

DIETER'S CLEANSE (14 DAY)

Benefits:



- Promotes natural, healthy elimination.
- Supports normal glandular function.
- Supports the liver and digestive system.
- May help maximize the nutritional benefit from the food you eat.

Dieter's Cleanse® [Weight Management] in USA and Bod-E-Klenz (30-Day) in Canada. Proper cleansing of the digestive tract allows for better elimination of waste and improved absorption of nutrients from the food you eat. Dieter's Cleanse is a safe, simple, convenient cleansing program.

Product elements provide dietary fiber, support the production of digestive enzymes and bile, nourish the liver and glandular system, promote detoxification and support the body's weight-management mechanisms.

Each box of Dieter's Cleanse contains 14 AM packets, 14 NOON packets and 14 PM packets. The following NSP products are elements of Dieter's Cleanse:

- Bowel Detox (2 capsules in AM and NOON packets)
- Master Gland Formula (2 capsules in AM and NOON packets)
- Enviro-Detox (1 capsule in AM and NOON packets)
- Liver Cleanse Formula (1 capsule in AM and NOON packets)
- LBS II® (3 capsules in PM packet)
- SF® (2 capsules in PM packet)
- Chromium (1 tablet in PM packet)

Kick off your weight-loss program by using Dieter's Cleanse for one week. Take 1 AM packet with breakfast. Take 1 NOON packet with lunch. Take 1 PM packet with dinner. Then begin your weight-management program. 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 bowel movements during the night or in the morning.

NOTE: This product contains cascara sagrada, buckthorn and Turkey rhubarb. 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. Not intended for prolonged use. Do not use if diarrhea, loose stools, or abdominal pain are present or develop. Use of this product may worsen these conditions and be harmful to your health. Chronic diarrhea can result in serious illness.

For support or further information contact us at:

Write: SUPPORT@HEALTHYYOUNATURALLY.COM
Call: (905) 271-1180
Web: www.HealthyYouNaturally.com

Label Description:

Natural Weight Loss Program

Recommended Usage:

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.

Ingredients:

Supplement Facts		
Servings per container: 14 days		
BOWEL DETOX		
Amount Per 2 Capsules	% Daily Value	
Vitamin A (beta-carotene, contains soy)	534 IU	10%
Vitamin C (ascorbic acid)	20 mg	35%
Vitamin E (d-alpha tocopherol, from soy)	4 IU	15%
Zinc (gluconate)	2 mg	15%
Selenium (amino acid chelate)	10.6 mcg	15%
Betaine HCl	16 mg	*
Bile Salts	16 mg	*
Pancreatin	72 mg	*
Pepsin	16 mg	*
*Daily Value not established		
Other Ingredients: Psyllium hulls (<i>Plantago ovata</i>), Algin (from brown seaweed), Cascara Sagrada bark (<i>Rhamnus purshiana</i>), Bentonite clay, Apple pectin, Marshmallow root (<i>Althaea officinalis</i>), Parthenium root (<i>Parthenium integrifolium</i>), Charcoal, Ginger rhizome (<i>Zingiber officinale</i>), Sodium copper chlorophyllin, gelatin, and water.		
MASTER GLAND FORMULA		
Amount Per 2 Capsules	% Daily Value	
Vitamin A (beta-carotene, contains soy)	900 IU	20%
Vitamin C (ascorbic acid)	60 mg	100%
Vitamin E (d-alpha tocopherol, from soy)	14 IU	50%
Pantothenic Acid (d-calcium pantothenate)	24 mg	240%
Zinc (gluconate)	6 mg	40%

Manganese (amino acid chelate)	1 mg	50%
Potassium (citrate)	20 mg	*
Lecithin (from soy)	25 mg	*
* Daily Value not established		
Other Ingredients: Licorice root (<i>Glycyrrhiza glabra</i>), Alfalfa aerial parts (<i>Medicago sativa</i>), Asparagus stem (<i>Asparagus officinalis</i>), Black Walnut hulls (<i>Juglans nigra</i>), Kelp leaves and stem (<i>Ascophyllum nodosum</i> and <i>Laminaria digitata</i>), Parsley leaves (<i>Petroselinum crispum</i>), Parthenium root (<i>Parthenium integrifolium</i>), Thyme herb (<i>Thymus vulgaris</i>), Asparagus stem (<i>Asparagus officinalis</i>), Dandelion root (<i>Taraxacum officinale</i>), Dong Quai root (<i>Angelica polymorpha</i>), Lemon bioflavonoids, Schizandra fruit (<i>Schisandra chinensis</i>), Eleuthero root (<i>Eleutherococcus senticosus</i>), Marshmallow root (<i>Althaea officinalis</i>), Uva Ursi leaf (<i>Arctostaphylos uva ursi</i>), gelatin, and water.		
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>)		
Marshmallow Root (<i>Althaea officinalis</i>)		
Pepsin (contains lactose from milk)		
Red Clover Flowers (<i>Trifolium pratense</i>)		
Sarsaparilla Root (<i>Smilax officinalis</i>)		
Yellow Dock Root (<i>Rumex crispus</i>)		
Echinacea Root (<i>Echinacea purpurea</i>)		
Lactospores (<i>Lactobacillus sporogenes</i>)		
Cascara Sagrada Bark (<i>Rhamnus purshiana</i>)		
Milk Thistle Seed Concentrate (<i>Silybum marianum</i>)		
* Daily Value not established		
Other Ingredients: Gelatin, and water.		
LIVER CLEANSE FORMULA		
Amount Per Capsule		
Proprietary blend		450 mg*
Red Beet Root (<i>Beta vulgaris</i>)		
Dandelion Root (<i>Taraxacum officinale</i>)		
Parsley Leaves (<i>Petroselinum crispum</i>)		
Horsetail Stems and Strobilus (<i>Equisetum arvense</i>)		
Yellow Dock Root (<i>Rumex crispus</i>)		
Black Cohosh Root (<i>Cimicifuga racemosa</i>)		
Birch Leaves (<i>Betula pendula</i>)		
Blessed Thistle Aerial Parts (<i>Cnicus benedictus</i>)		
Angelica Root (<i>Angelica archangelica</i>)		
Chamomile Flowers (<i>Matricaria recutita</i>)		
Gentian Root (<i>Gentiana lutea</i>)		
Golden Rod Aerial Parts (<i>Solidago virgaurea</i>)		
* Daily Value not established		
Other Ingredients: Gelatin, and water.		
LBS II		

Amount Per 3 Capsules		
Proprietary blend		1,275 mg*
Cascara Sagrada Bark (<i>Rhamnus purshiana</i>)		
Buckthorn Bark (<i>Rhamnus frangula</i>)		
Licorice Root (<i>Glycyrrhiza glabra</i>)		
Capsicum Fruit (<i>Capsicum annuum</i>)		
Ginger Rhizome (<i>Zingiber officinale</i>)		
Oregon Grape Root (<i>Berberis aquifolium</i>)		
Turkey Rhubarb Root (<i>Rheum officinale</i>)		
Couch Grass Rhizome (<i>Agropyron repens</i>)		
Red Clover Tops (<i>Trifolium pratense</i>)		
* Daily Value not established		
Other Ingredients: Gelatin, and water.		
GTF CHROMIUM		
Amount Per Capsule		% Daily Value
Chromium (chromium amino acid chelate, chromium nicotinate)	500 mcg	420%
Proprietary blend	472 mg	*
Alfalfa Aerial Parts (<i>Medicago sativa</i>)		
Horsetail Stems and Strobilus (<i>Equisetum arvense</i>)		
Red Clover Flowers (<i>Trifolium pratense</i>)		
Yarrow Flower (<i>Achillea millefolium</i>)		
* Daily Value not established		
Other Ingredients: Magnesium stearate (vegetable), gelatin, and water.		
SF		
Amount Per 2 Capsules		
Proprietary blend		900 mg*
Chickweed Aerial Parts (<i>Stellaria media</i>)		
Cascara Sagrada Bark (<i>Rhamnus purshiana</i>)		
Licorice Root (<i>Glycyrrhiza glabra</i>)		
Safflower Flowers (<i>Carthamus tinctorius</i>)		
Black Walnut Hulls (<i>Juglans nigra</i>)		
Parthenium Root (<i>Parthenium integrifolium</i>)		
Gotu Kola Aerial Parts (<i>Hydrocotyle asiatica</i>)		
Hawthorn Berries (<i>Crataegus oxyacantha</i>)		
Papaya Fruit (<i>Carica papaya</i>)		
Fennel Seed (<i>Foeniculum vulgare</i>)		
Dandelion Root (<i>Taraxacum officinale</i>)		
* Daily Value not established		
Other Ingredients: Gelatin and water.		

Notes:

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 inhaled or ingested psyllium.

**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.*

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

Miscellaneous Information:

GUARANTEED PURE

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

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.*

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

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