

Healthy Starter Programme

Product Code: 0771



The Healthy Starter Pack+ is a powerful and effective ten day course of five cleansing herbal products which collectively help cleanse the whole body of cellular waste.

Healthy Starter Pack Contains -

- Psyllium Hulls
- Digestive Health
- Liver Health
- Cranberry & Buchu Combination
- HS II

Today, more than ever the body is bombarded with toxins from its environment. New preservatives, pesticides, food additives, pollution, and drugs cause damage to our bodies and can lead to toxic buildup. Toxins can re-circulate in the body if the eliminatory functions are not working effectively and fat-soluble toxins can be stored in fatty parts of the body for many years. Increased levels of toxins can cause toxicity and excess free radical damage. A toxic environment in the body can result in a lowered immune system and can provide an ideal habitat for bad bacteria.

The Healthy Starter Pack+ is a ten day programme providing natural herb supplements for each cleansing organ of the body thereby to be used as part of a whole body cleanse. It helps clean the colon by using Psyllium Hulls to attract and eliminate toxins from the colon. The Digestive Health formula uses time-honoured herbs to both soothe the digestive system and help maintain efficiency.

Liquid Chlorophyll is a great tasting 'minty drink' which the whole family can enjoy throughout the day. Chlorophyll is the substance responsible for a plant's green colour. Among its many benefits, Chlorophyll is a good natural cleanser and it helps eliminate body odour. Add Liquid Chlorophyll to water for a great tasting drink that has effective cleansing properties, making it a valued addition to your cleanse programme.

Bifidophilus-Flora Force is a milk-free probiotic supplement, providing important strains of friendly flora which naturally inhabit the intestinal tract. These aid the digestion and absorption of nutrients, and help to maintain a healthy immune function. Bifidophilus Flora Force provides billions of beneficial intestinal micro-organisms that offer a whole range of health benefits. It contains 3.5 billion friendly micro-organisms, including *Lactobacillus acidophilus* and *Bifidobacterium longum*. Nature's Sunshine's Bifidophilus capsules are enteric coated which means they release the friendly bacteria in the intestines where it is needed and not in the stomach.

The Liver Health formula addresses one of the most complex organs of the body. The liver acts as both a blood filter and feedback system for hormones in the body. If the liver is overworked, other organs of the body begin to fall into dis-ease. This formula revitalises and nourishes the liver.

Another important eliminative channel is the Urinary Tract. Cranberry & Buchu help the miles of microscopic tubules that make up this important system. To help cleanse the circulatory system, we have included HSII (Hawthorn Berry, Capsicum Fruit, Garlic Bulb). This product not only helps the body maintain healthy blood vessels in the body, it supports elasticity in the vein walls, which is vital to circulatory health.

This highly effective cleanse is designed to be taken alongside a normal healthy diet. Results will be enhanced if you omit red meat, caffeine and alcohol from your diet during the programme. Drink plenty of water whilst using the programme.

Healthy Starter Pack+ contains five individual herbal supplements (150 capsules). Take one packet 15 minutes before eating three times a day. Drink at least 8oz of water.

Important Information:

The healthy Starter Pack+ is not suitable for use:

- During Pregnancy, nursing or when planning to conceive
- During illness or convalescence
- By children under 12 years old

The pack contains Black Walnut Hulls.

Each Packet Contains:

Psyllium Hulls – 1 capsule containing: Psyllium Hulls (*Plantago ovata*), capsule shell (gelatin, water). (Herbs dried and powdered).

Digestive Health – 1 capsule containing: Magnesium hydroxide, capsule shell (gelatin, water), yellow dock root (*Rumex crispus*), ginger rhizome (*Zingiber officinale*), terminalia chebula fruit extract (*Terminalia chebula*), amla fruit extract (*Emblica officinalis*), marshmallow root extract (*Althaea officinalis*), slippery elm bark (*Ulmus rubra*). Excipients: magnesium stearate, cellulose.

Liver Health – 1 capsule containing: Capsule shell (gelatin, water), turmeric root (*Curcuma longa*), gentian root (*Gentiana lutea*), yellow dock root (*Rumex crispus*), Irish moss algae (*Chondrus crispus*), , slippery elm bark (*Ulmus rubra*), fenugreek seed (*Trigonella foenumgraecum*), safflower flowers (*Carthamus tinctorius*), black walnut hulls (*Juglans nigra*), dandelion root (*Taraxacum officinale*), uva ursi leaf (*Arctostaphylos uva-ursi*), chickweed aerial parts (*Stellaria media*), catnip leaf (*Nepeta cataria*). Excipients: magnesium stearate, cellulose.

Cranberry and Buchu Combination - 1 capsule containing: Cranberry fruit (*Vaccinium macrocarpon*), capsule shell (gelatin, water), buchu leaf extract (*Barosma betulina*). Excipients: Maltodextrin, magnesium stearate, silicon dioxide.

HSII - 1 capsule containing: Hawthorn berry (*Crataegus laevigata* and *Crataegus monogyna*), capsule shell (gelatin, water), capsicum fruit (*Capsicum annuum*), garlic bulb (*Allium sativum*).