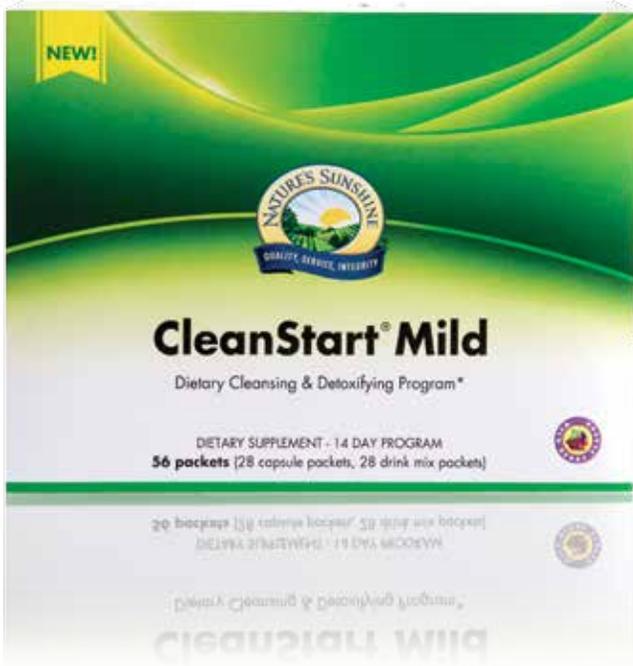


# CLEANSTART<sup>®</sup> MILD

## Gentle Dietary Cleansing & Detoxifying Program\*



Environmental pollutants from our air, water, food and more can build up in the body, slowing or otherwise compromising its inherent cleansing and detoxifying processes. Nature's Sunshine's CleanStart Mild Cleansing and Detoxifying program provides complete yet gentle cleansing support for the primary detoxifying organs of the body, including the liver, kidneys, skin and bowel.\* This two-week program represents a complete, balanced herbal cleanse that supports the natural removal of colon contents as it strengthens the waste-filtering process and supports elimination and well-being.\*

### BENEFITS

- Supports the natural, everyday cleansing of waste and toxins from the body\*
- Gently moves intestinal contents through the digestive system\*
- May help to maintain natural energy levels\*
- Promotes a feeling of well-being\*
- Supports the delicate balance of friendly bacteria in the intestinal tract with *Bacillus coagulans*
- Supports healthy liver detoxification and function

### KEY INGREDIENTS

#### CleanStart Cleansing Drink Mix:

- Psyllium hulls – provides 10 grams of fiber per day
- Highly absorbent bentonite clay – supports colon health
- Aloe vera juice – soothes and tones bowel tissue
- Chlorophyll – helps offset odor and counteract bowel toxins

#### Capsule Packet:

- **Enviro-Detox™** – This formulation includes burdock root,

dandelion root, fenugreek seed and other beneficial herbs and botanicals to support detoxifying processes and aid in digestive function.

- **Gentle Move™** – Combines Ayurvedic triphala fruit, yellow dock root, magnesium, slippery elm bark and more for three different types of cleansing action to gently move intestinal contents through the digestive system.

One carton of CleanStart Mild includes a 14-day supply of wild-berry flavored drink mix packets and capsule packets to help jumpstart your cleansing and detoxifying program.

### RECOMMENDED USE

Take the contents of one cleansing drink mix packet 15–30 minutes before breakfast and 15–30 minutes before dinner per directions. Take the contents of one capsule packet with breakfast and dinner (twice daily).

### COMPLEMENTARY PRODUCTS

Detox Basics, Berberine IR, Probiotic Eleven

## FREQUENTLY ASKED QUESTIONS (FAQs)

### WHAT IS THE DIFFERENCE BETWEEN TRADITIONAL CLEANSTART AND CLEANSTART MILD?

CleanStart Mild was designed to be a gentler version of our most popular cleanse program. To do this we replaced LBS II® with Gentle Move® to help gently move intestinal contents through the digestive system.\* Gentle Move features a proprietary blend of magnesium and soothing herbs that support three different types of laxative action in the digestive system.

### HOW LONG SHOULD I USE CLEANSTART MILD?

CleanStart Mild is intended to be used for 14 days and then discontinued. Our customers often use CleanStart as a “seasonal” cleanse – for example once every fall and spring. For daily detoxification, try new Detox Basics.™

### HOW DOES CLEANSTART MILD WORK?

Our capsule packets and cleansing drink mix stick packs contain trusted ingredients that have been used traditionally to support cleansing of the digestive and intestinal systems and aid the elimination of waste from the body. CleanStart mild supports your body's natural processes without harmful stimulants or harsh laxatives.\*

## CLEANSTART MILD® Gentle Dietary Cleansing & Detoxifying Program

Product Stock Number: 3991-4 (14 day)

\*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.

## CleanStart® Mild

Dietary Cleansing & Detoxifying Program\*

Natural Wild Berry Flavor

Stock No. 3991

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660

1-800-223-8225

www.naturessunshine.com

### Supplement Facts

Serving Size 1 Cleansing Drink Mix\* Packet (8.5 g),  
1 Capsule Packet (4 capsules)

Servings Per Container 28

#### CLEANSTART® CLEANSING DRINK MIX\*

Each Serving Contains		%Daily Value
Dietary Fiber	5 g	20% **
Proprietary Blend	8.5 g	*
Psyllium Hulls ( <i>Plantago ovata</i> )		
Vegetable Fiber		
Natural Wild Berry Flavor		
Potassium Citrate		
Aloe Vera Whole Leaf ( <i>Aloe barbadensis</i> )		
Malic Acid		
Carotene Extract		
Silicon Dioxide		
Stevia Leaf Extract ( <i>Stevia rebaudiana</i> )		
Sodium Copper Chlorophyllin		
Bentonite		

\*Percent Daily Value based on a 2,000 calorie diet.  
\*\*Daily Value not established

### GENTLE MOVE®

Amount Per 3 Capsules		%Daily Value
Magnesium (hydroxide)	600 mg	150%
Proprietary Blend	555 mg	*
Triphala Fruit Extract (Ayurvedic fruit blend: <i>Terminalia chebula</i> , <i>Terminalia bellerica</i> , <i>Embllica officinalis</i> )		
Yellow Dock Root ( <i>Rumex crispus</i> )		
Ginger Rhizome ( <i>Zingiber officinale</i> )		
Marshmallow Root Extract ( <i>Althaea officinalis</i> )		
Slippery Elm Bark ( <i>Ulmus rubra</i> )		

\*Daily Value not established

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

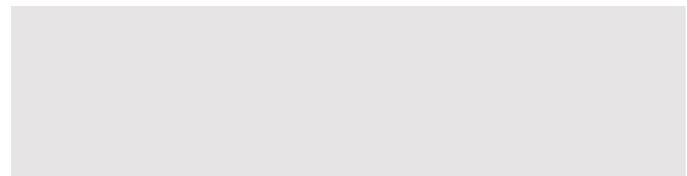
### ENVIRO-DETOX™

Amount Per Capsule		
Proprietary Blend	486 mg	*
Burdock Root ( <i>Arctium lappa</i> )		
Dandelion Root ( <i>Taraxacum officinale</i> )		
Fenugreek Seed ( <i>Trigonella foenum-graecum</i> )		
Ginger Rhizome ( <i>Zingiber officinale</i> )		
Pepsin (contains lactose from milk)		
Red Clover Flower ( <i>Trifolium pratense</i> )		
Yellow Dock Root ( <i>Rumex crispus</i> )		
Marshmallow Root Extract ( <i>Althaea officinalis</i> )		
Sarsaparilla Root Extract ( <i>Smilax officinalis</i> )		
<i>Bacillus coagulans</i>		
<i>Echinacea purpurea</i> Root Extract		
Milk Thistle Seed Extract ( <i>Silybum marianum</i> )		

\*Daily Value not established

Other Ingredients: Capsule (gelatin, water).

For more information, contact:



NATURE'S SUNSHINE®