

# Herbal Cleanse

Cleanses and detoxifies your body\*



## Herbal Cleanse Metabolic Cleansing System

\$31.50 10-day system  
W3171 - with Citrus Fiber Drink  
W3172 - with Peaches & Cream Fiber Drink

### KEY BENEFITS:

Helps rid the body of toxins and waste\*

Supports improved digestion and thorough internal cleansing\*

Provides 10 grams of fiber per day

Helps remove impurities from the body\*

Supports healthy weight loss\*

Recommended every 90 days

\* 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.

### IS THIS YOU?

- Someone who wants to detoxify your system
- Someone who's heard of natural cleansing systems and wants to try one that's safe and effective
- Someone who wants to boost your overall general health
- Someone who wants a "fresh start" on the performance of the AdvoCare® products you take
- Someone who wants to improve your weight-management system

### THE ISSUE:

Toxins are everywhere – in the foods we eat, the air we breathe and the ground we walk on. These toxins build up in our body and may contribute to weight gain, loss of overall energy and poor skin tone, among other detrimental effects. In recent years, more attention has been given to detoxification or cleansing, and for good reason. Contaminants such as air pollution, cigarette smoke, radiation and carbon monoxide found in our everyday environment greatly influence our health and well-being. Furthermore, since the typical American diet is filled with processed foods, which are more often bought at the nearest fast food restaurant rather than made at home, what we eat also adds to our concerns.

Over time, these toxins may affect our health and digestion. In the long term, the ability to absorb the foods and nutrients we consume daily can become diminished. When this happens, individuals no longer receive the full benefit of their daily diet. Every day, a person's diet should provide essential nutrients to keep that individual performing at peak effectiveness. Proper absorption of nutrients such as carbohydrates, proteins, fats, vitamins and minerals is essential to maintaining a healthy body. However, periodic lifestyle changes may generate the need for a "fresh start" to regain a healthy balanced nutrition routine with a solution that will also help other AdvoCare products you take once again reach their full potential.

### THE SOLUTION: Herbal Cleanse System

The AdvoCare Herbal Cleanse system can help rid your body of toxins and waste with its unique blend of herbal ingredients.\* Using a systematic approach, this 10-day system guides you day by day through the steps for thorough internal cleansing and improved digestion.\* Herbal Cleanse supports the body's metabolic systems and general health during the detoxification process by helping keep energy levels up, aiding in removing impurities, and supporting the immune system.\* Some people who use Herbal Cleanse for the first time experience an encouraging reduction in pounds and/or inches when they pair the system with the recommended diet and exercise. Each Herbal Cleanse system includes these three key products:

**ProBiotic RESTORE™:** Our bodies must maintain a healthy balance of beneficial bacteria and harmful bacteria to work at its best. When this balance is disturbed, it affects our immune systems, intestinal health, weight management and more. Probiotics are beneficial microorganisms that strengthen and support our immune and digestive systems.\* ProBiotic RESTORE contains two kinds of probiotics plus botanical ingredients to support your body's overall health by maintaining the normal, healthy bacteria your body needs.\* Furthermore, ProBiotic RESTORE helps aid in digestion, supports healthy intestinal function and enhances your weight loss program.\* Take on days four through 10.

**Fiber Drink:** Fiber Drink is rich in the fibers your body needs to work at its best.\* Each serving provides 10 grams of soluble and insoluble dietary fiber to help add the fiber your diet fails to provide. As part of the Herbal Cleanse system, Fiber Drink helps move the toxins and waste products through the digestive tract while scouring your intestinal tract to support improved nutrient absorption.\* Available in a deliciously smooth peaches and cream flavor or a fruity citrus flavor, Fiber Drink is a vital tool for achieving improved overall health.\* Take on days one through three, and again on days eight through 10.

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### Herbal Cleanse Dietary Supplement

SUPPLEMENT FACTS		
Serving Size: 3 caplets		
Servings Per Container: 7		
	Amt Per Serving	% DV
Vitamin C (as ascorbic acid)	1,200mg	2,000%
Thiamine (as thiamine HCl)	6mg	400%
Riboflavin	6.8mg	400%
Niacin (as niacinamide and niacin)	100mg	500%
Vitamin B-6 (as pyridoxine HCl)	10mg	500%
Folic acid	400mcg	100%
Vitamin B-12 (as cyanocobalamin)	30mcg	500%
Biotin	300mcg	100%
Pantothenic acid (as calcium pantothenate)	40mg	400%
Zinc (as zinc monomethionine - OptiZinc®)	3mg	20%
Inositol	5mg	*
Taurine	800mg	*
System 343 Herbal Concentrate (wheat grass leaf powder; cranberry fruit juice powder; extracts of burdock root, senna leaf, astragalus root, Echinacea purpurea aerial, milk thistle seed and schisandra fruit; beet root powder; odorless garlic bulb powder)	1,350mg	*

\*Daily Value (DV) not established.

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, STEARIC ACID, CROSCARMELOSE SODIUM, MAGNESIUM STEARATE, SILICON DIOXIDE, AQUEOUS COATING (CONSISTING OF HYDROXYPROPYL METHYLCELLULOSE, SODIUM CARBOXYMETHYLCELLULOSE, MALTODEXTRIN, DEXTRIN, DEXTROSE, LECITHIN, SODIUM CITRATE, POLYETHYLENE GLYCOL).

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**Herbal Cleanse Tablet:** The Herbal Cleanse tablet rounds out the system by providing herbal extracts needed to help rid your body of the impurities that may be obstacles to achieving better health.\* One ingredient, senna leaf extract, is known for its use to relieve occasional constipation, as well as to encourage the mobilization of waste through the intestinal tract.\* Beet root powder and wheat grass juice are included in the formulation to aid in the reduction of metabolic by-products in the blood and the liver.\* Cranberry juice powder is added to help cleanse impurities from the kidneys and aid in excretion through the bladder.\* Milk thistle extract is added for its active component, silymarin. Silymarin has been traditionally used to aid in eliminating toxins from the liver, and is an excellent hepatoprotectant and antioxidant.\* The immune system is supported with echinacea, astragalus, garlic, zinc and vitamin C.\* Herbal Cleanse tablets also contain a wide range of B vitamins in sufficient amounts to help maintain energy levels during the detoxification period.\* Take on days one through seven.

### Directions For Use:

For ages 18 and older.

Follow the instructions included with each Herbal Cleanse system to carefully consume the correct products each day.

It is important to consume a well-rounded, healthy diet while taking Herbal Cleanse. Drink clear liquids such as water, herbal teas and diluted fruit juices. Follow a diet rich in whole, fresh fruits and vegetables with light lunch and dinner options. Avoid fried, heavy foods, junk food and fast food. In fact, following these healthy eating habits for 10 days may encourage you to continue consuming healthy foods. Continued, sustained weight loss comes from changing eating and exercise habits. Improving overall health and well-being requires a continuous commitment to maintain a healthy lifestyle.

Do not take thermogenics (MNS® color packets and ThermoPlus™) when using Herbal Cleanse. All other AdvCare products may be continued but should be taken several hours after consuming Fiber Drink. Herbal Cleanse should only be used once every 90 days.

Notice: This product contains senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain. Consult a healthcare professional if you have frequent diarrhea.

Warnings: Herbal Cleanse supplements are not intended for use by pregnant or nursing women or by children under 18 years of age. If you are ill, taking medication or have a medical condition, consult a healthcare professional before starting Herbal Cleanse System. If you were ill prior to starting the system and symptoms persist, please discontinue use and consult with a healthcare professional immediately.

### Key Ingredients:

In Herbal Cleanse tablet:

Senna extract, wheat grass powder, cranberry juice powder, burdock extract, astragalus extract, Echinacea extract, milk thistle extract, schisandra extract, beet powder, garlic powder, odorless

In ProBiotic RESTORE™:

Probiotics, *Lactobacillus acidophilus* and *Bifidobacterium bifidum*, fructooligosaccharides, artichoke leaf extract, moomiyo, beta-carotene, zinc

In Fiber Drink:

Fiber blend, both soluble and insoluble, including: gum acacia, guar gum, cellulose, oat bran, fruit pectins and psyllium seed

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### Fiber Drink Citrus Flavor

#### SUPPLEMENT FACTS

Serving Size: 1 pouch (0.7 oz/20g) [makes 8 fl oz prepared]  
 Servings Per Pouch: 1

	Amt Per Serving	% DV
Calories	70	
Total Carbohydrate	17g	6%†
Dietary Fiber	10g	40%†
Sugars	6g	*
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	30mg	50%
Sodium	10mg	<1%

†Percent Daily Values (DV) are based on a 2,000-calorie diet.  
 \*Daily Value not established.

OTHER INGREDIENTS: FIBER BLEND (PSYLLIUM HUSK, OAT FIBER, SODIUM CARBOXYMETHYLCELLULOSE, GUAR GUM, CITRUS PECTIN, BUTTERNUT BARK POWDER), FRUCTOSE, MALTODEXTRIN, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ACESULFAME POTASSIUM, PAPAYA FRUIT POWDER, PRUNE POWDER, RHUBARB ROOT EXTRACT, BLACK WALNUT HULL EXTRACT, LICORICE ROOT EXTRACT, DIGESTIVE ENZYME COMPLEX (LIPASE, CELLULASE, PROTEASE), LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUM.

### Fiber Drink Peaches & Cream Flavor

#### SUPPLEMENT FACTS

Serving Size: 1 pouch (0.7 oz / 20g) [makes 8 fl oz prepared]  
 Servings Per Container: 6

	Amt Per Serving	% DV
Calories	60	
Total Carbohydrate	15g	5%†
Dietary Fiber	10g	40%†
Sugars	4g	*
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	30mg	50%
Sodium	10mg	<1%

†Percent Daily Values (DV) are based on a 2,000-calorie diet.  
 \*Daily Value not established.

OTHER INGREDIENTS: FIBER BLEND (GUM ACACIA, CELLULOSE POWDER, PSYLLIUM SEED, GUAR GUM, OAT FIBER, APPLE PECTIN, CITRUS PECTIN, OAT BRAN), MALTODEXTRIN, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVORS, FLAX SEED POWDER, MALIC ACID, SUCRALOSE, ACESULFAME POTASSIUM, BEET ROOT EXTRACT.

### ProBiotic Restore

#### SUPPLEMENT FACTS

Serving Size: 2 capsules  
 Servings Per Container: 7

	Amt Per Serving	% DV
Vitamin A (as beta-carotene)	2,000 IU	40%
Zinc (as zinc monomethionine - OptiZinc®)	1mg	6%
Lactobacillus acidophilus	1 Billion*	*
Bifidobacterium bifidum	1 Billion*	*
Fructooligosaccharides	200mg	*
Artichoke extract (leaf - Cynara scolymus)	150mg	*
Resveratrol (from Polygonum cuspidatum)	2mg	*

\*Daily Value (DV) not established.

OTHER INGREDIENTS: GELATIN, MICROCRYSTALLINE CELLULOSE, MAGNESIUM STEARATE, SILICON DIOXIDE.

\*At time of manufacture. Store product in a cool dry place.  
 To ensure optimal stability, keep product under 80°F.

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