

PERFECT CLEANSE™ KIT A WHOLE NEW WAY TO CLEANSE



- A whole new way to cleanse
- Natural and easy to use, 10 day internal cleanse system for use in the evening, does not require fasting and will not disrupt every day activities
- Three easy steps that gently work in synergy with the body's own internal detoxification system to cleanse, capture, and remove toxins from the body
- Comprehensive, self contained kit that provides triple action benefits through three individual, all natural product components
- Includes a comprehensive and informational construction booklet
- Includes a free, easy to follow instructional CD featuring Garden of Life founder Jordan Rubin and Dr. Joseph Brasco discussing "A Whole New Way To Cleanse" using Perfect Cleanse
- Free of gluten and other potential allergens such as nuts, soy, eggs and milk
- Contains no stimulant laxatives

Tips for a Perfect Cleanse

- Perfect Cleanse™ does not require fasting, but it is recommended you eat simple and light meals, especially at dinner time, but don't go hungry.
- Drink at least the recommended 64 ounces of filtered water each day.
- Eat fresh fruit, vegetables particularly crucifers and bitter greens (such as broccoli, cabbage, cauliflower, endive and radicchio), seeds, nuts and lean protein- organic whenever possible, with wild caught fish.
- Increase your healthy fat intake by adding 1 teaspoon to 1 tablespoon each of organic coconut oil, flaxseed oil, cod liver oil and olive oil per day to your diet.
- Keep high allergen foods, such as dairy and wheat products to a bare minimum.
- Eliminate caffeine, tea, coffee and alcoholic beverages.
- Eliminate added sugar, refined flour, processed foods and fatty foods (especially trans fats)
- Eat organic foods and pasture fed meats.
- Eliminate skin care products with ingredients you can't pronounce, and use natural cleansing products.
- Treat yourself gently, exercise lightly, breath deeply, enjoy sunshine in moderation and get plenty of rest.

Expect some changes in your bowel movements, as they may be softer, vary in color and occur more frequently. It may take a few days for bowels to adjust. As every individual is different, results may vary. If you experience cramping or diarrhea, make sure you are drinking the recommended amount of water and if discomfort continues, reduce the amount of the Perfect Cleanse™ Remove.



Suggested Use: Adults take 3 Perfect Cleanse™ Purify capsules with 8 ounces of water 1/2 hour before dinner. Not intended for children.

Supplement Facts		
Serving Size: 3 Capsules	Servings per container 10	
Amount per Serving	% Daily Value	
Total Carbohydrate	<1g	0%†
Iron	0.5mg	2%
Selenium	100mcg	143%
Proprietary Purify Blend	1283mg	+
Milk Thistle Seed Extract (80% Silymarin), Cilentro, Yarrow Flower Extract, PotenZyme® Selenium†, Cracked-Wall Chlorella, Aged Garlic Extract, Dandelion Root Extract, Broccoli Extract		
† Percent Daily Value based on a 2,000 calorie diet.		
+ Daily Value not established		
* Produced using the Poten-Zyme® fermentation process		



Suggested Use: Adults mix 1 scoop (10 grams) Perfect Cleanse™ Capture powder with 8 ounces of water or no sugar added juice 1/2 hour after dinner. Scoop included. Not intended for children.

Supplement Facts		
Serving Size 1 Scoop (about 10 grams)	Servings Per Container 10	
Amount per Serving	% Daily Value**	
Calories	25	
Calories from Fat	5	
Total Fat	1g	2%
Total Carbohydrate	6g	2%
Dietary Fiber	5g	20%
Soluble Fiber	3g	+
Insoluble Fiber	2g	+
Protein	2g	4%
Iron	0.5mg	2%
Proprietary Organic Fiber Blend	10,000mg	+
Flax Seed*, Pea Hull Fiber*, Alfalfa Whole Leaf*, Barley Whole Leaf*, Chia Seed*		
** Percent Daily Value based on a 2,000 calorie diet.		
+ Daily Value not established		
* Certified Organic Ingredient		



Suggested Use: Adults take 3 Perfect Cleanse™ Remove caplets with 8 ounces of water at bedtime. Not intended for children.

Supplement Facts		
Serving Size: 3 Caplets	Servings per container 10	
Amount per Serving	% Daily Value	
Total Carbohydrate	<1g	0%†
Dietary Fiber	1g	4%†
Magnesium	600mg	175%
Proprietary Remove Blend	3430mg	+
Natural Epsom Salts, Fenugreek Seed Extract, Bishop's Weed, Peppermint Leaf, Aloe Vera Whole Leaf, Ginger Root, Fennel Seed		
† Percent Daily Value based on a 2,000 calorie diet.		
+ Daily Value not established		
* Certified Organic Ingredient		

The Perfect Cleanse™ Purify - Supports Normal Liver Detoxification†

The Perfect Cleanse™ Purify formula is the first step of Perfect Cleanse™, supporting normal liver detoxification.† The liver produces 1-2 quarts of bile daily, which carries toxins, metals, microbes, and other metabolic by-products that must be eliminated through the gastrointestinal tract. Purify is formulated with natural botanicals to support normal detoxification, plus cracked-wall chlorella, widely studied for its ability to bind with environmental toxins, and liver antioxidants that participate in production of detoxification enzymes.†

Perfect Cleanse™ Capture -Traps Toxins in Preparation for Removal

The Perfect Cleanse™ Capture formula is the second step of Perfect Cleanse™, helping trap and bind undesired compounds in the digestive tract for transport from the body – crucial for healthy detoxification.† The dietary fibers in Capture have been specifically selected and combined into a patent-pending formulation that optimizes toxin absorption by the fiber. This formula is free from common allergens including gluten, is certified organic, and does not introduce new toxins into the body.†

To continue to get the benefits from the fibers in Capture after the 10 day cleanse, try DetoxiFiber™, delivering the same formula in a 30 day supply container.

Perfect Cleanse™ Remove – Supports Toxin Excretion Through Bile & GI Tract†

The Perfect Cleanse™ Remove formula is the third and final step of Perfect Cleanse™, supporting the transport and removal of toxins from the body.† Remove is a gentle formula containing a botanical blend that works while you sleep, gently sweeping the colon of accumulated waste and trapped toxins to promote healthy, comfortable bowel movements.†