

Herbal Cleanse

Herbal Cleanse Metabolic Cleansing System is an easy-to-use, highly effective way to help you look better and feel better. By “cleaning out” your system every three months, you can tune up and tone up your body and enjoy the benefits of better health.

For optimal health and thorough internal cleansing, we first need effective intestinal function. Following are some of the many benefits of good intestinal health:

- Food residue moves quickly through the body, giving a feeling of lightness.
- Vitamins, minerals and other nutrients from our food are better absorbed.
- Digestion is optimized.
- Skin tone is improved.
- Feeling of mental alertness and sense of well-being are enhanced.
- Overall health and vitality are increased.

When we have good intestinal function, it becomes easier to cleanse the rest of the body. Herbal Cleanse supplements are designed to break wastes away from body tissues and support the intestines in eliminating this waste.* Herbal Cleanse is designed to be used by anyone interested in promoting good health.

This system is especially helpful for the following:

- As part of a healthy weight-management program*
- If you are among the millions of people who suffer from occasional constipation*
- In sports training and rehabilitation programs
- As part of a comprehensive health promotion program*

We recommend ProBiotic Restore™ Ultra supplement be used each day once the Herbal Cleanse program has been completed. One of the foundations of health is a proper balance of “friendly” bacteria, or microflora, in our small and large intestines. Beneficial bacteria in the intestinal tract are known to encourage proper digestion and strengthen immune function.*

How to Use Herbal Cleanse Supplements:

1. **Fiber Drink** – Take in the morning with breakfast or with your first meal of the day, on days 1, 2 and 3, and on days 8, 9 and 10.
2. **Herbal Cleanse** – Take one Herbal Cleanse packet daily, before bedtime, on days 1 through 7.
3. **ProBiotic Restore™ Ultra** – Take one ProBiotic Restore Ultra packet upon rising, about 30 minutes before you consume any food, on days 4 through 10.

System Use: Every three months, follow the 10-day cleansing plan. Follow this usage table to keep track of your daily system consumption.

Day	Fiber Drink	Herbal Cleanse	ProBiotic Restore™ Ultra
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4		<input type="checkbox"/>	<input type="checkbox"/>
5		<input type="checkbox"/>	<input type="checkbox"/>
6		<input type="checkbox"/>	<input type="checkbox"/>
7		<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>		<input type="checkbox"/>
9	<input type="checkbox"/>		<input type="checkbox"/>
10	<input type="checkbox"/>		<input type="checkbox"/>
	AM	PM	AM

Fiber Drink (Pouches per system: 6)

Each serving of Fiber Drink provides a full 10 grams of soluble and insoluble fibers. The wholesome blend of fibers is designed to support intestinal function, eliminate wastes and help maintain cholesterol levels that are already in the normal range.* Antioxidants in Fiber Drink help protect the intestinal lining.*

Herbal Cleanse (Packets per system: 7)

Herbal Cleanse is a unique blend of vitamins, minerals and herbs. The cleansing caplets help to safely and gently mobilize and remove wastes.*

ProBiotic Restore™ Ultra (Packets per system: 7)

ProBiotic Restore Ultra delivers a six-strain Probiotic Complex of friendly microflora for support of intestinal health and function.* This complex of *Bifidobacteria* and *Lactobacilli* includes five strains naturally found in the human small intestine and colon and is formulated with prebiotic fructooligosaccharides to restore and maintain healthy flora for enhanced digestion.* ProBiotic Restore Ultra boosts gastrointestinal function helping you derive more benefits from your food and supplements.*

The unique combination of these beneficial lactic acid bacteria in ProBiotic Restore Ultra is ideally designed to promote healthy intestinal microflora.* We further recommend using the Fiber Drink supplement or Fruit & Fiber Bar daily to ensure adequate fiber intake and the health-promoting benefits obtained from dietary fibers.*

Herbal Cleanse Dietary Guidelines

To help your body cleanse waste and restore itself to a more vibrant and healthy state, the food you eat daily while on the system is very important. It is best to consume foods that are low in fat and in their natural state. Following are the Herbal Cleanse dietary guidelines:

- Eat eight to ten servings each day of vegetables and fruits. A serving is one cup of raw vegetables or one-half cup of cooked vegetables, or a medium-sized piece of fruit. It is best to eat vegetables and fruits in their natural form, either raw or lightly steamed.
- Drink at least 8 glasses of water each day.

- Eat starchy foods such as breads, rice and pasta in the whole grain form. Avoid processed starches such as white bread and white rice.
- Reduce your dietary fat intake to as low an amount as possible. This means reducing or eliminating the use of butter, margarine and high-fat salad dressings. It also means cooking with water or vegetable broth rather than oil or butter.
- Scrupulously avoid all fried foods.
- Be sure to avoid sugar (table sugar or sucrose). If you want to eat something sweet, reach for a piece of fresh fruit.

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

WARNINGS:

Herbal Cleanse is 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 Metabolic Cleansing System. If you were ill prior to starting the system and symptoms persist, please discontinue use and consult with a healthcare professional immediately.

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.

KEEP OUT OF REACH OF CHILDREN

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

For more information:
www.advocare.com
800-942-4800



Herbal Cleanse

METABOLIC CLEANSING SYSTEM
CONTAINS HERBAL CLEANSE, FIBER DRINK, AND
PROBIOTIC RESTORE™ ULTRA DIETARY SUPPLEMENTS

- Provides internal cleansing*
- Enhances nutrient absorption*

WELL