



# Healthy Cleanse

## Feel healthier in 7 days

Are you looking for a clean start? Some digestive support? A way to jump-start your weight loss? Or do you simply want to feel more energetic? Try the **Healthy Cleanse**. Our new program combines four carefully selected Shaklee supplements with a supporting diet plan to help you **feel healthier in 7 days**.

The Healthy Cleanse is designed to:

- Support healthy digestion\*
- Help jump-start weight loss\*
- Help increase focus and energy\*
- Help with hunger management\*
- Help improve sleep quality\*

The Healthy Cleanse kit contains:

- **Optiflora® DI** to help maintain gastrointestinal health and regularity; key bacterial strain is the powerhouse *Bifidobacterium lactis* HN018™
- **DTX® Complex** to help increase your liver's ability to clean and detoxify your blood; key ingredients include milk thistle
- **Alfalfa Complex** to provide a wide variety of nutrients including calcium, phosphorus, and trace minerals and vitamins
- **Herb-Lax®** to help provide gentle relief for occasional periods of irregularity

### YOU MAY ALSO CONSIDER

For continuing nutritional support to help you feel healthier every day during and after your Healthy Cleanse, choose from one of the following plans:

- **Life Plan** – Our best, most comprehensive nutritional system ever. Feel better with nutrients clinically proven to help provide the foundation for a healthier life. Features **Life-Strip** and **Life Shake™**.

- **Shaklee 180® Turnaround Kit** – Designed to help you achieve a healthy weight the right way, with the nutrition you need to burn fat and not muscle. The Shaklee 180 Turnaround Kit is **Powered by Leucine®** to help your body retain lean muscle while you slim down.
- **Vitalizing Plan** – Advanced nutrition for daily health. Feel healthier and more vitalized every day with Vitalizing Plan featuring the **Vitalizer™** supplement strip and **Life Shake**.

### THE SHAKLEE DIFFERENCE™



The power of nature,  
unleashed by science.  
Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year to ensure our products are safe for you and your family.

In a 30-day clinical study\*:

- 80% of participants experienced **improved energy** levels and **decreased cravings**
- 72% of participants felt improvements in **hunger management**
- 60% of participants felt improvements in **mood**
- 74% of participants felt improvement in **quality of sleep** and **clarity of thinking**

\*Based on a 7-day pilot study conducted by three Shaklee Distributors – a medical doctor and two nutritionists – under the supervision of Shaklee Medical Affairs. Preliminary study results showed an average loss of 6.8 pounds and 1.62 inches, plus increased focus and energy and improved sleep quality. All trademarks are the property of their respective owners.

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## IS HEALTHY CLEANSE RIGHT FOR YOU?

- ✓ If you're looking for digestive support or looking to kick-start your weight loss
- ✓ If you're looking for hunger management support
- ✓ If you're looking for improvement in focus, mood, sleep, or energy

## ORDER NOW

#79416 English

#79417 French

Healthy Cleanse (includes Optiflora DI, Alfalfa Complex [330], DTX Complex, and Herb-Lax)

Member Price: \$136.95 | Point Value: 83.00



No artificial flavours, colours, sweeteners, or preservatives added

### Alfalfa Complex



Daily dosage: 10 tablets, 3 times per day

**MEDICINAL INGREDIENTS:** Amount per 10 tablets

Alfalfa (*Medicago sativa*) (aerial parts) powder 3 g

**NON-MEDICINAL INGREDIENTS:** CALCIUM PHOSPHATE DIBASIC, CALCIUM PHOSPHATE TRIBASIC, CALCIUM SILICATE, FRUCTOSE, MALTODEXTRIN, SPEARMINT OIL.

### DTX® Complex



Daily dosage: 1 caplet 3 times daily

**MEDICINAL INGREDIENTS:** Per caplet Per day

Milk thistle (*Silybum marianum*) (seed) extract standardized to 80% silymarin 100 mg 300 mg

Schizandra (*Schizandra chinensis*) (fruit) extract (4:1 extract) [provides 500 mg dried fruit equivalent] 125 mg 375 mg

Dandelion (*Taraxacum officinale*) (root and leaf) powder 91.7 mg 275 mg

Reishi mushroom (*Ganoderma lucidum*) (cap and stalk) powder 33.3 mg 100 mg

Artichoke (*Cynara scolymus*) (leaf) powder 25 mg 75 mg

Turmeric (*Curcuma longa*) (rhizome) powder 25 mg 75 mg

**NON-MEDICINAL INGREDIENTS:** ACACIA GUM, CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE, MALTODEXTRIN, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE.

### Herb-Lax®



Daily dosage: 4–7 tablets

**MEDICINAL INGREDIENTS:** Amount per tablet

Sennosides from senna (175 mg) (*Cassia angustifolia*) (leaf) 4 mg

Licorice (*Glycyrrhiza glabra*) (root) powder 43 mg

Anise (*Pimpinella anisum*) (seed) powder 17 mg

Sweet fennel (*Foeniculum vulgare*) (seed) powder 17 mg

Ornamental rhubarb (*Rheum palmatum*) (root) powder 13.5 mg

Alder buckthorn (*Frangula alnus*) (bark) powder 9.3 mg

Blue mallow (*Malva sylvestris*) (flower) powder 8 mg

Culver's root (*Veronicastrum virginicum*) (root) powder 0.2 mg

**NON-MEDICINAL INGREDIENTS:** ALFALFA LEAF POWDER, CORN SYRUP SOLIDS, CROSCARMELLOSE SODIUM, KARAYA GUM, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE.

### Optiflora® DI



Daily dosage: 1 capsule

**MEDICINAL INGREDIENTS PER CAPSULE:**

*Bifidobacterium lactis*, strain HN019™ 5 billion CFU

*Lactobacillus acidophilus*, strain La-14® 2 billion CFU

*Lactobacillus plantarum*, strain Lp-115® 2 billion CFU

*Lactobacillus rhamnosus*, strain GG™ 1 billion CFU

**NON-MEDICINAL INGREDIENTS:** MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE IN A HYPPROMELLOSE HARD-SHELL CAPSULE.

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