

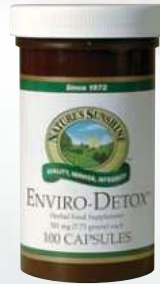
# DETOXIFICATION SYSTEM

Detoxification allows the body's eliminative channels to get rid of cellular debris and metabolic byproducts from the cells, organs, tissues, bloodstream and lymphatic system. It is an essential step on your path to maintaining health.

However, it's important to give your body a "spring cleaning" on occasion. Cleanse with a safe, effective product from Nature's Sunshine.

## Enviro-Detox

Enviro-Detox combines 13 nutrients selected for their ability to provide ongoing support to organs that may play roles in detoxification, including the liver, kidneys, lungs, bowels and skin. It contains burdock root, dandelion root, fenugreek seed, ginger rhizome, marshmallow root, pepsin, red clover flowers, yellow dock root, marshmallow root extract, sarsaparilla root extract, Lactobacillus spores, cascara sagrada bark, echinacea root extract, and milk thistle seed concentrate. All have a long history of folk use. The beneficial microflora *Lactobacillus sporogenes* helps populate the intestinal tract as cleansing may cause a flushing of friendly flora. [Enviro-Detox \(100\)](#) **Stock No. 864-1**



## Heavy Metal Detox

Heavy Metal Detox is designed as a binder and a remover. Ingredients in this unique formula include cilantro, N-Acetyl Cysteine, apple pectin, sodium alginate, kelp algae, l-methionine, alpha lipoic acid, magnesium and pyridoxal-5-phosphate. [Heavy Metal Detox \(90\)](#) **Stock No. 507-1**

## Yeast/Fungal Detox

Yeast/Fungal Detox is a special blend of herbs and nutrients that help maintain the proper balance of microflora in the body while building your body's systems to promote optimal performance. Key ingredients include caprylic acid (a naturally occurring fatty acid), propionic acid, sorbic acid, *Echinacea angustifolia* root, oregano, garlic, pau d'arco, selenium and zinc. [Yeast/Fungal Detox \(90\)](#) **Stock No. 508-9**

© 2005 Nature's Sunshine Products, Inc.  
Spanish Fork, Utah 84660  
[www.naturessunshine.com](http://www.naturessunshine.com)

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

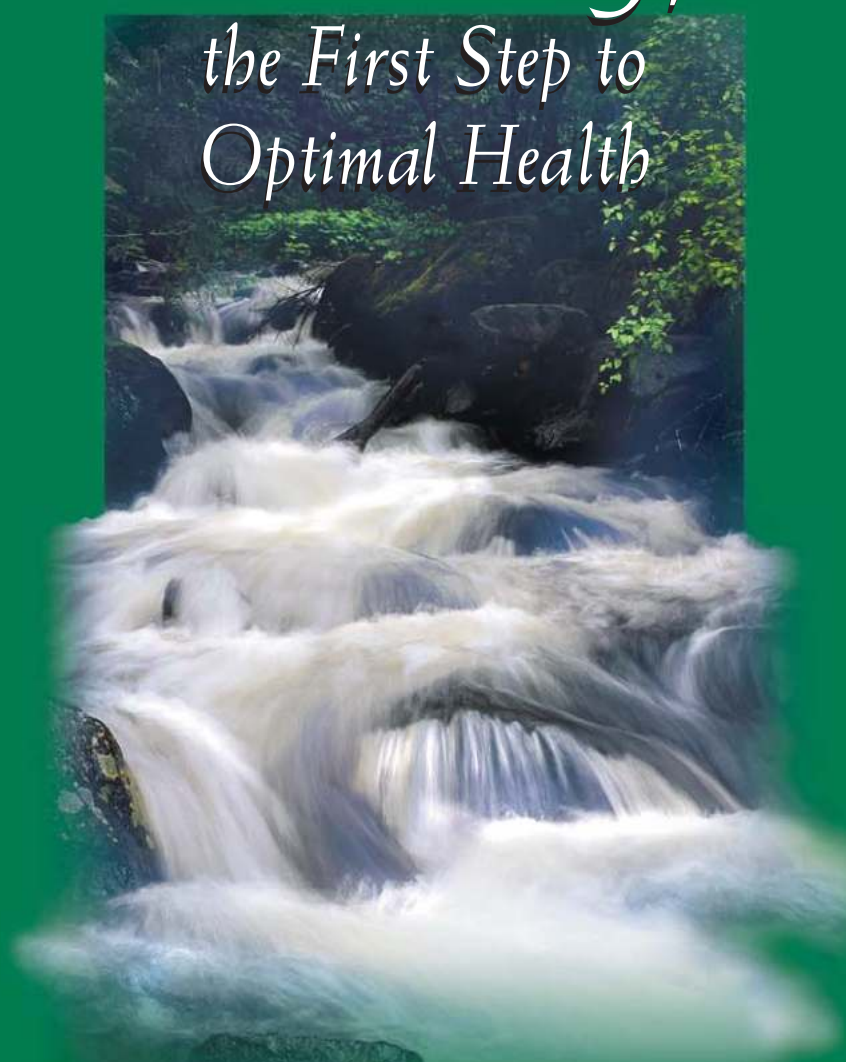


Stock No. 1997-3  
060423SL

Contact your local NSP Herb Specialist:



# Cleansing, the First Step to Optimal Health





## Promote Cleansing and Detoxification from the Inside

Most people understand how important it is to keep their bodies clean on the outside, but few realize that it's equally important to keep themselves clean on the inside. Your body is constantly performing many natural functions to keep itself clean. Most of us take these processes for granted. Periodic cleansing and detoxifying helps to keep open the eliminative channels to help the body systems run cleanly, uninhibited by metabolic debris and waste.

Nature's Sunshine offers a variety of products that support cleansing and detoxification.



### Tips for Cleansing and Detoxifying

◆  
Avoid red meat,  
fried and sugary foods  
and alcohol.

◆  
Eat lots of raw  
vegetables and fruits,  
and drink plenty of  
pure water.

## CLEANSE

Consider the effects of the years (or decades) of donuts, potato chips, beef steaks and soft drinks. Your digestive and intestinal systems take care of some of that accumulated junk, but these systems were not made to run on refined flours and sugars. A proper cleansing of the digestive and intestinal systems enhances the efforts of the body's digestive processes.

### CleanStart®

CleanStart is a complete and balanced herbal cleanse that helps promote your body's removal of common colon contents. This two-week program strengthens the waste-filtering process, supports natural elimination and subsequently energizes and promotes a feeling of well-being.

CleanStart is easy to take and is balanced for complete results. Each program contains 28 daily drink packets and 28 capsule packets. Each drink packet contains psyllium hulls, bentonite clay, aloe vera juice, chlorophyll, potassium, stevia leaf extract and natural apple-cinnamon or berry flavoring and provides 5 grams of dietary fiber. Each capsule packet contains two capsules of LBS II® and one capsule of Enviro-Detox herbal formulas. CleanStart is available in two flavors—improved Apple-Cinnamon and new Wild Berry.

CleanStart (28 drink packets, 28 capsule packets) Stock No. 3992-6 Improved! Apple-Cinnamon Stock No. 3993-8 New! Wild Berry



### Tiao He® Cleanse

Tiao He Cleanse is a 15-day colon-cleansing program. This top-selling product provides a natural way to achieve balance and energize the body. This program combines the knowledge of Chinese and Western herbalists and contains essential fibers to add bulk to the diet and support elimination of waste in the colon. It also contains nutritive herbs that support and build the digestive and intestinal systems and improve elimination. The 15-day program is now conveniently packaged in a box.

Tiao He Cleanse (30 packets) Stock No. 4092-2



### Liquid Cleanse

One of the secrets to maintaining a healthy body is maintaining a clean body—both inside and out. The herbs and trace minerals in Liquid Cleanse help nourish and detoxify your body, keeping your “insides” clean. Liquid Cleanse is a convenient, gentle cleanse. It is flavored with healthful red raspberry concentrate, giving it a pleasant raspberry flavor. It is a great cleanse for those who have problems swallowing tablets, capsules and thick fiber drinks. Liquid Cleanse contains aloe vera gel, red raspberry concentrate, senna leaves, cinnamon bark, trace minerals, barberry root bark, fennel seeds, cornsilk, ginger rhizome, dandelion root and capsicum fruit. Liquid Cleanse (16 fl. oz.) Stock No. 3193-1



### Everybody's Fiber

It is recommended that adults consume between 25 and 35 grams of fiber every day. Most Americans fall far short. Everybody's Fiber is an effective way to boost your fiber intake. Everybody's Fiber was formulated to provide nutritional support to the bowel. It contains apple pectin, slippery elm bark, chamomile flowers, short-chain FOS fiber, flax meal, marshmallow root, asparagus stems, peppermint leaves, fennel seeds and cat's claw inner bark. This combination of fibers and herbs are gentle and soothing, making Everybody's Fiber appropriate for practically everyone. It also contains natural fruit flavors and stevia extract for ease of use.

Everybody's Fiber (16 oz.) Stock No. 1336-6



### Para-Cleanse

Many of us travel internationally, undercook foods occasionally, drink water of questionable purity, attend day care centers or have household pets, any of which can expose us to microorganisms that can create specific intestinal challenges, even in spite of government regulations, pharmaceuticals and general cleanliness in our society.

The 10-day Para-Cleanse program cleanses the body and creates a healthy gastrointestinal environment. Each packet contains Paw Paw Cell-Reg™, Herbal Pumpkin Combination, Yeast/Fungal Detox and Artemisia Combination. Para-Cleanse (20 packets) Stock No. 4081-0



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.