassium iodide, folic acid, chromium chloride, and methylcobalamin), guar gum, silicon dioxide, pomegranate whole fruit extract powder, broccoli seed extract powder, rebaudioside A (*Stevia rebaudiana* leaf extract), and sodium chloride.

**Directions:** Blend or briskly stir packet contents into 8 fluid ounces of chilled water, almond milk or rice milk.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

**Formulated to Exclude:** Wheat, Dairy, Soy, Nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

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## Cleanse Supplements

| Supplement Facts                                                                                                                                                                                                                                                                                                                     |         |               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------|
| Serving Size 1 Packet                                                                                                                                                                                                                                                                                                                |         |               |
| Servings Per Container 63                                                                                                                                                                                                                                                                                                            |         |               |
| Amount Per Serving                                                                                                                                                                                                                                                                                                                   |         | % Daily Value |
| Calcium                                                                                                                                                                                                                                                                                                                              | 100 mg  | 10%           |
| Phosphorus                                                                                                                                                                                                                                                                                                                           | 77 mg   | 8%            |
| Phyto Enzyme Complex                                                                                                                                                                                                                                                                                                                 | 202 mg  | *             |
| Provides not less than:                                                                                                                                                                                                                                                                                                              |         |               |
| Proteases                                                                                                                                                                                                                                                                                                                            | 3600 PC | *             |
| Amylases                                                                                                                                                                                                                                                                                                                             | 4400 DU | *             |
| Lipases                                                                                                                                                                                                                                                                                                                              | 150 FIP | *             |
| Cellulases                                                                                                                                                                                                                                                                                                                           | 200 CU  | *             |
| Coptis ( <i>Coptis chinensis</i> ) Root & Rhizome 12:1 Extract (containing berberine)                                                                                                                                                                                                                                                | 15 mg   | *             |
| Oregon Grape ( <i>Berberis aquifolium</i> ) Root 4:1 Extract                                                                                                                                                                                                                                                                         | 35 mg   | *             |
| Berberine HCl†                                                                                                                                                                                                                                                                                                                       | 200 mg  | *             |
| A 4:1 Proprietary Extract†† of:                                                                                                                                                                                                                                                                                                      | 150 mg  | *             |
| Coptis ( <i>Coptis chinensis</i> ) Root & Rhizome, Chinese Skullcap ( <i>Scutellaria baicalensis</i> ) Root, Phellodendron ( <i>Phellodendron chinense</i> ) Bark, Ginger ( <i>Zingiber officinale</i> ) Rhizome, Chinese Licorice ( <i>Glycyrrhiza uralensis</i> ) Root, Chinese Rhubarb ( <i>Rheum officinale</i> ) Root & Rhizome |         |               |
| *Daily Value not established.                                                                                                                                                                                                                                                                                                        |         |               |

**Digestive Enzyme - Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid (vegetable), magnesium citrate (vegetable), and coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

**Cleanse Berberine Formula - Other ingredients:** Microcrystalline cellulose, croscarmellose sodium, silica, stearic acid (vegetable), magnesium stearate (vegetable), and coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

**Directions:** Take one packet, three times a day, or as directed by your healthcare practitioner.

**Each Packet Contains** 1 Digestive tablet (white) and 1 Cleanse Berberine Formula tablet (dark yellow/orange).  
**Formulated to Exclude:** Wheat, Dairy, Soy, Nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

Notice: Do not use if you have or develop diarrhea, loose stools, or abdominal pain because rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if taking medication including cyclosporine, or have a medical condition.

† Berberine from Phellodendron amurense bark extract. †† Equivalent to 600 mg raw, dried, unprocessed herbs.

## Cleanse Probiotic

| Supplement Facts                       |                             |
|----------------------------------------|-----------------------------|
| Serving Size 1 Capsule††               |                             |
| Servings Per Container 63              |                             |
| Amount Per Serving                     |                             |
| <i>Lactobacillus acidophilus</i> NCFM® | 30 billion live organisms†* |
| *Daily Value not established.          |                             |

**Other ingredients:** Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, and stearic acid (vegetable). **Formulated to Exclude:** Wheat, Dairy, Soy, Nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

**Directions:** Take one capsule three times daily or as directed by your healthcare practitioner.  
††At date of expiration. †† Capsules are composed of plant-derived ingredients.

A Lifetime of Support: We are here for you before, during, and after your cleanse. Forever.  
There's no expiration date on our support.

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