



NATURE'S SUNSHINE

Dieter's Cleanse

Organic

Non-GMO

GOOD FOR

Digestive System

Liver

Colon (Large Intestine)

SIZE **Two 7-day Cleanse Programs**

ITEM # **3220**

SERVING **1 packet**

SUPPLY **14 days**

DIRECTIONS FOR USE 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 may produce bowel movements during the night or in the morning.

— How the Key Ingredients Work

Dieter's Cleanse brings together time-honored herbs, gentle fibers, digestive enzymes, and key nutrients to help your body clear out what it doesn't need, keep your digestive system running smoothly, and support healthy weight and balanced blood sugar — all in one thoughtfully crafted formula.

Cascara Sagrada — A traditional North American bark long used to gently encourage bowel movements. Its natural compounds stimulate the colon to move things along and help prevent water from being reabsorbed, supporting a thorough, comfortable colon cleanse within hours of use.

Psyllium — A soluble fiber that swells into a soft gel in your gut, helping to sweep the colon clean, ease occasional constipation, and support a feeling of fullness. Research confirms it significantly improves digestive comfort and helps maintain healthy blood sugar levels after meals.

Milk Thistle — One of the most well-studied herbs for liver support, milk thistle's active compounds directly protect liver cells, help the body clear harmful substances, and support healthy blood sugar. It has centuries of traditional use for digestive and liver complaints and is backed by multiple clinical studies.

Dandelion — Every part of this familiar plant — root, leaf, and flower — is packed with antioxidants and compounds that support liver function, healthy fluid balance, and blood sugar. A published human study confirmed dandelion leaf extract has a meaningful diuretic effect, helping the body flush excess fluid naturally.

Activated Charcoal — Processed to have an enormous surface area, activated charcoal works like a sponge in the gut, binding to gas, toxins, and other unwanted substances before they can be absorbed. Clinical studies support its use for reducing bloating, gas, and intestinal discomfort — a classic tool for whole-body cleansing.

Buckthorn — A traditional European cleansing herb recognized in the European Pharmacopoeia, buckthorn bark contains natural compounds that gently stimulate colon movement. It has been used for centuries as a colon-cleansing botanical and is traditionally recommended when a soft, easy-to-pass stool is needed.

Burdock — Burdock root has a long history in both traditional Chinese and European herbalism as a cleansing herb for the blood and skin. A published human clinical trial found that burdock root tea significantly raised antioxidant levels and reduced key markers of inflammation in just six weeks.

Chromium — This essential trace mineral helps your body use insulin more effectively, supporting healthy blood sugar balance. Multiple clinical studies and meta-analyses confirm chromium supplementation reduces fasting blood glucose and cravings — particularly helpful for those working toward a healthier weight.

Bacillus Coagulans — A resilient, spore-forming probiotic that survives the journey to your gut intact. Clinical research, including meta-analyses, shows it helps ease abdominal discomfort, supports a balanced gut microbiome, and may even help regulate mood — making it a cornerstone of digestive and gut health support.

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