



NATURE'S SUNSHINE

Para-Cleanse

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **10 Day Program**

ITEM # **4115**

SERVING **1**

SUPPLY **10 days**

DIRECTIONS FOR USE Take the contents of one cello packet twice a day 15 minutes before your morning and evening meals with at least 8 oz. pure water. Continue the program for 10 days, eating lots of fresh fruits and vegetables and whole grains.

— How the Key Ingredients Work

Para-Cleanse brings together a carefully chosen blend of traditional herbs — each one selected for its long history of supporting digestive comfort, natural cleansing, and overall wellness. Together they work to help your body feel balanced, comfortable, and well cared-for from the inside out.

Black Walnut — Black walnut hull has been used for centuries as a traditional cleansing herb. It contains naturally occurring compounds that research shows can help discourage unwanted organisms in the gut, including certain fungi. It also delivers a rich supply of antioxidants — plant polyphenols that help protect your cells from everyday oxidative stress.

Paw Paw — Native to North America, paw paw contains unique plant compounds that have been studied for their effects on cellular health and energy regulation. Traditionally valued as a cleansing botanical, it rounds out the formula's core support for a healthy internal environment and overall vitality.

Pumpkin Seed — Pumpkin seeds are packed with protein, healthy fats, fiber, and key minerals. They bring natural antioxidant power from carotenoids like beta-carotene, and research supports their role in promoting healthy bladder function and comfortable urinary flow. A nourishing, functional seed with a long history of traditional use in cleansing formulas worldwide.

Cascara Sagrada — Known as 'sacred bark,' cascara sagrada has been used by Native Americans for centuries to support healthy, regular bowel movements. Its naturally occurring compounds gently encourage the colon to move things along, helping the body clear waste efficiently. It is one of the most well-studied traditional herbal laxatives in Western herbalism.

Chamomile — Chamomile is one of the world's most beloved calming herbs, and for good reason. Research supports its traditional use for soothing an uneasy stomach, easing abdominal discomfort, and helping the digestive tract relax. Its antioxidant-rich flowers also help protect the body from oxidative stress, making it a gentle but meaningful addition to this formula.

Mullein — Mullein has been used in European and American folk medicine for generations, primarily to support the respiratory tract and soothe inflamed tissues. Its natural mucilage coats and calms irritated surfaces, while its plant compounds have shown antioxidant and anti-inflammatory activity in laboratory studies. It adds a layer of whole-body comfort to the blend.

Marshmallow Root — Marshmallow root lives up to its healing name — its rich, slippery mucilage coats and soothes the lining of the digestive tract, helping ease mild stomach discomfort. The German Commission E has recognized marshmallow root for supporting the gastric mucosa, and laboratory studies confirm its antioxidant and soothing properties.

Slippery Elm Bark — Slippery elm's inner bark becomes a smooth, gel-like substance when mixed with water, gently coating the digestive tract as it passes through. Clinical studies using slippery elm-containing formulas have shown meaningful reductions in abdominal pain and bloating. Its natural fibers also act as a prebiotic, helping to nourish beneficial gut bacteria like Lactobacillus and Bifidobacterium.

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