

DIRECTIONS: (Adult) Morning: 1 Colson Clear® tablet with a full glass of water
Evening: 2 Colson Clear® tablets with a full glass of water

Please read and follow the enclosed Cleansing Program Insert to achieve maximum effects and personalized dosing.

WARNING: Do not use if you are pregnant or nursing. 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 blockage, hematuria, or if you are taking any other medication. Do not use if you have any other product concurrently that has laxative effects. Taking this product without adequate water may cause choking. Do not use if you may become pregnant, are pregnant or nursing. Do not use if you experience any of the following symptoms: dizziness, nausea, vomiting, or diarrhea. Do not use if you are taking any other laxative or purgative by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. **NOTE:** This product is not intended to be used without breaks. Cystitis is a bacterial infection of the bladder that can be caused by bacteria from the intestines. Cystitis can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging studies. Do not use if you are taking any other medication that may interfere with cycles will help maintain natural regularity. Not intended for long-term use. **WARNING:** State of California Prop 65: The product contains a chemical known to the state of California to cause cancer, birth defects or reproduction harm.

NOTICE: The product contains Castoreum Sauria. Read and follow the directions carefully. Do not use if you are pregnant or nursing, or if you are taking oral birth control because *Castoreum Sauria* may worsen these conditions and be harmful to the fetus. Do not use if you are taking any other medication or are pregnant, nursing, taking medication, or have a medical condition.



PART 1

Colon Clear®

Enhances Digestion & Promotes Colon Health™

Extra Strength Formula, yet Gentle on Your System™

Nourish, Stimulate and Cleanse the Colon*

Nature's Secret

25 TABLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 12

	Amount per Serving	%Daily Value
Calcium (as Calcium Carbonate)	196 mg	20%
Proprietary Blend	1114 mg	71%
Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium powder (seed), Peppermint powder (leaf), Acacia Gum, Alfalfa powder (leaf), Apple Pectin powder (fruit), Apple powder (fruit), Barley Grass powder (aerial), Beet powder (root), Glucosamine, Karynia Gum, Lemon Peel powder (fruit), Red Raspberry Peppermint powder (leaf), Red Raspberry (<i>Rubus idaeus</i> L.) powder (fruit), Slippery Elm powder (bark), Chlorella powder, Guar Gum, <i>Lactobacillus acidophilus</i> (1 million)*		
†Daily Value not established		
Other Ingredients: Stearic acid, hydroxypropyl cellulose, croscarmellose sodium, silicon dioxide, natural anise flavor, croscarmellose sodium, methylcellulose, magnesium stearate, sodium starch glycolate, soy polysaccharides and glycerin.		
*At time of manufacture.		
Contains: Dairy, Soy		

DISTRIBUTED FOR QUALITY AND QUANTITY TESTING BY:
NutraSweet, Inc.
NutraSweet's Secret, 7000 E. 15th Avenue, Suite 100, Denver, CO 80202
www.NutraSweet.com

*These statements have not been evaluated by the Food and Drug Administration.

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PART 4
CraveLess
 Promotes Healthy Digestion*
 Powerful Botanical Blend*
 Non-Stimulant Herbal Complex*
Nature's Secret
 30 TABLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 15

	Amount per Serving	% Daily Value
Magnesium (as Magnesium Aspartate)	16 mg	4%
Potassium (as Potassium Citrate and Potassium Aspartate)	85 mg	2%
Garcinia extract (50% hydroxycitric acid)/(fruit)	400 mg	†
Gripitya Blend	840 mg	†
Triphala powder (Amla powder (fruit), Beleric Myrobalan powder (fruit), Chebulic Myrobalan powder (fruit), Cascara Sagrada powder (bark), Borage powder (aerial), L-Glutamine, N-Acetyl-D-Glucosamine, L-Phenylalanine, L-Tyrosine, Chickweed powder (aerial), Dandelion (<i>Taraxacum officinale</i>) powder (root), Echinacea purpurea powder (root), Astragalus (<i>Astragalus membranaceus</i>) powder (root), Bai-Zhu Atractylodes powder (rhizome), Cornsilk powder (stylus), Horsetail (<i>Equisetum arvense</i>) powder (herb), Parsley powder (leaf), Uva-Ursi powder (leaf)		

†Daily Value not established

Other Ingredients: Calcium carbonate, microcrystalline cellulose, stearic acid, natural anise flavor, magnesium stearate, silicon dioxide and croscarmellose sodium.

FIBER CLEANSE™

It is recommended that every adult consume 25-30 grams of fiber per day, but the majority of Americans fall short of the daily fiber recommendations.

Fiber Cleanse™ is formulated with a proprietary blend of ingredients to help you meet your dietary needs. Each serving of this delicious formula provides 4 grams of dietary fiber. Fiber Cleanse™ contains:

- Psyllium is one of the most popular forms of fiber and has a long history of use. It is a bulk forming fiber which helps speed bowel transit time.
- Marshmallow root and Slippery Elm have traditionally used to support the protective mucous lining of the intestines.
- Lactobacillus acidophilus helps promote the health of the digestive tract and supports a healthy balance of beneficial bacteria in the digestive tract.
- FOS (Fructooligosaccharides) helps promote "good" bacteria in the digestive tract.

TAKE CONTROL OF YOUR HEALTH

Experience the Sensation of Whole-Body Wellness

Detoxify • Cleanse • Rebuild

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 childhood to old age, we have a doctor for nearly every body part. But nature has a well-kept secret... there is no separation between our systems. They are all intricately connected in a brilliant dance that nature could orchestrate. At Nature's Secret™, we develop our products using this whole-body philosophy.

As we age, however, the ability 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™. Take control of your health and wellness.

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PART 2

Fiber Cleanse

Digestion & Elimination[®]

Daily Support for Regularity & Proper Elimination

*Probiotics to Replenish
& Maintain Digestive Health[®]*

Nature's Secret

NET QUANTITY: 3.9 OZ (110 GRAMS) POWDER • DIETARY SUPPLEMENT

DIRECTIONS: **Adult:** Morning: Mix one (1) tablespoon of Fiber Cleanse™ in 8 ounces water or juice
Afternoon: Mix one (1) tablespoon of Fiber Cleanse™ in 8 ounces water or juice
Evening: Mix one (1) tablespoon of Fiber Cleanse™ in 8 ounces water or juice

WARNING: This product may cause choking. Please read and take this product without adequate water. **WARNING:** This product may cause choking. Please read and take this product without adequate water. **WARNING:** This product may cause choking. Please read and take this product without adequate water.

Supplement Facts

	Amount per Serving	% Daily Value
Serving Size: 1 Tablespoon (Approx. Tsp)		
Servings per Container: 15		
Calories	25	
Total Carbohydrates	6 g	2%*
Dietary Fiber	4 g	16%*
Proprietary Blend	6.3 g	
Psyllium powder (seed husk), Marshmallow powder (root), Slippery Elm powder (bark), Lactobacillus acidophilus, Fructooligosaccharides (FOS)		
*Percent Daily Values are based on a 2,000 calorie diet. Daily Value not established.		
Other Ingredients: Dextrose, maltodextrin, rice protein, natural mixed tocopherols and natural citrus flavor.		
Contains: Dairy	UNREFINED, GROUND, CALCIUM AND QUALITY TESTED BY: Nature's Secret, P.O. Box 6457, Los Angeles, CA 90066 www.NaturesSecret.com	
Questions? Call Customer Affairs 1-800-297-3273		
Weekdays 9:00 AM TO 5:00 PM (PST)	Questions@NaturesSecret.com	

SUPER NUTRITION™

USAGE WARNING: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant or 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.

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.

*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.

Questions? Call Customer Affairs 1-800-297-3273
Weekdays 8:00 AM to 8:00 PM (PST)
Questions@NaturesSecret.com

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

www.NaturesSecret.com

PART 5

Super Nutrition™

Easy-to-Swallow Fast-Acting Liquid Soft-Gels

Concentrated Nutrient-Dense "Super Foods", Vegetable & Fruit Concentrates, Plus Other Phytonutrients

Nature's Secret

14 LIQUID SOFT-GELS • DIETARY SUPPLEMENT

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DIRECTIONS: (Adult) **Morning:** 1 Liver Cleanse® tablet with a full glass of water
Afternoon: 1 Liver Cleanse® tablet with a full glass of water
Evening: 2 Liver Cleanse® tablets with a full glass of water

Please read and follow the enclosed Cleansing Program Insert to achieve maximum effects and personalized results.

USAGE WARNING: Do not use if safely used as a medical check with your doctor before using this product if you are using bronchodilators or have any medical conditions. Do not use if you may become pregnant, are pregnant, or nursing. Do not exceed recommended daily dose. Not intended for use as a preservative or preservative. **KEEP OUT OF REACH OF CHILDREN.** Store at a cool, dry place.

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.

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

www.NaturesSecret.com

Customer Care: 1-800-299-3273
Questions? 8:00 AM to 5:00 PM (PST)
Questions@NaturesSecret.com

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PART 3

Liver Cleanse[®]

Supports The Liver[®]

Traditionally Used to Promote a Healthy Liver[®]

Supports Detoxification Pathways[®]

Nature's Secret

25 TABLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 12

	Amount per Serving	%Daily Value
Proprietary Blend	572 mg	†
Soy Lecithin (contains 23% phosphatidylcholine), Alfalfa powder (leaf), Beet powder (root), Licorice (<i>Glycyrrhiza glabra</i> extract (10% glycyrrhizin)(root), Cayenne powder (fruit), Buchuher® Black Pepper extract (95% piperin)(fruit)		
Green Bean Seed (leaf)	200 mg	†
Artichoke extract (15% chlorogenic acids)(leaf)	120 mg	†
Dandelion (<i>Taraxacum officinale</i> extract (3% vitexin)(root)	120 mg	†
Milk Thistle extract (80% silymarin)(seed)	100 mg	†
Turmeric extract (95% curcuminoids)(rhizome)	80 mg	†
Barberry extract (4:1)(root)	80 mg	†
Bolbo extract (4:1)(leaf)	70 mg	†
Celandine extract (1:1)(rhizb)	60 mg	†
Fringe Tree powder (root)	60 mg	†
Phyllanthus niruri extract (3% bitter principles)(aerial)	44 mg	†
Picrothiza (<i>Panicum kurokoi</i> extract (3.5% kurokolin)(root)	44 mg	†
Schisandra (<i>Schisandra chinensis</i> extract (1% schisandrin)(fruit)	44 mg	†
Dandelion (<i>Taraxacum officinale</i> powder) (root)	40 mg	†
Milk Thistle powder (seed)	40 mg	†

†Daily Value not established

Other ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Polydextrose, Polyethylene Glycol, Magnesium Stearate, Hydroxypropyl Methylcellulose, Polyvinylpyrrolidone, Stearic Acid, Talc, Silica, Colloidal Silicon Dioxide, Polyethylene Glycol, Croscarmellose Sodium, Polydextrose, Polyethylene Glycol, Magnesium Stearate, Hydroxypropyl Methylcellulose, Polyvinylpyrrolidone, Stearic Acid, Talc, Silica, Colloidal Silicon Dioxide.



Fast & Cleanse & Detox[®]
The Best Way to Give Your
Body a Fresh Start... *in Just 5 Days!*[®]

Nature's Secret

5-DAY FAST & CLEANSE[®]

DIRECTIONS:

Morning:
Mix 1 tablespoon of Fiber Cleanse® (Part 2) with water or juice
1 Colon Clear® (Part 1) Tablet
1 Liver Cleanse® (Part 3) Tablet
2 Craveless® (Part 4) Tablets
1 Super Nutrition® (Part 5) Liquid Soft-Gel

Please read and follow the enclosed Cleansing Program Insert to achieve 2 – 3 bowel movements by following the directions for Colon Clear®, increase the 5-day Fast & Cleanse™ can be used effectively for general cleansing and weight loss.

PART 1: COLON CLEAR®

Supplement Facts

Amount per Serving	%Daily Value
Serving Size: 2 Tablets	
Servings per Container: 12	
Calcium (as Calcium Carbonate)	198 mg 20%
Proprietary Blend	
1114 mg	1
Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium husk powder (seed hull), Ginger root powder (rhizome), methylnaphthalene, Apple Pectin powder (fruit), Apple powder (fruit), Bayberry Grass seed (seed), Sweet powder (root), Liciummarmen, Karyya Gum, Lemon Peel powder (fruit), Datt Bran powder, Peppermint powder (leaf), Red Raspberry (Rubus idaeus) powder (fruit), Slippery Elm powder (bark), Chlorophyll powder, Goat Ghee, Lactobacillus acidophilus (1 million)*	
*Daily value not established	
Other Ingredients: Stearic acid, hydroxypropyl cellulose, microcrystalline cellulose, croscarmellose sodium, natural ester flavor, croscarmellose sodium, methylcellulose, magnesium stearate, calcium stearate glycolate, polyphosphates and glycerin. *All free of trans fats	
Contains: Dairy, Soy	

PART 4 : CRAVELESS®

Supplement Facts

Amount per Serving	%Daily Value
Serving Size: 2 tablets	
Servings per Container: 15	
Magnesium (as Magnesium Aspartate)	18 mg 2%
Potassium (as Potassium Citrate and Potassium Aspartate)	85 mg 2%
Garcinia extract (50% hydrochloric acidified)	400 mg 1
Proprietary Blend	
Phosphatidylcholine powder (soy lecithin), Biotin, Myo-inositol powder (bark), Chauliok, Phosphatidylcholine powder (bark), Boragin powder (seeds), L-Glutamine, N-Methyl-D-Glucosamine, L-Phenylalanine, L-Tyrosine, Chondroitin powder (cartilage), Dandelion (Taraxacum officinale) powder (roots), Echinosan angustifolia powder (root), Adiponitril (Adiponitril mentation) powder (oil), Thea-Azaylole powder (phenols), Cornsilk powder (silks), Horsetail (Equisetum arvense) powder (rhizome), Pruney powder (fruit). Use-by date listed.	
*Daily value not established	
Other Ingredients: Calcium carbonate, microcrystalline cellulose, stearic acid, natural ester flavor, magnesium stearate, croscarmellose sodium, croscarmellose sodium.	
Contains: Crostaceous Shellfish (shrimp, lobster, crab)	

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MAKE CONTROL
of
YOUR HEALTH

Experience the Sensation
Whole-Body Wellness...

- Cleanse • Rebuild

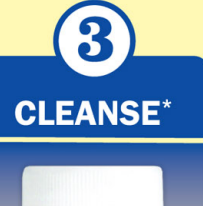
What is Nature's Secret?

At *Nature's Secret*® we believe that total body wellness is the key to overall health.

Our approach to health sees the body as a series of parts, each needing their own separate attention. We take a look at the way our medical system communicates from cardiologists to dermatologists, we address nearly every body part. But nature has secrets... there is no separation between any of the parts they are all intricately connected in a symphony. Only nature could orchestrate. At *Nature's Secret*®, we develop our products using this whole-body approach.

For example, that sluggish digestion, low energy levels and not always enough energy tablets. Our products address on the origins of imbalance, not the symptoms. This is *Nature's Secret*®, total body wellness.

Not evaluated by the Food and Drug Administration. This product is intended to diagnose, treat, cure or prevent any disease.



5-Day Fast & Cleanse®

Total-Body Fasting Program...

The Best Way to Give Your Body a Fresh Start!*

1

FLUSH*



Colon Clear
Herbal Support for Healthy Bowels
100% Natural, Gentle, Effective
100 Tablets

Flush & Cleanse Your Colon*
Extra Strength, but Gentle on Your System
100 Tablets

2

FIBER



Fiber Cleanse
Herbal Support for Healthy Bowels
100% Natural, Gentle, Effective
100 Tablets

Supports Proper Elimination*
Enhances Digestion & Regularity*
110 Grams

3

CLEANSE*

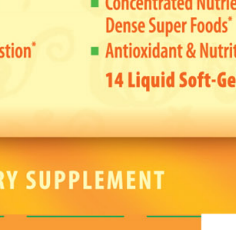


Liver Cleanse
Herbal Support for Healthy Livers
100% Natural, Gentle, Effective
100 Tablets

Supports the Liver*
Supports Detoxification Pathways*
25 Tablets

4

SATISFY*



CraveLess
Herbal Support for Healthy Appetite
100% Natural, Gentle, Effective
100 Tablets

Powerful Herbal Blend without Stimulants*
Supports Healthy Digestion*
30 Tablets

5

REPLENISH



Super Nutrition
Herbal Support for Healthy Energy
100% Natural, Gentle, Effective
100 Tablets

Concentrated Nutrient Dense Super Foods*
Antioxidant & Nutritional
14 Liquid Soft-Gels

5-PART, 5-DAY PROGRAM

Nature's Secret

DIETARY SUPPLEMENT

5-DAY FAST & CLEANSE®

The Best Way to Give Your Body a Fresh Start...in Just 5 Days!



Fasting provides an efficient way to cleanse the body and rest the digestive system. Fasting can help support the removal of toxins, improve digestive function and boost feelings of energy.*

5-Day Fast & Cleanse® is a simple program to help renew and nourish your system, giving you a fresh start. It provides 5 products to support your body during a fasting regimen.*

This 5-day program helps support the body's natural ability to eliminate toxins through the digestive tract and promote cellular health. The 5-Day Fast & Cleanse program delivers a bold combination of nutrients and cleansing herbs to encourage healthy elimination of toxins from the colon.*

5-Day Fast & Cleanse® features formulations with botanicals, fibers, minerals, phytonutrients and "super foods" in 5 supportive products:

- PART 1: COLON CLEAR®**
 Promotes daily bowel movements to help eliminate waste*
- PART 2: FIBER CLEANSE™**
 Source of fiber to enhance digestion and elimination*
- PART 3: LIVER CLEANSE®**
 Well-balanced nutrients to support liver health*
- PART 4: CRAVELESS®**
 Powerful herbal blend to support healthy digestion
- PART 5: SUPER NUTRITION™**
 Broad spectrum of phytonutrients to supply antioxidant and nutritional support*