

**TAKE CONTROL
of
YOUR HEALTH**

Experience the Sensation
of Whole-Body Wellness...
Detoxify • Cleanse • Rebuild

Who is Nature's Secret?

At Nature's Secret® we believe that total body wellness is the key to overall health. The conventional approach to health sees the body as a set of separate parts, each needing their own separate treatments. Take a look at the way our medical system is organized - from cardiologists to dermatologists, we have a doctor for nearly every body part. But nature has a well-kept secret... there is no separation between any of our systems. They are all intricately connected in a brilliant dance only nature could orchestrate. At Nature's Secret®, we develop our products using this whole-body philosophy.

We understand, for example, that sluggish digestion can lead to low energy levels and shouldn't always be supported with caffeinated energy tablets. Our approach focuses on the origins of imbalance, not the signs of imbalance. This is Nature's Secret® total body wholeness and wellness.

Questions: Call Consumer Affairs 1-800-297-3273

Weekdays 8:00 AM TO 5:00 PM (PST) Questions@NaturesSecret.com

Available Exclusively in Fine Health Food Stores Everywhere

www.NaturesSecret.com

USAGE WARNING: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including diuretics, heart medications and corticosteroids, or have any medical conditions. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal disorder. Do not use if you are taking any other product concurrently that has laxative effects. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Taking this product without adequate water may cause choking. **NOTE:** This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. Can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

NOTICE: This product contains Cascara Sagrada. Read and follow the directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada 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.

*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.

Multi-Fiber CLEANSE®

*Detoxify, Cleanse and Renew**

*Support Colon Health and Regularity**

Nature's Secret®

275 TABLETS • DIETARY SUPPLEMENT

MULTI-FIBER CLEANSE®

Nature's Secret® Multi-Fiber Cleanse® includes a variety of fibers and complementary herbs to support colon detoxification through more frequent bowel movements.* This proprietary blend of ingredients supports the body's own natural cleansing functions.* It is designed to promote healthy digestion and elimination.*

DIRECTIONS: (Adult) Start with one (1) tablet in the morning and one (1) tablet in the evening with a full glass of water. Increase intake by one (1) tablet every other day until you achieve 2-3 formed bowel movements per day. Do not exceed three (3) tablets twice per day. Once you find the correct number of tablets you can continue with that amount for enhanced internal cleansing for up to 30 days. Do not exceed 30 days of continual use of this product.

If taken along with Nature's Secret® Multi-Herb Digestion & Detox Support™ tablets: Start with one (1) tablet of each product in the morning and one (1) tablet of each product in the evening, increasing intake by one (1) tablet of each product every other day until you achieve 2 to 3 formed bowel movements per day. Do not exceed six (6) tablets twice per day. Take only as much product as is needed to achieve 2-3 good bowel movements per day. Drink 8 to 10 glasses of water per day.

NOTE: This product does not contribute significantly to your daily fiber requirement.

Supplement Facts

Serving Size: 1 Tablet Servings per Container: 275

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	98 mg	10%
Proprietary Blend	557 mg	†
Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium powder (seed husk), Ginger powder (root), Acacia Gum, Alfalfa powder (herb), Apple Pectin powder (fruit), Apple powder (fruit), Barley Grass powder (sprout), Beet powder (root), Glucomannan, Karaya Gum, Lemon Peel powder (fruit), Oat Bran powder, Peppermint powder (leaf), Red Raspberry (Rubus idaeus) powder (leaf), Slippery Elm powder (bark), Chlorella powder, Guar Gum, Lactobacillus acidophilus (1 million/g)**		

†Daily Value not established

Other Ingredients: Stearic acid, hydroxypropyl cellulose, microcrystalline cellulose, silicon dioxide, natural orange flavor, croscarmellose sodium, magnesium stearate, sodium starch glycolate and soy polysaccharides.

** at time of manufacture

Contains: Dairy, Soy

No artificial colors or preservatives.

To join our Wellness Club and receive tips on how to improve your health, please visit us at www.NaturesSecret.com/wellness1

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Nature's Secret®, P.O. Box 66457, Los Angeles, CA 90066

