



NATURE'S SUNSHINE

CleanStart - 14 Day Cleanse

GOOD FOR

Colon (Large Intestine)

Digestive System

Liver

SIZE Apple Cinnamon

ITEM # 3992

SERVING 1

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 brings together time-honored cleansing herbs, soothing digestive botanicals, and a live probiotic culture into one 14-day program designed to gently support your body's natural elimination, help your digestive system run more smoothly, and leave you feeling refreshed from the inside out. Each ingredient was chosen because it plays a specific, complementary role in the cleansing process.

Cascara Sagrada — One of North America's most trusted traditional cleansing herbs, cascara sagrada has been used for centuries to encourage healthy, regular bowel movements. It gently stimulates the colon to move things along and helps keep the intestinal lining from holding onto excess water, typically producing results within hours.

Buckthorn — A classic European cleansing herb recognized in traditional pharmacopoeias dating back to the 1600s, buckthorn contains natural compounds that encourage colon motility and help soften stool. It has long been paired with other cleansing botanicals in Western herbalism to support thorough, comfortable elimination.

Rhubarb Root — Used for centuries in traditional Chinese medicine, rhubarb root brings gentle cleansing action alongside a rich supply of antioxidant compounds including flavonoids, tannins, and stilbenes. It helps support the body's natural waste-clearing process while also providing free-radical protection at the cellular level.

Cascara Sagrada & Buckthorn Synergy — Together, cascara sagrada and buckthorn form the backbone of CleanStart's cleansing action — two botanicals from different continents, both with deep roots in traditional medicine, working in the same direction to help your colon clear out efficiently and comfortably during your 14-day program.

Licorice Root — Licorice root is a soothing companion to the more stimulating cleansing herbs in this formula. It helps support the integrity of the gut lining, has natural antispasmodic properties that may ease cramping, and has been studied as part of multi-herb blends shown to reduce abdominal discomfort and support healthy digestion overall.

Ginger — Ginger has been relied on for over 2,500 years to calm an unsettled stomach and keep digestion moving. It helps speed up the rate at which the stomach empties, eases bloating and abdominal discomfort, and brings well-documented antioxidant activity from its naturally occurring bioactive compounds like gingerol and shogaol.

Marshmallow — Marshmallow root is the formula's gentle soother. Its naturally mucilaginous quality coats and calms the digestive tract, helping to ease mild irritation of the stomach lining that can sometimes accompany a cleanse. The German Commission E has approved marshmallow root for mild gastric inflammation, and it also contributes antioxidant activity.

Dandelion — Far more than a backyard weed, dandelion is a respected traditional herb for digestive and liver support. It has demonstrated diuretic activity in a published human pilot study, making it a natural fit for a cleanse formula. It also delivers potassium and a range of polyphenols with documented antioxidant properties.

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