



NATURE'S SUNSHINE

CleanStart Mild

GOOD FOR

Digestive System

Colon (Large Intestine)

Liver

SIZE **14 Day Cleanse**

ITEM # **3991**

SERVING **1**

SUPPLY **14 days**

DIRECTIONS FOR USE Take contents of one cleansing drink mix packet 15-30 minutes before breakfast and 15-30 minutes before dinner. Take contents of capsule packet with breakfast and dinner (twice daily).

— How the Key Ingredients Work

CleanStart Mild brings together a thoughtfully chosen blend of herbs, fibers, and nutrients that work together to support your digestive system, help your body clear out what it doesn't need, and give your natural defenses a steady, everyday boost. Think of it as a gentle reset — one that works with your body, not against it.

Psyllium — The backbone of this formula's digestive support.

Psyllium husk is a natural soluble fiber that absorbs water and forms a soft gel as it moves through your gut, helping keep things comfortable and regular. Research shows it eases bloating and abdominal discomfort, and it's one of the most well-studied fibers for everyday digestive wellness.

Slippery Elm Bark — Slippery elm's inner bark has a naturally slick, soothing quality that coats and calms the digestive tract as it passes through. It also contains plant fibers that act as food for friendly gut bacteria like Lactobacillus and Bifidobacterium, making it a quiet but meaningful contributor to a healthy gut environment.

Triphala — A time-honored Ayurvedic blend of three fruits — amla, haritaki, and bibhitaki — triphala has been used for centuries to support healthy digestion and regularity. Clinical studies back its traditional reputation for easing constipation, reducing bloating, and supporting the body's own antioxidant defenses, making it one of the most versatile herbs in this formula.

Aloe Vera — Aloe vera's soothing gel has been trusted for thousands of years to calm an irritated digestive system. Clinical trials have found it helpful for reducing heartburn and acid-related discomfort, and it has been studied for IBS-related abdominal symptoms. It brings a gentle, calming quality to the digestive support this formula provides.

Marshmallow — Marshmallow root lives up to its healing name — the German Commission E has officially recognized it for soothing mild inflammation of the stomach lining. Its natural plant mucilage coats and protects the gut wall, and lab studies show its compounds help quiet the kind of irritation that can make your stomach feel unsettled after a meal.

Ginger — One of the world's most beloved digestive herbs, ginger has over 2,500 years of traditional use behind it. Modern research confirms it helps food move through the stomach more efficiently, eases bloating and abdominal discomfort, and may reduce the burning sensation of acid reflux. Its active compounds are also well-documented antioxidants that help protect cells from everyday wear and tear.

Fenugreek — Fenugreek seeds are rich in a special soluble fiber called galactomannan that forms a gentle, protective coating along the stomach and intestinal lining. Studies show it helps reduce bloating and abdominal discomfort, and a small clinical trial found its fiber worked as well as a common heartburn medication for reducing heartburn severity over two weeks.

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