

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) 200 mg (53%), capsule shell (gelatin, water), yellow dock root (*Rumex crispus*), ginger rhizome (*Zingiber officinale*), chebulic myrobalan fruit extract (*Terminalia chebula*), amla fruit extract (*Embllica officinalis*), marshmallow root extract (*Althaea officinalis*), slippery elm bark (*Ulmus rubra*). Excipients: magnesium stearate, cellulose.

Liver Health – 1 capsule containing: Capsule shell (gelatin, water), burdock root (*Arctium lappa*), turmeric root (*Curcuma longa*), gentian root (*Gentiana lutea*), Irish moss algae (*Chondrus crispus*), slippery elm bark (*Ulmus rubra*), fenugreek seed (*Trigonella foenum-graecum*), safflower flowers (*Carthamus tinctorius*), dandelion root (*Taraxacum officinale*), uva ursi leaf (*Arctostaphylos uva-ursi*), chickweed aerial parts (*Stellaria media*), catnip leaf (*Nepeta cataria*). Excipients: Bulking agent; cellulose, anti-caking agent; magnesium stearate.

Cranberry/Buchu Combination – 1 capsule containing: Cranberry fruit (*Vaccinium macrocarpon*), capsule shell (gelatin, water), buchu leaf extract (*Barosma betulina*). Excipients: Bulking agent; maltodextrin, anti-caking agents; magnesium stearate, silicon dioxide.

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

Food Supplements should not be used as a substitute for a balanced diet.



Healthy Starter Pack+

A 10 day supplement programme providing Natural Herbal Supplements

FOOD SUPPLEMENT - 10 DAY Supply

30 PACKETS - 5 CAPSULES EACH (150 Capsules)

Store in a cool, dry place out of sight and reach of children.

Stock No. 4133-7

NATURE'S SUNSHINE PRODUCTS, INC.

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Healthy Starter Pack + contains five individual herbal supplements.

Natural Herbal Supplements to be taken alongside a normal balanced diet.

RECOMMENDATION

Take 1 packet 15 minutes before eating, 3 times each day. Drink at least 8 oz. of water with the packets. Drink plenty of water, not recommended for children, do not take if pregnant.

Always consult your Doctor or Pharmacist before taking food supplements, when you are on prescribed medication.

Do not exceed the stated recommended daily dosage.

Not suitable for use in pregnancy or by those trying to conceive.

This product was sealed for your protection.

Inner packets not intended or labeled for individual retail sale.

Best before end (shown on back)