



NATURE'S SUNSHINE

Liquid Cleanse

GOOD FOR

Digestive System

Colon (Large Intestine)

Liver

SIZE **16 fl oz**

ITEM # **3193**

SERVING **30 mL**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 1 ounce (30 mL) daily as part of your personal cleansing program.

— How the Key Ingredients Work

Liquid Cleanse brings together time-honored herbs and botanicals to help your digestive system move freely, support your body's natural detox process, and leave you feeling lighter and more comfortable every day. Each ingredient was chosen for the role it plays in keeping your gut, liver, and overall wellness on track.

Senna — One of the most well-studied herbal laxatives available, senna has been used for centuries to get things moving. It gently encourages your colon to do its job, typically within 6–12 hours, making it a trusted choice for occasional constipation relief and supporting a thorough, comfortable cleanse.

Aloe Vera — Aloe has been soothing digestive discomfort for thousands of years, and modern research backs it up. It helps calm the lining of the digestive tract, ease occasional heartburn and bloating, and support comfortable, regular digestion — all without harsh side effects.

Ginger — Ginger is a digestive superstar. It helps your stomach empty more efficiently, eases bloating and abdominal discomfort, and has been used in traditional medicine for over 2,500 years to settle an upset stomach. It also brings natural antioxidant support to the formula.

Fennel — Fennel seed has long been used as a carminative — a fancy word for something that helps relieve gas and bloating. Its natural oils help relax the muscles of the digestive tract, making it easier for your body to move things along comfortably and without cramping.

Dandelion — Often overlooked as a weed, dandelion is actually a powerhouse for digestive and overall wellness. A human pilot study found it has a meaningful diuretic effect, which may help your body release excess fluid. It's also a natural source of potassium and rich in antioxidant compounds.

Barberry — Barberry has a long history in Persian, Ayurvedic, and European herbal traditions. Its active compounds have been studied for their antioxidant and anti-inflammatory properties, and research shows it helps support healthy oxidative stress levels in the body — a great complement to any cleanse formula.

Raspberry — Raspberries aren't just delicious — they're loaded with polyphenols and antioxidants that help your body fight everyday oxidative stress. Studies show that berry consumption supports healthy inflammation levels, and raspberry's natural compounds have been shown to help moderate blood sugar spikes after meals.

Cornsilk — The silky threads inside an ear of corn have been used in traditional herbal medicine for generations. Cornsilk supports healthy fluid balance and kidney function, and a systematic review found that cornsilk tea, used alongside standard care, helped support healthy blood pressure levels in clinical studies.

Capsicum — A little heat goes a long way. Capsicum — the plant behind chili peppers — contains capsaicin, which has been shown in clinical research to help ease digestive discomfort and support a healthy appetite. It also brings a rich supply of vitamins C and E and natural antioxidants to the blend.

 (888) 510-7196  service@caringsunshine.com

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. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

