



NATURE'S SUNSHINE

CleanStart - 14 Day Cleanse

GOOD FOR

Colon (Large Intestine)

Digestive System

Liver

SIZE Wild Berry

ITEM # 22199

SUPPLY 14 days

DIRECTIONS FOR USE Take the contents of one cleanse drink packet 15–30 minutes before breakfast and again 15–30 minutes before dinner. Take the contents of 1 capsule packet with breakfast and dinner (twice daily). Mix cleanse packet powder in 8 oz. juice or water. Shake, blend or stir vigorously. Drink immediately. Drink an additional glass of water immediately following this. Drink plenty of water throughout the day.

— How the Key Ingredients Work

CleanStart combines time-honored cleansing herbs with digestive support and protective botanicals to help your body clear out what it doesn't need, keep things moving comfortably, and leave you feeling lighter and refreshed. Each ingredient plays a specific role — from gentle bowel support to liver care, antioxidant protection, and gut comfort.

Cascara Sagrada — One of North America's most respected traditional cleansing herbs, cascara sagrada helps get things moving by encouraging the natural wave-like contractions of the colon. It supports a comfortable, timely bowel movement — traditionally used for centuries by Native Americans and later adopted into Western herbal practice.

Buckthorn — A classic European cleansing herb with a history stretching back to the 1600s, buckthorn works similarly to cascara sagrada by supporting healthy colon movement. Recognized by European herbal authorities, it's traditionally used for occasional constipation and to help maintain a soft, easy-to-pass stool.

Rhubarb Root — Used in traditional Chinese medicine for thousands of years, rhubarb root is a well-known cleansing botanical that helps support healthy bowel function. It also contains antioxidant compounds — including flavonoids and tannins — that help protect the body's cells from everyday oxidative stress.

Dandelion — Far more than a backyard weed, dandelion leaf and root have a long history as a gentle cleansing and digestive herb. It supports the body's natural fluid balance, provides antioxidant polyphenols, and has been used traditionally to support healthy liver and digestive function throughout a cleanse.

Milk Thistle — Milk thistle is one of the most researched herbs for liver support. Its active compound, silymarin, is a potent antioxidant that helps protect liver cells from oxidative stress and supports the liver's natural role in filtering and processing what passes through the body — making it a smart addition to any cleanse.

Marshmallow — Marshmallow root is a soothing, mucilage-rich herb that coats and calms the lining of the digestive tract. It's approved by the German Commission E for mild gastric discomfort and helps ease the occasional irritation that can come with cleansing, keeping your gut comfortable throughout the 14 days.

Ginger — A beloved digestive herb used for over 2,500 years, ginger helps settle the stomach, ease bloating, and support healthy movement of food through the digestive tract. Clinical studies show it helps accelerate gastric emptying and reduce discomfort — a natural partner for any digestive cleanse program.

Licorice Root — Licorice root has been used since ancient times to soothe the digestive system. It helps support the gut lining, ease occasional stomach discomfort, and has antispasmodic properties that help keep the digestive tract calm and comfortable — especially helpful during a cleansing period when the gut is working hard.

Burdock — Burdock root is a traditional cleansing herb used in both Chinese and European herbalism to support the body's natural detox pathways. It contains antioxidants including quercetin, luteolin, and chlorogenic acid, and a human clinical trial showed it significantly raised total antioxidant capacity in participants.

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