



NATURE'S SUNSHINE

Tiao He Cleanse

GOOD FOR

Digestive System

Liver

Colon (Large Intestine)

SIZE **30 packets**

ITEM # **3050**

SERVING **1 packet**

SUPPLY **15 days**

DIRECTIONS FOR USE Take the contents of 1 packet (6 capsules) 15 minutes before meals up to two times daily for 15 days. Drink one glass (8 ounces) of water with the capsules, followed by another glass of water. This should produce two or three bowel movements daily. If stools become too loose, reduce the number of packets being used. Continue the program until all 30 packets have been used. (Program not recommended for children.)

— How the Key Ingredients Work

Tiao He Cleanse brings together a carefully chosen blend of traditional herbs and natural fibers that work together to support your body's own cleansing pathways, promote healthy digestion, and help you feel balanced from the inside out. Each ingredient plays a role — from soothing the gut lining to encouraging regularity and helping your body handle everyday stress.

Cascara Sagrada — One of North America's most trusted traditional laxative herbs, cascara sagrada gently encourages the colon to move things along. Its natural compounds stimulate the bowel and help reduce water reabsorption, typically producing a comfortable, predictable result within hours to support a thorough cleanse.

Psyllium — Psyllium husk is a natural soluble fiber that swells into a soft gel in your digestive tract, helping to bulk and soften stools for easier, more comfortable elimination. Research also shows it supports healthy blood pressure levels and helps you feel fuller for longer after meals.

Slippery Elm Bark — The inner bark of the slippery elm tree has a naturally mucilaginous quality — when mixed with water it becomes wonderfully slippery and soothing. It coats and calms the gut lining, has been shown in studies to help ease abdominal discomfort and bloating, and acts as a prebiotic to feed beneficial gut bacteria.

Licorice Root — Licorice root is a classic digestive soother used in herbal traditions worldwide. Clinical studies show it helps ease heartburn and acid reflux, supports the integrity of the gut lining, and has antispasmodic properties that can calm abdominal discomfort. It also plays a supporting role in healthy cortisol balance.

Ginger — Ginger has been used for over 2,500 years to settle the stomach and ease digestive upset. Clinical research confirms it speeds up gastric emptying, reduces bloating and abdominal pain, and helps calm nausea. Its natural antioxidant compounds also help protect cells from everyday oxidative wear and tear.

Dandelion — Far more than a garden weed, dandelion is a time-honored cleansing herb. A human study showed dandelion leaf extract has a meaningful diuretic effect, helping the body flush excess fluid. It is also a natural source of potassium, supports healthy blood sugar, and is packed with antioxidant polyphenols that help protect the liver and other organs.

Burdock — Burdock root has been used for centuries in both Eastern and Western herbal traditions as a blood-purifying and cleansing herb. A human clinical trial showed that daily burdock root tea significantly raised total antioxidant capacity and reduced inflammatory markers. It also has a long history of traditional use for supporting clear, healthy skin.

Baikal Skullcap — Known in Traditional Chinese Medicine as Huang Qin, Baikal skullcap is prized for its ability to clear heat and calm inflammation throughout the body. Its key natural compounds have been shown in multiple studies to help quiet the body's inflammatory response and support healthy lung and respiratory function, making it a cornerstone cleansing and balancing herb.

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