

RESET YOUR BODY

core



7 day cleanse

CORE BOOST // CLEANSE

Flush your body's digestive system



CRANBERRY
EXTRACT



MILK
THISTLE



SENNA
LEAF



GLUTEN
FREE

Transform your body with CORE. Go to COREin8.com and start the CORE Program.

CORE BOOST // CLEANSE

Price \$14 USD (Box of 7 Packets) 10 PV

With a new fitness routine, it's the perfect time to eliminate toxins and press the reset button on your body. Cleanse is a combination of natural cleansing supplements that help flush your body's digestive system. With no artificial stimulants, Cleanse will safely get you on track to meeting your health goals.

► benefits

- Supports healthy digestion*
- Promotes normal liver function*
- Helps the body's natural elimination of toxins*



► features

- **Cranberry extract** - This tart berry is packed with nutrients, including potent antioxidants. Cranberry extract is used herbally to help with urinary health. The active flavonoids are responsible for many of the health benefits associated with cranberries. They also promote gastrointestinal health.
- **Milk Thistle extract** - Native to Mediterranean regions, milk thistle seeds contain an antioxidant flavonoid complex that stimulates liver enzymes. It is also known to relieve digestive disturbances or indigestion.
- **Senna extract** - Senna is a flowering plant that is used as natural herbal laxative. It is much more gentle than other stimulant laxatives.
- **Litesse® (Polydextrose)** - A low calorie soluble fiber and prebiotic for digestive health. The functions of Litesse® include improving flavor, texture and nutritional profile.
- **No synthetic ingredients**
- **No artificial stimulants**
- **Gluten free**



CRANBERRY EXTRACT



MILK THISTLE



SENNA LEAF



GLUTEN FREE

► recommended daily use

Mix one packet into your CORE shake before bed.

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



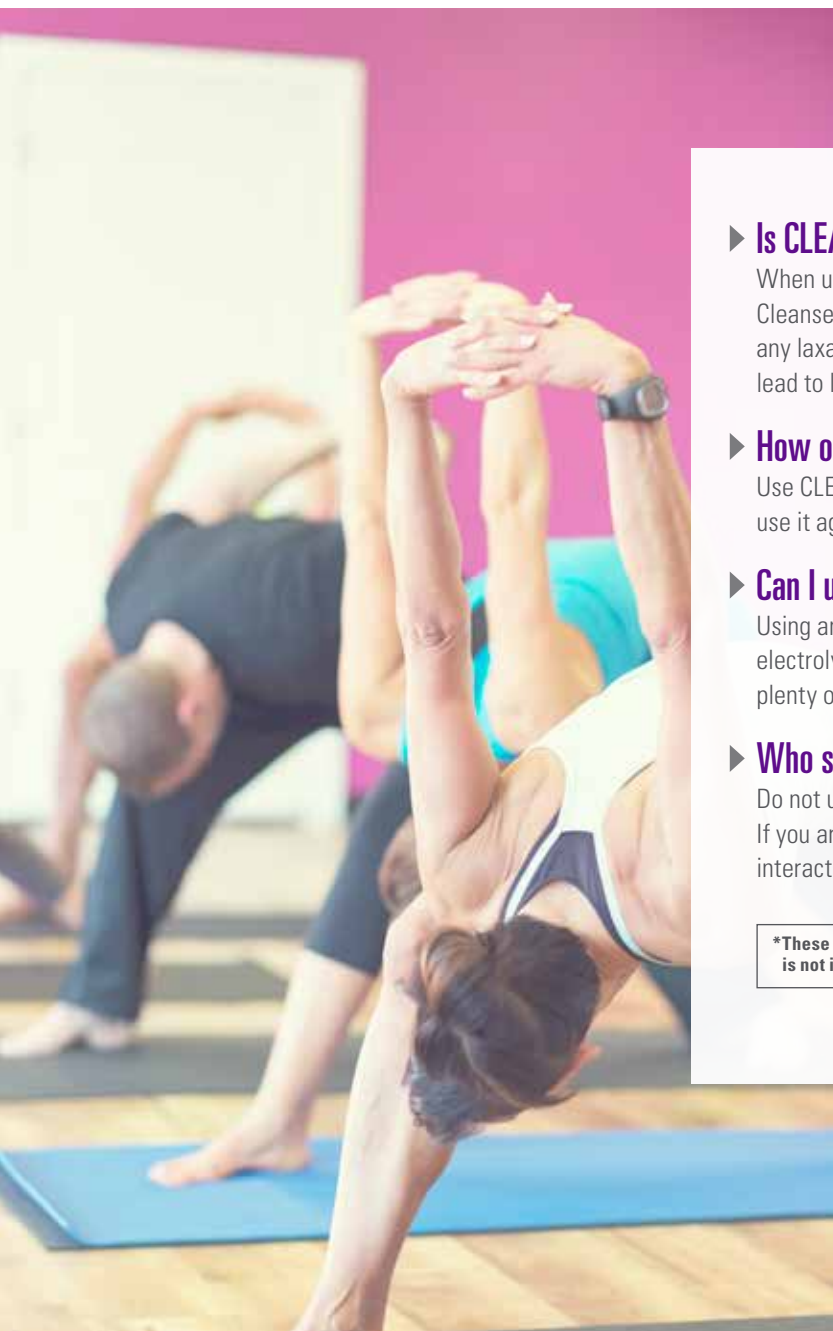
CORE BOOST // CLEANSE FAQs

► When should I take CLEANSE BOOST?

As indicated on the CORE Program Guide, it's recommended that you mix with your CORE protein shake late afternoon in the Detox Phase of the program.

► Who should take CLEANSE BOOST?

Anyone following the CORE program should use CLEANSE BOOST in their shakes when they start. CLEANSE BOOST will give you a great start to reaching your health goals by cleansing your digestive system.*



► Is CLEANSE safe to use?

When used as directed, CLEANSE is very safe to use. All of the ingredients in Cleanse Boost are natural and there are no artificial stimulants.* However, like any laxatives or cleansing products, when used long term or too often, it can lead to loss of potassium, increased heart rate and dehydration.

► How often should I take CLEANSE?

Use CLEANSE once a day for seven days. If you re-start the program, you could use it again. It is not recommended to use for prolonged periods of time.

► Can I use too much CLEANSE?

Using any cleansing or laxative product too often can cause an imbalance of electrolytes, dehydration, and other harmful side effects. Make sure to drink plenty of water when using cleanse and only use as directed.

► Who should not use CLEANSE BOOST?

Do not use CLEANSE if you are dehydrated or have stomach or bowel disorders. If you are concerned about using CLEANSE or are worried about CLEANSE interacting with other medicines you take, talk to your doctor first.

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CORE BOOST // CLEANSE Supplement Facts

Supplement Facts

Serving Size: 1 packet	Amount Per	% DV**
Servings Per Package: 7	Serving	
Proprietary Blend	1400 mg	
Cranberry (<i>Vaccinium macrocarpon</i>) Berry extract,		†
Milk Thistle (<i>Silybum marianum</i>) extract,		†
Senna (<i>Cassia angustifolia</i>) extract		†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: litesse.