

Dieters Cleanse

Natural Weight-Loss Program

Stock No. 3220-4

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225

www.naturesunshine.com

This package contains three types of packets marked: AM (2–Bowel Detox, 2–Master Gland Formula, 1–Enviro-Detox, 1–Liver Cleanse Formula) (14 packets); NOON (2–Bowel Detox, 2–Master Gland Formula, 1–Enviro-Detox, 1–Liver Cleanse Formula) (14 packets); and PM (3–LBS II, 2–SF, 1–GTF Chromium) (14 packets). This carton contains two 7-day programs.

Supplement Facts

Servings Per Container 14 days

BOWEL DETOX

Amount Per 2 Capsules	% Daily Value
Vitamin A (beta-carotene)	600 IU 12%
Vitamin C (ascorbic acid)	20 mg 33%
Vitamin E (d-alpha tocopherol, from soy)	4 IU 13%
Zinc (gluconate)	2 mg 13%
Selenium (amino acid chelate)	10 mcg 14%
Betaine HCl	16 mg *
Bile Salts	16 mg *
Pancreatin	72 mg *
Pepsin (contains milk lactose)	16 mg *

*Daily Value not established

Other Ingredients: Psyllium hulls (Plantago ovata), Capsule (gelatin, water), Algin (from brown seaweed), Cascara Sagrada bark (Rhamnus purshiana), Bentonite clay, Apple pectin, Marshmallow root (Althaea officinalis), Parthenium root (Parthenium integrifolium), Charcoal, Ginger rhizome (Zingiber officinale), Magnesium stearate (vegetable), Sodium copper chlorophyllin, Silicon dioxide (powdered silica).

MASTER GLAND FORMULA

Amount Per 2 Capsules	% Daily Value
Vitamin A (beta-carotene)	900 IU 18%
Vitamin C (ascorbic acid)	60 mg 100%
Vitamin E (d-alpha tocopherol, from soy)	14 IU 47%
Pantothenic Acid (d-calcium pantothenate)	24 mg 240%
Zinc (gluconate)	6 mg 40%
Manganese (amino acid chelate)	1 mg 50%
Potassium (citrate)	20 mg 1%

Soy lecithin	25 mg *
--------------	---------

*Daily Value not established

Other Ingredients: Capsule (gelatin, water), Licorice root (Glycyrrhiza glabra), Alfalfa aerial parts (Medicago sativa), Asparagus stems (Asparagus officinalis), Black Walnut hulls (Juglans nigra), Kelp leaves and stem (Ascophyllum nodosum and Laminaria digitata), Parsley leaves (Petroselinum crispum), Parthenium root (Parthenium integrifolium), Thyme leaves (Thymus vulgaris), Dandelion root (Taraxacum officinale), Dong Quai root (Angelica polymorpha), Lemon bioflavonoids, Schisandra fruit (Schisandra chinensis), Eleuthero root (Eleutherococcus senticosus), Marshmallow root (Althaea officinalis), Uva Ursi leaves (Arctostaphylos uva-ursi).

ENVIRO-DETOX

Amount Per Capsule	% Daily Value
Proprietary Blend	486 mg*
Burdock Root (Arctium lappa)	
Dandelion Root (Taraxacum officinale)	
Fenugreek Seed (Trigonella foenum-graecum)	
Ginger Rhizome (Zingiber officinale)	
Pepsin (contains milk lactose)	
Red Clover Flowers (Trifolium pratense)	
Yellow Dock Root (Rumex crispus)	
Marshmallow Root Extract (Althaea officinalis)	
Sarsaparilla Root Extract (Smilax officinalis)	
Raculus coagulans	
Cascara Sagrada Bark (Rhamnus purshiana)	
Echinacea Root Extract (Echinacea purpurea)	
Milk Thistle Seed Extract (Silybum marianum)	

*Daily Value not established

Other Ingredients: Capsule (gelatin, water).

LIVER CLEANSE FORMULA

Amount Per Capsule	% Daily Value
Proprietary Blend	450 mg*
Red Beet Root (Beta vulgaris)	
Dandelion Root (Taraxacum officinale)	
Parsley Leaves (Petroselinum crispum)	
Horsetail Stems and Strobilus (Equisetum arvense)	
Yellow Dock Root (Rumex crispus)	
Black Cohosh Root (Cimicifuga racemosa)	
Birch Leaves (Betula pendula)	
Blessed Thistle Aerial Parts (Cnicus benedictus)	
Angelica Root (Angelica archangelica)	
Chamomile Flowers (Matricaria recutita)	
Gentian Root (Gentiana lutea)	
Goldenrod Aerial Parts (Solidago virgaurea)	

*Daily Value not established

Other Ingredients: Capsule (gelatin, water).

LBS II

Amount Per 3 Capsules	% Daily Value
Proprietary Blend	1,275 mg*
Cascara Sagrada Bark (Rhamnus purshiana)	
Buckthorn Bark (Rhamnus frangula)	

Licorice Root (Glycyrrhiza glabra)	
Capsicum Fruit (Capsicum annuum)	
Ginger Rhizome (Zingiber officinale)	
Oregon Grape Root (Berberis aquifolium)	
Turkey Rhubarb Root (Rheum officinale)	
Couch Grass Rhizome (Agropyron repens)	
Red Clover Tops (Trifolium pratense)	

*Daily Value not established

Other Ingredients: Capsule (gelatin, water).

GTF CHROMIUM

Amount Per Capsule	% Daily Value
Chromium (chromium amino acid chelate, chromium nicotinate)	500 mcg 417%
Proprietary Blend	472 mg *
Alfalfa Aerial Parts (Medicago sativa)	
Horsetail Stems and Strobilus (Equisetum arvense)	
Red Clover Flowers (Trifolium pratense)	
Narrow Flower (Achillea millefolium)	

*Daily Value not established

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

SF

Amount Per 2 Capsules	% Daily Value
Proprietary Blend	900 mg*

Chickweed Aerial Parts (Stellaria media)
Cascara Sagrada Bark (Rhamnus purshiana)
Licorice Root (Glycyrrhiza glabra)
Safflower Flowers (Carthamus tinctorius)
Black Walnut Hulls (Juglans nigra)
Parthenium Root (Parthenium integrifolium)
Gotu Kola Aerial Parts (Hydrocotyle asiatica)
Hawthorn Berries (Crataegus oxyacantha)
Papaya Fruit (Carica papaya)
Fennel Seed (Foeniculum vulgare)
Dandelion Root (Taraxacum officinale)

*Daily Value not established

Other Ingredients: Capsule (gelatin, water).

Dieter's Cleanse is an essential first step in any weight management plan, for use between programs, or for use by any adult desiring periodic cleansing. Years of improper diet – refined foods, low-fiber foods, and fast foods can cause a build-up of toxic material (anything that is foreign to the body). A common occurrence in the intestines, this build-up can limit the body's ability to fully absorb vital nutrients needed for optimal health through the intestinal walls.*

• **Bowel Detox** (Intestinal Management) provides key nutrients for digestive and intestinal systemic function and balance.*

• **Master Gland Formula** (Glandular Management) strengthens the glands throughout the body that produce hormones essential

for total body health. Hormones influence balance and harmony in all body systems.*

• **Enviro-Detox** (Vital Nutrition) helps cleanse the daily accumulation of toxins from the body and is designed to provide ongoing support to the body's natural cleansing functions.*

• **Liver Cleanse Formula** (Digestive System) nourishes and strengthens the liver, the primary organ for filtering toxic waste.*

• **LBS II** (Intestinal System) supports the production of digestive enzymes and bile to promote healthy colonic bacteria.*

• **GTF Chromium** (Circulatory System) processed foods have little or no chromium; without chromium cells resist insulin and do not absorb the glucose necessary for energy. The liver also uses chromium to manufacture fatty acids, lecithin, cholesterol, and lipoproteins.*

• **SF** (Vital Nutrition, Weight Management) supports the body with adaptogenic herbs for balance. Designed to support the body's weight-management mechanisms, with added benefits for the Urinary and Digestive Systems. Higher quantities of nutrients are required during balancing required for weight management.*

*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.

RECOMMENDATION

Take the contents of one (1) AM packet with breakfast, one (1) NOON packet with lunch, (1) PM packet with evening meal with 8 oz of Nature's Spring water daily for seven days. The second-week supply of Dieter's Cleanse can be used during recommended rest periods of other NSP weight-loss programs. This product may also be used by any adult desiring a two-week cleanse. This product could produce a bowel movement during the night or in the morning.

Notice: This product contains cascara sagrada. See your health care provider prior to use if: Pregnant or nursing, any medical condition exists, or when taking any medication. Read and follow recommendation carefully. Do not use if diarrhea, loose stools, or abdominal pain are present or develop. Not intended for prolonged use. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

Warning: May cause allergic reaction in persons sensitive to labeled or ingested psyllium.

Balanced nutrition and regular exercise will maximize the function of this product.

Nature's Sunshine uses natural source materials in its products that are subject to color variation.

©2011 Nature's Sunshine Products, Inc.

Product of U.S.A.

WEIGHT LOSS



Dieter's Cleanse

Natural Weight-Loss Program

- Nourish and strengthen the waste-filtering processes*
- Promotes healthy colonic environment*
- Helps body balance for optimal function and weight management*

WEIGHT LOSS



Dieter's Cleanse

Natural Weight-Loss Program



Two 7-Day Cleanse Programs
Dietary Supplement
42 PACKETS (252 CAPSULES)

WEIGHT LOSS



Dieter's Cleanse

Natural Weight-Loss Program

- Nutre y fortalece el proceso de eliminación de toxinas*
- Promueve un ambiente colónico saludable*
- Ayuda a mantener el equilibrio del organismo para que funcione de manera óptima y controle el peso*