

DIRECTIONS: (Adult) Multi-Herb Digestion & Detox Support™ and Multi-Fiber Colon Cleanse™ are designed to be taken together in the morning and evening with a full glass of water. Day 1: Take one (1) tablet of both products in the morning and one (1) tablet of both products in the evening. Day 2: Take two (2) tablets of both products in the morning and two (2) tablets of both products in the evening. Days 3-7: Take three (3) tablets of both products in the morning and three (3) tablets of both products in the evening. Do not exceed a total of six (6) tablets twice daily. If stools are loose, reduce intake from three (3) tablets of both products twice daily to two (2) tablets of both products twice daily. See product insert for more information.

MULTI-HERB DIGESTION & DETOX SUPPORT™

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 36

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	56 mg	6%
Iodine (as Kelp from Proprietary Blend)	13 mcg	9%
Proprietary Blend	640 mg	†
Alfalfa powder (leaf), Fenugreek powder (seed), Dandelion (<i>Taraxacum officinale</i>) powder (root), Fennel powder (seed), Yarrow (<i>Achillea millefolium</i>) powder (flower), Eleuthero extract (0.8% eleutherosides)(root), Green Tea extract (50% polyphenols, 6% caffeine)(leaf), Hawthorn (<i>Crataegus laevigata</i>) powder (fruit), Horsetail (<i>Equisetum arvense</i>) powder (herb), Licorice (<i>Glycyrrhiza glabra</i>) powder (root, rhizome), Marshmallow powder (root), Peppermint powder (leaf), Red Clover powder (aerial), Red Raspberry (<i>Rubus idaeus</i>) powder (leaf), Safflower Oil powder (seed), Skullcap powder (herb), Burdock (<i>Arctium lappa</i>) powder (root), Chickweed powder (herb), Mullein (<i>Verbascum thapsus</i>) powder (leaf), Papaya powder (leaf), Black Cohosh powder (root), Clubmoss powder (aerial), Ginger powder (root), Ginkgo extract (4:1)(leaf), Irish Moss (<i>Chondrus crispus</i>) powder (whole plant), Kelp (<i>Laminaria</i> spp.) powder, Plantain powder (leaf), Slippery Elm powder (bark), Yellow Dock powder (root), Milk Thistle extract (80% silymarin)(seed), Cayenne powder (fruit), <i>Echinacea angustifolia</i> powder (herb)		

†Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, hydroxypropyl cellulose, silicon dioxide, croscarmellose sodium, natural mint flavor, methylcellulose, sodium starch glycolate, soy polysaccharides and glycerin.

Contains: Crustacean shellfish (lobster, crab, shrimp), Soy
No artificial colors or preservatives.

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication, including diuretics, heart medications and corticosteroids, or have any medical conditions. Do not use if you have an intestinal obstruction, hemorrhoids or other intestinal disorder. Do not use if you are taking any other product concurrently that has laxative effects. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.** Taking this product without adequate water may cause choking. NOTE: This product is not intended to be used without breaks. Cascara Sagrada belongs to a family of plants containing compounds with laxative effects. Can lead to dehydration and electrolyte loss. With long-term use without breaks, this ingredient may interfere with diagnostic imaging procedures of the colon. Taking a break of 30 or more days between use cycles will help maintain natural regularity. Not intended for long-term use.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

NOTICE: This product contains Cascara Sagrada. Read and follow the directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

MULTI-FIBER COLON CLEANSE™

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 36

	Amount per Serving	% Daily Value
Calcium (as Calcium Carbonate)	98 mg	10%
Proprietary Blend	557 mg	†
Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium powder (seed husk), Ginger powder (root), Acacia Gum, Alfalfa powder (herb), Apple Pectin powder (fruit), Apple powder (fruit), Barley Grass powder (aerial), Beet powder (root), Glucomannan, Karaya Gum, Lemon Peel powder (fruit), Oat Bran powder, Peppermint powder (leaf), Red Raspberry (<i>Rubus idaeus</i>) powder (leaf), Slippery Elm powder (bark), Chlorella powder, Guar Gum, <i>Lactobacillus acidophilus</i> (1 million/g**)		

†Daily Value not established

Other Ingredients: Stearic acid, hydroxypropyl cellulose, microcrystalline cellulose, silicon dioxide, natural anise flavor, croscarmellose sodium, methylcellulose, magnesium stearate, sodium starch glycolate, soy polysaccharides and glycerin.

** At time of manufacture.

Contains: Dairy, Soy
No artificial colors or preservatives.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Nature's Secret™, P.O. Box 66457, Los Angeles, CA 90066
www.NaturesSecret.com

Questions: Call Consumer Affairs 1-800-297-3273
Weekdays 8:00 AM TO 5:00 PM (PST)
Questions@NaturesSecret.com

7-Day Ultimate Cleanse™

Our digestive system is faced daily with the difficult task of not only breaking down and absorbing food, but also filtering harmful chemicals and toxins from our environment as well. 7-Day Ultimate Cleanse™ offers a unique, 2-part program that works with the body's own internal detoxification systems to cleanse and detoxify through the digestive tract.*

The two products in 7-Day Ultimate Cleanse™ are Multi-Herb Digestion & Detox Support™ and Multi-Fiber Colon Cleanse™. Both products include a proprietary blend of nutrients and are designed to be taken together for best results.*

**PART 1:
MULTI-HERB DIGESTION & DETOX SUPPORT™**

This formulation includes herbs that are traditionally used to support digestive function.* This proprietary blend works to support optimum health and a feeling of rejuvenation.*

**PART 2:
MULTI-FIBER COLON CLEANSE™**

This formulation includes a variety of fiber sources and complementary herbs to support colon detoxification and help promote 2-3 bowel movements per day.* This proprietary blend supports the body's own natural cleansing functions.* It is designed to promote healthy digestion and elimination.*

To join our Wellness Club and receive tips on how to improve your health, please visit us at www.NaturesSecret.com/wellness1

* 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.

Nature's Secret®

The Original Whole-Herb Total Body Cleanse

7-Day Ultimate Cleanse™

2-Part Total-Body Cleanse

PART ONE : Multi-Herb Digestion & Detox Support™

Support Digestion & Wellness*

PART TWO : Multi-Fiber Colon Cleanse™

Support Colon Health & Regularity*

BOTTLE 1: 36 TABLETS

BOTTLE 2: 36 TABLETS

DIETARY SUPPLEMENT

TAKE CONTROL of YOUR HEALTH

Experience the Sensation of Whole-Body Wellness...

Detoxify • Cleanse • Rebuild

Who is Nature's Secret?
At Nature's Secret® we believe that total body wellness is the key to overall health.

The conventional approach to health sees the body as a set of separate parts, each needing their own separate treatments. Take a look at the way our medical system is organized - from cardiologists to dermatologists, we have a doctor for nearly every body part. But nature has a well-kept secret... there is no separation between any of our systems. They are all intricately connected in a brilliant dance only nature could orchestrate. At Nature's Secret®, we develop our products using this whole-body philosophy.

We understand, for example, that sluggish digestion can lead to low energy levels and shouldn't always be supported with caffeinated energy tablets. Our approach focuses on the origins of imbalance, not the signs of imbalance. This is Nature's Secret®, total body wholeness and wellness.

www.NaturesSecret.com