

(U.S. product)

Article No. 02267 (1 cleansing cycle)

A three-part system all in one convenient supplement. Natural grain, fruit and vegetable fibers help cleanse the intestinal tract; special herbal blend supports liver detoxification; lactic bacteria restore vital intestinal cultures.* 30 caplets; enough for one cleansing cycle.

Why Cleanse and Restore?

People are exposed to toxins, pollution, pesticides, car exhaust, and thousands of synthetic chemicals every day. Even the body's own digestive and metabolic processes throw off wastes that are not always completely eliminated by the body. Also, unseen intestinal parasites are now being recognized as a serious problem.

Poor elimination, bloating, gas, confusion, forgetfulness, headaches, food allergies, overeating, poor circulation, fatigue, mood swings, bad breath, susceptibility to illness, stiff joints, cold hands and feet, reduced immune function, indigestion, coated tongue, poor skin, puffy eyes...many nutritionists feel that these and other symptoms may be in part the result of toxic buildup. Modern medicine has cures for many of these symptoms, but it is possible to keep many of them from appearing by eating a healthy diet, following a regular program of gentle exercise, and periodically cleansing the system of toxins.

Watkins Inner Cleanse/Restore is a three-part system (intestinal cleanse, liver detoxification and bacterial restoration) all in one convenient supplement.* It is a vast improvement over other cleansing programs, in which you must remember to take several different pills and potions. Inner Cleanse/Restore is easy to incorporate into your daily routine:

- **No need to eliminate certain foods** such as caffeinated beverages or fatty foods during a cleansing cycle, as with other cleansing products currently on the market.
- **No need to eliminate other Watkins Dietary Supplements** you are currently taking during a cleansing cycle. Inner Cleanse/Restore has been specially formulated to work with other Watkins Dietary Supplements.
- **Gentle:** Most people should not experience any problems with gas, bloating or diarrhea.
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*



• **Convenient:** Watkins Inner Cleanse/Restore is effective, easy to use, and can have a major impact on your total well-being.

Supplement Facts

Serving Size 4 Caplets
Servings per container about 7

	Amount per 4 caplets	%DV
Multi-Fiber Blend	1600 mg	†
Vegetable cellulose, oat fiber, beet fiber, citrus pectin, psyllium seed, flax seed, prune fiber, fig fiber, carrot fiber		
Cleansing and Purifying Herbal Blend	1400 mg	†
Cascara sagrada bark, licorice root 4:1 extract, buckthorn bark (Rhamnus Purshiana), aged garlic concentrate, fennel seed, barley grass, black walnut hull, spirulina blue-green algae (Spirulina Pratense), aloe vera leaf, milk thistle seed, black cohosh root, burdock root, chickweed aerial parts, dandelion flower, gentian root, marshmallow root, mullein leaf, plantain leaf, red clover flower, yarrow flower, yellow dock root		
Lactospore® natural living lactic cultures (Bacillus coagulans)	100 million	†
Dahlulin PB™ [fructo-oligosaccharides from dahlia tuber (Dahlia variabilis) and chicory root (Cichoria intybus)]	100 mg	†
Phenalgin™ [phlorotannin extract of Canary Islands brown algae (Cystoseira canariensis)]	50 mg	†
Plant enzymes (full-spectrum)	50 mg	†
Watkins Proprietary Bio-Activator™ Blend	25 mg	†
Black pepper fruit, ginger root, cellulase plant enzyme.		

† Daily value (DV) not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze.

Directions: For adults: take two caplets in the morning on an empty stomach 30 minutes before breakfast with an 8 oz. glass of water. Take two more caplets with an 8 oz. glass of water before bedtime.

*See note on reverse side.
(continued)

Three-Part System

Intestinal Cleansing:

- Natural grain, fruit and vegetable fibers help to remove accumulated wastes and toxic buildup from the digestive tract.*
- Gentle herbs encourage the body's natural eliminatory processes, promoting optimum bowel function.*
- Pure plant enzymes aid in the breakdown of residual food particles.*
- Aged garlic concentrate and black walnut leaf promotes health of the digestive tract and promotes clearance of waste by the liver.*

Liver Detoxification:

- Special herbal blend supports the liver, the organ primarily responsible for bodily detoxification functions.* These traditional herbs include milk thistle, dandelion root, yellow dock and mullein leaves.

Bacterial Restoration:

- An important part of any intestinal cleansing is to replenish the vital lactic bacteria that inhabit the large intestine. These bacteria perform a host of beneficial functions, such as the maintenance of proper colon pH, the secretion of antibiotic substances and vitamins, and the suppression of infectious yeasts and harmful bacteria.
- Contains a special strain of lactic bacteria known as Lactospore[®], which has been found to be far superior to the acidophilus-based cultures found in yogurt and in other cleansing products.*
- Also contains Dahlulin PB[™], a patented complex carbohydrate that promotes the healthy Lactospore[®] growth.

CAUTION: Not recommended for pregnant or lactating women.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Testimonial —

Individual results may vary. Consult your physician before taking any dietary supplements.

“When I began using Watkins dietary supplements, I started with Watkins Inner Cleanse/Restore. I had worked around a lot of chemicals, so it was really important for me to cleanse my system, and it really made a difference for me. This is really powerful... I could really feel it working.”

—Lois Shuck, Kansas