DIRECTIONS: (Adult) Multi-Herb Digestion & Detox Support<sup>™</sup> and Multi-Fiber Colon Cleanse<sup>™</sup> 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.

Serving Size: 1 Tablet

Proprietary Blend

Servings per Container: 36

Calcium (as Calcium Carbonate

†Daily Value not established

polysaccharides and glycerin.

No artificial colors or preservatives

\*\* At time of manufacture. Contains: Dairy, Soy

#### 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 f   Affalfa powder (leaf), Fenugreek powder (seed), Dandelion (Taraxacum officinaie) powder (lower), Fenuthero extract (0.8% caftenie)(leaf), Hawthorn powder (lower), Eleuthero extract (0.8% caftenie)(leaf), Hawthorn (Crategus Lawiguiza) powder (fruit), Horsetail (Egusetum arvense) powder (herb), Licorice (Glycyrthiz algushar) powder (root, rhizome), Marshmallow powder (root), Chickweel powder (leaf), Red Clover powder (aeria), Red Raspberry (Atubus idaeus) powder (leaf), Stillower Oil powder (reot), Skulicap powder (leaf), Black Cohosh powder (reot), Chickweel powder (herb), Black Cohosh powder (root), Clubmoss powder (aeria), Red Partara (10% silymarin)(sed), Cayenne powder (ried), Silpery Elm powder (bark), Yellow Dock powder (root), Milki Thistle extract (30% silymarin)(sed), Cayenne powder (fruit), Echinacea angustifolia powder (her), Sed			
Iodine (as Kelp from Proprietary Blend) 13 mcg 9%   Proprietary Blend 640 mg †   Affalfa powder (leaf), Fenurgreek, powder (seed), Dandelion (Jarazacum officiale) powder (root), Fennel powder (seed), Yarrow (Achiliea millefolium) powder (flower), Eleuthero extract (0.8% eleutherosides)(root), Green Tea extract (50% polyphenols, 5% caffeneljedh, Hawthrom (Crataeyus lavorgafa) powder (fruit), Horsetail (Equisetum arvense) powder (herb), Licorice (Gloverritza glabra) powder (root, rhizone), Marshmallow powder (root), Peppermint powder (leaf), Red Clover powder (aeta), Red Raspberry ( <i>Hubus idaeus</i> ) powder (leaf), Billower Oli powder (root), Chickweed powder (herb), Burdock ( <i>Arcthum Tapay</i> ) powder (root), Chickweed powder (herb), Multein ( <i>Verbascum Thags</i> us) powder (leaf), Papaya powder (leaf), Black Cohosh powder (root), Chubmoss powder (aeta), Black Chosh powder (root), Chickog extract (4:1)(leaf), rish Moss (Chondrus crispus) powder (root), Chickog extract (4:1)(leaf), rish Moss (Chandrus crispus) powder (root), Chickog extract (4:1)(leaf), rish Moss (Chandrus crispus) powder (root), Chickog extract (80% siymarnin)(seed). Cagenne powder (root), Milk Thistle extract (30% siymarnin)(seed). Cagenne powder (root), Milk Thistle		Amount per Serving	% Daily Value
Proprietary Blend 640 mg † Affalfa powder (leaf), Fenugreek powder (seed), Dandelion ( <i>Taraxacum officiale)</i> powder (root), Fennel powder (seed), Yarrow ( <i>Achilea milleofium</i> ) powder (flower), Eleuthero extract (0.8% eleutherosides)(root), Foren Tea extract (50% polybenols, 6% caffeine)(leaf), Hawthorn ( <i>Crataegus laevigata</i> ) powder ( <i>rout</i> ), Horseall ( <i>Equisetum arense)</i> powder (herb), Licorice ( <i>Giveyrrhiza glabra</i> ) powder (root, rhzonne), Marshmallow powder (root), Prepermint powder (leaf), Safflower Oil powder (seed), Skulicap powder (herb), Mulein ( <i>Herbacum Hagsus</i> ) powder (leaf), Slatok 2000 (root, Girkgo extract (4:1)(leaf), rhish Moss ( <i>Chardus crasus</i> ) powder (root), Girkgo extract (4:1)(leaf), Irish Moss ( <i>Chardus crasus</i> ) powder (root), Girkgo extract (4:1)(leaf), simmaringeeol, Cayanen powder (rout), Milkir (Histie extract (80% simmaringeeol, Cayenen powder (rout), Milkir Thistie	Calcium (as Calcium Carbonate)	56 mg	6%
Alfalla powder (leat), Fenugreek powder (seed), Dandelion (Jaraxaum officiale) powder (root), Fennel powder (seed), Varrow (Achilea milletolium) powder (flower), Eleuthero extract (0.8% eleutherosides)(root), Green Tee avtract (50% polyphenols, 5% caffeine)(leat), Hawthorn (Gratagus laevigata) powder (fruit), Horsetail (Equisetum arvense) powder (herb), Licorice (Biyeyrrhize glabra) powder (root, fritzome), Marshmallow powder (root), Peppermint powder (leat), Red Clover powder (aeria), Red Raspberry ( <i>Albus idaeus</i> ) powder (leat), Safforwer Oit powder (seed), Skulicap powder (leat), Beld Clover powder (aeria), Red (root), Chickweed powder (herb), Mulien ( <i>Herbacum Hagsus</i> ) powder (leat), Papapa powder (leat), Black Cohosh powder (root), Chickweed powder (herb), Mulien ( <i>Herbacum Hagsus</i> ) powder (leat), Papapa powder (leat), Black Cohosh powder (root), Chickweed powder (leat), Black Cohosh powder (leat), Slippery Elm powder (bark), Plolow Dock powder (root), Milk Thistle extract (80% siymarni)seea, Cayenne powder (fruit), <i>Echinacea</i>	lodine (as Kelp from Proprietary Blend)	13 mcg	9%
	Affalfa powder (leat), Fenugreek powder (farazacum officiale) powder (rodt), Fe Yarrow (Achilea millefolium) powder (li) (0.8% eletutherosides)(rodt), Green Tea 6% caffeine)(leat), Hawthorn (Crataequ (rudt), Horsetall (Equisitum arenes) po (fult), Horsetall (Equisitum arenes) po Raspberry (hubu sidaeus) powder (leat), Red CI rood), Chickweed powder (herb), Burdoc (rood), Chickweed powder (herb), Burdoc Liubmoss powder (leat), Red CI Clubmoss powder (leat), Red CI Clubmoss powder (leat), Binger powd (4:1)(leat), Irish Moss (Chondrus crispus Kelp (Laminaria spp), powder (Pantain Elm powder (bark), Vellow Dock powder extract (80% silymarini)(seed), Cayenne	r (seed), Dandieli nnnel powder (se extract (50% pol s <i>laevigata</i> ) pow wder (herb), Lic me), Marshmallo voer powder (ae 1, Safflower Oil p over powder (ae 1, Safflower Oil p ( <i>Verbascum tf</i> tack Cohosh pow ( <i>Verbascum</i> tf ler (root), Ginkgo s) powder (leaf), Si	on eed), extract yphenols, der orice w powder riral), Red owder ) powder <i>bapsus</i> ) der (root), extract e plant), ippery tile

#### +Daily Value not established

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

Contains: Crustacean shellfish (lobster, crab, shrimp), Sov 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.

# 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<sup>™</sup> are Multi-Herb Digestion & Detox Support<sup>\*\*\*</sup> and Multi-Fiber Colon Cleanse<sup>\*\*\*</sup>. 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<sup>™</sup> 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 Oriaina Whole-Herb Total Body Cleanse 7-Day Ultimate Cleanse 2-Part Total-Body Cleanse PART Multi-Fiber TWO Colon Cleanse\*\*

PART Multi-Herb Digestion ONE • & Detox Support<sup>™</sup>\*

Support Digestion & Wellness'

BOTTLE 1: 36 TABLETS

DIFTARY SUPPLEMENT

Support Colon Health & Regularity

BOTTLE 2: 36 TABLETS

# **TAKE CONTROL YOUR HEALTH**

**Experience the Sensation** of Whole-Body Wellness...

**Detoxify** • Cleanse • Rebuild

#### ho is Nature's Secret\*? At Nature's Secret<sup>®</sup> 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 dermatoloaists, 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<sup>\*</sup>, 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<sup>®</sup>, total body wholeness and wellness.

www.NaturesSecret.com

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

MULTI-FIBER COLON CLEANSE<sup>™</sup>

**Supplement Facts** 

Cascara Sagrada powder (bark), Fennel powder (seed), Psyllium

Barley Grass powder (aerial), Beet powder (root), Glucomannan,

Peppermint powder (leaf), Red Raspberry (Rubus idaeus) powder (leaf), Slippery Elm powder (bark), Chlorella powder, Guar Gum,

Other Ingredients: Stearic acid, hydroxypropyl cellulose, microcrystalline

cellulose, silicon dioxide, natural anise flavor, croscarmellose sodium, methylcellulose, magnesium stearate, sodium starch glycolate, soy

Karava Gum, Lemon Peel powder (fruit), Oat Bran powder

Lactobacillus acidophilus (1 million/g\*\*)

powder (seed husk), Ginger powder (root), Acacia Gum, Alfalfa powder (herb), Apple Pectin powder (fruit), Apple powder (fruit),

Amount per % Daily Servina

98 mg

557 ma

Value

10%