

Two  
Great  
Flavors!

# Give Yourself a CleanStart®

## Colon Cleansing and Detoxifying Program

Colon health is a major concern for people today. Why? The colon is designed to eliminate waste and toxins from the body, like those found in many of today's processed foods. Unfortunately, processed foods don't supply your body with the essential enzymes and fiber it needs to eliminate these toxins. This can result in a buildup of toxic material in your colon, which can lead to poisoning or disease.

To help protect your body from common colon toxins that deplete and degrade your health, Nature's Sunshine's CleanStart cleansing and detoxifying program provides the most complete and balanced herbal cleanse available.



### BENEFITS

- Supports the natural, everyday cleansing of toxic waste from the body.
- Works without posing dangerous side effects.
- Improves energy and promotes a feeling of well-being.
- Helps protect the body from disease.

### NSP ADVANTAGE

- Provides gentle action with superior results.
- Is easy to take.
- Contains proven ingredients.
- Offers a balanced program for more complete benefits.

### INGREDIENTS

CleanStart is specially designed to be convenient, gentle and effective. Each program contains 28 delicious daily drink packets and 28 capsule packets (a 14-day supply).

*Each drink packet contains the following:*

- Psyllium hulls (*Plantago osata*), a soothing, high-fiber herb, is used in weight loss and is especially beneficial for absorbing bowel toxins and normalizing cholesterol.
- Bentonite. This natural, highly absorbent clay is often used to improve colon conditions including impaction and parasites.
- Aloe vera (*Aloe barbadensis*) juice acts as a general tonic to soothe and protect bowel tissue.
- Chlorophyll (Sodium Copper Chlorophyllin) is a natural bowel "sweetener;" it helps prevent odor,

increase blood oxygen and counteract bowel toxins.

- Stevia (*Stevia rebaudiana*). This nontoxic, non-fattening herb contains stevioside, a natural constituent that is 300 times sweeter than sugar (sucrose).

*Each capsule packet contains:*

- 1 capsule of Enviro-Detox. This herbal combination cleanses the body of many common environmental pollutants we may unknowingly ingest. The formulation includes sarsaparilla, milk thistle, red clover, dandelion, yellow dock, burdock, marshmallow, fenugreek, ginger, echinacea, cascara sagrada, pepsin (a protein-digesting enzyme) and *Lactobacillus sporogans* (helps keep putrefactive bacteria at bay).
- 2 capsules of LBS II®. A combination of strong, purgative herbs and protective, gentle and soothing herbs, LBS II helps enhance elimination, increase production of digestive enzymes and soothe the digestive tract. LBS II contains cascara sagrada, buckthorn, ginger, licorice, Oregon grape, red clover, dog grass, turkey rhubarb and capsicum.

### RECOMMENDED USE

Take the contents of one capsule packet 15–30 minutes before breakfast and again 15–30 minutes before dinner. Take the contents of the drink packet just after breakfast and dinner. Mix the contents of one packet with 8 oz. pure water or juice, stir or shake and drink immediately. Follow this with an additional glass of water.

### COMPLEMENTARY PRODUCTS

- Nutritional: Cascara Sagrada, Lymphomax®, Mega-Chel®, Hydrated Bentonite, Super Supplemental Vitamins and Minerals.
- Homeopathics: Parasites, Detoxification.
- Essential Oils: Rosemary, Lemon BIO, Peppermint.

CleanStart (28 capsules packets, 28 drink packets)  
Stock No. 3993-8 (Wildberry)  
3992-6 (Apple Cinnamon)



Contact your local NSP Herb Specialist:  
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