Perfect Cleanse®: A Whole New Way to Cleanse

Perfect Cleanse® is a comprehensive, easy-to-follow natural cleanse program for use in the evening over a 10 day period. ***Perfect Cleanse®*** provides the triple benefits of purifying, capturing and removing toxins normally introduced into the body[†], through a three-step regimen using ***Perfect Cleanse® Purify, Capture*** and ***Remove*** supplements. Formulated to enable a normal lifestyle without disruption during your cleanse[†], ***Perfect Cleanse®*** is as easy to use as 1-2-3.

Perfect Cleanse® Purify

Purify is the first step of ***Perfect Cleanse®***, supporting normal liver detoxification. The liver produces 1-2 quarts of bile daily, which carries toxins, metals, microbes, and other metabolic by-products that must be eliminated through the gastrointestinal tract.[†] ***Purify*** is formulated with natural botanicals to support normal detoxification, plus cracked-wall chlorella, widely studied for its ability to bind with environmental toxins, and liver antioxidants to participate in production of detoxification enzymes.[†]

Perfect Cleanse® Capture

Capture is the second step of ***Perfect Cleanse®***, helping trap and bind undesirable compounds in the digestive tract for transport from the body – crucial for healthy detoxification.[†] The dietary fibers in ***Capture*** have been specifically selected and combined into a patent-pending formulation that optimizes toxin absorption by the fiber.[†] This formula is free from common allergens including gluten, includes organic ingredients, and does not introduce new toxins or allergens into the body during the program.

Perfect Cleanse® Remove

Remove is the third and final step of ***Perfect Cleanse®***, supporting the transport and removal of toxins from the body.[†] ***Remove*** is a gentle formula containing a botanical blend that works while you sleep, gently sweeping the colon of accumulated waste and trapped toxins, to promote healthy, comfortable bowel movements.[†]

REMOVE NOW IN CAPSULES

10 DAY SYSTEM

Garden of Life®

Perfect Cleanse®

A Whole New Way to Cleanse

3 EASY STEPS

1 Purify
2 Capture
3 Remove

Complete Kit Contents:
Purify - 30 Vegan Capsules
Capture - 100 Grams Organic Fiber
Remove - 30 Vegan Capsules

Whole Food Dietary Supplement

Perfect Cleanse®: A Whole New Way to Cleanse

Recent scientific literature reports that virtually all environmental chemicals and toxins find their way into our bodies as a result of the foods we eat, water we drink, skin care products we use and air we breathe. Although normally present in small amounts, toxins can accumulate over a period of time. Cleansing is a natural starting point for supporting your digestive health.[†] Unloading toxins and cleansing the intestinal tract sets a healthy stage for reintroducing beneficial microflora, which is critical to good health.[†]

Perfect Cleanse® - Easy, Three-Step Process

Perfect Cleanse® is a breakthrough in digestive health. Designed as a gentle internal cleansing system that works in synergy with your body's own detoxification system, ***Perfect Cleanse®*** offers the triple benefits of cleansing, capturing and smoothly removing toxins from the body in one convenient 10-day program you use in the evening.[†] Unlike many other harsh cleansing products, ***Perfect Cleanse®*** allows you to maintain your daily routine at work or home, without disruption.[†]

Use at the end of your day according to this schedule:		Recommended Usage	Recommended Time
1 Purify	Supports the liver, to help with normal detoxification.[†]	3 capsules daily	1/2 Hour before dinner
2 Capture	Helps trap and bind toxins secreted through the bile for transport from the body.[†]	1 serving daily	1/2 Hour after dinner
3 Remove	Sweeps the colon of accumulated waste to gently move captured toxins through the digestive tract.[†]	3 capsules daily	At bedtime

Products designed to be used within the same ten day period.

FREE CD INSIDE!

A Whole New Way to Cleanse

Featuring Jordan Rubin and Dr. Joseph Brasco

Jordan Rubin, Founder & New York Times Best-Selling Author

Dr. Joseph Brasco, M.D., Board Certified in Gastroenterology & Internal Medicine

1 Perfect Cleanse® Purify

Suggested Use: Adults take 3 ***Perfect Cleanse® Purify*** capsules with at least 6 ounces of water 1/2 hour before dinner. Not intended for children.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 10

Amount Per Serving	% Daily Value
Total Carbohydrate <1 g	<1%*
Selenium** 100 mcg	143%
Proprietary Purify Blend 1 g	+
Milk Thistle Seed Extract (80% Silymarin), Yarrow Flower Extract, Agaal Garlic Extract, Cracked-Wall Chlorella, Dandelion Root Extract, Broccoli Extract	

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

Other ingredients: Vegetable cellulose.
**Produced using the Poten-Zyme® fermentation process.

Store in a cool, dry place.
Do not use if safety seals are broken or missing.
Keep out of reach of children.

Warning: If you have a gall bladder condition, Irritable Bowel Disorder or recurrent diarrhea, do not use before consulting your physician.

CAUTION: As with any dietary supplement consult your healthcare practitioner before using these products, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.
Vegan • Gluten Free • Dairy Free

2 Perfect Cleanse® Capture

Directions: Adults mix 1 scoop (10 grams) ***Perfect Cleanse® Capture*** powder with at least 8 ounces of water or no sugar added juice 1/2 hour after dinner. Scoop included. Not intended for children.

USDA ORGANIC

Nutrition Facts

Serving Size 1 Scoop (10 grams)
Servings Per Container Approximately 10

Amount Per Serving		% Daily Value
Calories	35	
Calories from Fat	5	
Total Fat	1 g	2%**
Total Carbohydrate	8 g	3%**
Dietary Fiber	5 g	20%*
Soluble Fiber	1 g	+
Insoluble Fiber	4 g	+
Protein	2 g	4%

Iron 2%**

*Not a significant source of Vitamin A, C, calcium fat, trans fat, cholesterol, sugars, or sodium.

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 Carbohydrates 4 Protein 4

Ingredients: Organic Raw Seed, Organic Pea Hull Fiber, Organic Alfalfa Whole Leaf, Organic Barley Whole Leaf, Organic Chia Seed.

Shake before using. Filled by weight not volume.
Distributed by Garden of Life LLC
Certified Organic by QCS

* naturally occurring.

3 Perfect Cleanse® Remove

Suggested Use: Adults take 3 ***Perfect Cleanse® Remove*** capsules with at least 8 ounces of water at bedtime. Not intended for children.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 10

Amount Per Serving	% Daily Value
Total Carbohydrate <1 g	<1%*
Dietary Fiber 1 g	4%*
Magnesium 600 mg	150%
Proprietary Remove Blend 3.4 g	+
Natural Epsom Salts, Fenugreek Seed Extract, Peppermint Leaf, Ginger Root, Fennel Seed	

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

Other ingredients: Vegetable cellulose.

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† **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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