

Recommended Use: As a dietary supplement, mix 38 grams (one packet) of Sparkle Cleanse Shake in eight ounces of water and take one capsule packet twice per day, or as directed by your health care practitioner.

Single serving drink mix packet contains:

Sparkle Cleanse Shake

Supplement Facts

Serving Size 38 grams (one packet)

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	135	Sodium (from natural sources)	310 mg 13%
Calories from Fat	15	Veggie/Fruit Proprietary Blend	2.5 g †
Total Fat	1.5 g 2%*	[spinach juice powder (<i>Spinacia oleracea</i>)(leaves), organic beet juice powder (<i>Beta vulgaris</i>)(root juice), organic carrot juice powder (<i>Daucus carota</i>)(root juice), organic pomegranate juice powder (<i>Punica granatum</i>)(fruit juice), organic grape juice powder (<i>Vitis labrusca</i>)(fruit juice)]	
Total Carbohydrate	11 g 4%*	Creaflbe cellulose	1.5 g †
Dietary Fiber	3 g 12%*	Glycine	750 mg †
Sugars	1 g †	Glucosmnan	500 mg †
Protein (from organic pea)	17 g 34%*	L-Carnitine	500 mg †
Vitamin A (as Mixed Carotenoids from Algae)	2500 IU 50%	L-Threonine	275 mg †
Vitamin C (as Sodium Ascorbate)	250 mg 417%	L-Lysine	275 mg †
Vitamin D (as Cholecalciferol)	25 IU 6%	Calcium D-Glucarate	150 mg †
Vitamin E (as d-alpha tocopherol)	15 IU 50%	L-Cysteine	125 mg †
Thiamin (Vitamin B-1)(as Thiamin HCl)	1.5 mg 100%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg †
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate)	1.5 mg 88%	Quercetin	100 mg †
Niacin (Vitamin B-3)(as Niacinamide)	4 mg 20%	Taurine	100 mg †
Vitamin B-6 (as Pyridoxal-5-Phosphate)	2 mg 100%	Milk Thistle (<i>Silybum marianum</i>)(seed) [standardized to contain 80% silymarin]	100 mg †
Folate (NatureFolate™ blend)	50 mcg 13%	N-Acetyl-L-Cysteine	75 mg †
Vitamin B-12 (as Methylcobalamin)	2 mcg 33%	Choline Dihydrogen Citrate	50 mg †
Biotin (as d-Biotin)	70 mcg 23%	L-Methionine	50 mg †
Pantothenic Acid (as d-Calcium Pantothenate)	12.5 mg 125%	Inositol	50 mg †
Calcium (as DimaCal® Dicalcium Malate and Calcium D-Glucarate)	119 mg 12%	Methylsulfonylmethane (MSM)	50 mg †
Iron (from natural sources)	5 mg 28%	Sodium Sulfate	50 mg †
Phosphorus (as Dipotassium Phosphate)	100 mg 10%	Green Tea Extract (<i>Camellia sinensis</i>)(leaves) [standardized to contain 98% polyphenols and 45% EGCG]	50 mg †
Iodine (as Potassium Iodide)	25 mcg 17%	L-Glutathione	12.5 mg †
Magnesium (TRAACS® Magnesium Bisglycinate Chelate Buffered- from Magnesium Bisglycinate Chelate and Magnesium Oxide)	100 mg 25%	Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	25 mcg †
Zinc (TRAACS® Zinc Bisglycinate Chelate)	3.5 mg 23%		
Selenium (as Selenomethionine)	25 mcg 36%		
Copper (TRAACS® Copper Bisglycinate Chelate)	0.5 mg 25%		
Manganese (TRAACS® Manganese Bisglycinate Chelate)	0.5 mg 25%		
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	25 mcg 21%		
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	25 mcg 33%		

Other Ingredients: Natural flavors, tapioca dextrin, vegetable cellulose, stevia leaf extract.

Distributed by: PCOS Diva, LLC
PO Box 7755
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www.pcosdiva.com
Report any adverse reactions to 603-402-3408

Each kit contains:

- ✔ 28 - Single serving drink mix packets
- ✔ 28 - Capsule packets

Capsule packet contains:

- ✔ 3- Detox Support
- ✔ 1- Enzymes

Detox Support

Supplement Facts

Serving Size 3 capsules

Amount Per Serving	% Daily Value
L-Glutamine	250 mg *
Glycine	250 mg *
Methylsulfonylmethane (MSM)	200 mg *
N-Acetyl-L-Cysteine	125 mg *
Taurine	125 mg *
Alpha-Ketoglutarate	100 mg *
L-Glutathione	100 mg *
L-Methionine	100 mg *
L-Ornithine	100 mg *
Calcium D-Glucarate	100 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

Enzymes

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Hydrolyzyme™ (a proprietary proteolytic enzyme blend from <i>Bacillus sp</i> and <i>Ananas comosus</i>)	200 mg *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

Sparkle Cleanse is a comprehensive, science-based nutritional program designed to support safe and effective detoxification.** Everything you need is consolidated into packets to make the program easy to follow and to ensure that you don't miss any necessary nutrients. Just take one drink mix packet combined with water and one capsule packet twice per day. Add the simple food plan from the guide book (included in the box) and you're on your way to more energy and a long list of health benefits.**

Program Contains:

Sparkle Cleanse Shake (single serving drink mix packets)

A truly superior functional food powder designed to support healthy detoxification.** Mix one packet of powder with 8 oz. of water in a blender or shaker bottle and drink twice per day.

Each serving provides 17 grams of protein to help maintain muscle during your detoxification program, and to fuel the liver enzyme systems that drive the detoxification process.** This easy-to-digest protein comes from non-GMO, North American grown yellow peas, providing an excellent array of amino acids including healthy levels of the important BCAAs (branched chain amino acids).

Sparkle Cleanse Shake contains quality macronutrients to fuel detoxification pathways, a full multivitamin/mineral for detoxification enzyme support, the nutrients needed to support and balance phase I and II metabolic pathways, and high levels of antioxidant support for safe detoxification.** This formula also contains fiber to support intestinal cleansing and a comprehensive array of herbs to promote optimal liver function.**

Sparkle Cleanse Shake has a pleasant berry-vanilla flavor, a wonderful, smooth texture, and mixes easily in any beverage. It is free of dairy, gluten, and lactose, and is sweetened with the natural herb stevia.

Detox Support (3 capsules per packet)

This formulation is designed to support effective phase II liver detoxification, which is essential to prevent the production of intermediate metabolites that could cause symptoms or sensitivity reactions during a detoxification program.** Providing nutritional support for phase II detoxification helps conjugate toxins and prepare them for safe elimination from the body.** This added support is one of the reasons most people feel so great on the Sparkle Cleanse.

Enzymes (1 capsule per packet)

Enzymes is a proprietary blend of protease enzymes that helps support efficient digestion and absorption of the protein found in Sparkle Cleanse Shake.**

Protein digestion is initiated in the stomach. Since liquid meals pass through the stomach more quickly than solid meals, less time in the stomach means less time for digestion. Additionally, many individuals have digestion that is less than optimal and often experience poor digestion and absorption of protein. Enzymes has been shown to digest over 90% of a typical serving of protein within 30 minutes. It has been demonstrated to be effective with pea, whey, soy, egg, casein, and hemp, but not rice protein.

****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.**

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Notice: Color, size, shape, taste and density may vary between lots.

STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.



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