

HEALTHY STARTER PACK+

10 DAY CLEANSE

Whether you're considering a weight management programme, starting a daily nutrition course, or looking for a bit of an intestinal 'spring clean' we suggest using the Healthy Starter Pack+. This ten-day course is a powerful and effective nutritional whole body cleanse, with five carefully formulated herbal products. The pack is formulated for use alongside a normal healthy diet and your usual daily routine. Each serving is individually sealed in handy sachets, which can easily be carried in your pocket or handbag

The Healthy Starter Pack+ provides five natural, herbal combination capsules to support five elements of cleansing. This unique combination provides a powerful yet gentle formulation that collectively helps cleanse the body, supporting the natural routes of elimination. It includes; Psyllium Hulls, Digestive Health, Liver Health, Cranberry & Buchu, and HSII. Formulated for use alongside a normal healthy diet, Healthy Starter Pack+ fits in perfectly alongside your normal daily routine, without disrupting your everyday family, work-time, or social schedule, and is conveniently packed in handy, single serve sachets.

NO FASTING, NO GOING HUNGRY, JUST NORMAL HEALTHY FOODS

Each packet contains one capsule of each of the following formulas:

Psyllium Hulls - *Ingredients: Psyllium Hulls (Plantago ovata), capsule shell (gelatin, water).*

Digestive Health - *Ingredients: 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 (Emblica officinalis), marshmallow root extract (Althaea officinalis), slippery elm bark (Ulmus rubra). Anti-caking agent; magnesium stearate, bulking agent; cellulose.*

Liver Health - *Ingredients: 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). Bulking agent; cellulose, anti-caking agent; magnesium stearate.*

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

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

Product Code 4133

30 servings – 10-day supply

Take the contents of one packet 15 minutes before eating, three times daily.
Drink plenty of water throughout the day.

Allergy advice: May cause a reaction in those allergic to inhaled or ingested psyllium.

Not suitable for use during pregnancy, or by those trying to conceive. Not recommended for children. Not intended for prolonged use.

Do not exceed the stated recommended daily dosage. Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements, when you are on prescribed medication. The information contained herein is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease.



Complement your Healthy Starter Pack+ by combining two support products to make your cleanse complete. This programme contains the Healthy Starter Pack+ 10-day cleanse, along with Liquid Chlorophyll and Pro B11.