

PRODUCT INFO

IT WORKS! CLEANSE® RESET & REBALANCE

It Works! Cleanse is a gentle two-day herbal cleanse that helps your body reset and rebalance itself so you can feel and look your best! Formulated with two proprietary blends to work with your body to help remove toxins while delivering essential nutrients and vitamins,† It Works! Cleanse provides a powerful cleanse without the harsh effects other cleanses can cause.

- **It Works! Proprietary Herbal Cleanse Blend™:** Blue Agave Extract and Aloe Vera Leaf Gel work synergistically to help nourish microflora while cleansing toxins deep from within the colon and promoting the cellular health of your colon's cell walls.† The prebiotic fiber from Blue Agave extract penetrates deep within the bowels and is broken down slowly for a more comfortable cleanse.†
- **It Works! Proprietary Nutritional Cleanse Blend™:** Contains an array of 25 foods, botanical extracts, and concentrates that help to support the liver's detoxification function, while providing a supplemental source of the vitamins, minerals, enzymes, fiber, and phytonutrients your body needs.†



Supplement Facts

Serving Size: 1 bottle (4 fl oz/118 mL)
Servings Per Box: 4 bottles

	Amount Per Serving	%DV
Calories	80	
Total Carbohydrate	19 g	6%**
Dietary Fiber	6 g	24%**
Sugars	13 g	†
Vitamin B ₅ (as Pyridoxine HCl)	8 mg	400%
Vitamin B ₁₂ (as Cyanocobalamin)	30 mcg	500%
Magnesium (as Magnesium Citrate)	120 mg	30%
Sodium	50 mg	2%
Potassium (as Potassium Citrate)	120 mg	3%

It Works! Proprietary Herbal Cleanse Blend™: 14,666 mg †
Aloe Vera Fresh Decolorized Leaf Gel 5:1 Concentrate, Organic Blue Agave Head/Heart Extract (*Agave tequilana*) (90% Inulin).

It Works! Proprietary Nutritional Cleanse Blend™: 3,345 mg †
Lemon Fruit Concentrate, Beet Root Extract (25% Betaine Nitrate), Cranberry Fruit Concentrate, Ginger Root Extract, Pineapple Fruit, Milk Thistle Seed, Apple Fruit, Orange Fruit, Blueberry Fruit, Grapefruit, Grape Skin Concentrate, Red Raspberry Fruit Concentrate, Plum Fruit Concentrate, Strawberry Fruit Concentrate, Watermelon Fruit, Lime Fruit, Cantaloupe Fruit, Cherry Fruit, Green Tea Leaf Extract, Papaya Fruit, Peach Fruit, Pear Fruit, Dandelion Root Extract, Rhubarb Root, Spirulina.

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily value (DV) not established.

Other ingredients: Purified Water, Beet Sugar, Natural Flavors, Citric Acid, Potassium Sorbate (Preservative), Sodium Hexametaphosphate (Preservative), Sodium Benzoate (Preservative) and Xanthan Gum.

SUGGESTED USE

Adults: Drink one (1) 4 fl. oz. bottle in the morning prior to meals, and another one (1) 4 fl. oz. bottle before dinner, for two consecutive days. Shake well before use. Drink at least 8 glasses of water daily.

IMPORTANT TIPS

During cleanse it is important to maintain a healthy, well balanced diet.

Eliminate processed foods, fried food, and junk food during cleanse.

Follow It Works! System™ eating tips which can be found at www.itworks.com/system.

To see and feel the best results, we recommend using the It Works! Cleanse in combination with the It Works! System: WRAP. REMOVE. REBOOT.™



Consult your physician if you have any stomach/bowel related issues, such as diarrhea, or if you are pregnant, nursing, taking medication or have a medical condition. For use by adults only.

†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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IT WORKS! CLEANSE® RESET & REBALANCE

FREQUENTLY ASKED QUESTIONS

What is It Works! Cleanse?

It Works! Cleanse is a gentle two-day herbal cleanse that helps your body reset and rebalance itself so you can feel and look your best! Formulated with two proprietary blends to work with your body to help remove toxins while delivering essential nutrients and vitamins,† It Works! Cleanse provides a powerful cleanse without the harsh effects other cleanses can cause.

How does It Works! Cleanse work?

Formulated with two proprietary blends (the It Works! Proprietary Herbal Cleanse Blend™ and the It Works! Proprietary Nutritional Cleanse Blend™), It Works! Cleanse works with your body's natural biological functions to provide a deep and powerful but gentle cleanse for your system.

It Works! Proprietary Herbal Cleanse Blend

- Blue Agave Extract with a slow-fermenting,

soluble fiber reaches deep into the colon, working as a prebiotic to feed good bacteria and rebalance microflora while cleansing out toxins.†

- This slow-fermenting process works through your system slowly to provide a powerful cleanse without the discomfort and harsh effects other cleanses can cause.
- Micronutrients found in Aloe Vera Leaf Gel work synergistically with Blue Agave Extract to help nourish microflora in your colon while promoting cellular health of your colon's cell walls.

It Works! Proprietary Nutritional Cleanse Blend

- An array of 25 foods, botanical extracts, and concentrates helps to support the liver's detoxification function, while providing a supplemental source of the vitamins, minerals, enzymes, fiber, and phytonutrients your body needs.†

What is Blue Agave Extract and what does it do?

Blue Agave Extract is an active ingredient within the It Works! Proprietary Herbal Cleanse Blend with several key benefits:

Blue Agave Extract Acts As:	What It Does:	How It Helps You:
Prebiotic	It feeds the good bacteria, strengthening it to fend off the bad bacteria, and rebalance microflora.†	Getting this balance back can help your body to better absorb nutrients and push out toxins, while helping to fight off the effects of toxic hangover, which can make you feel bloated, sluggish, mentally dull, or foggy.
Soluble, high polymer inulin fiber	This form of fiber is non-digestible, meaning it can reach further into the colon before it starts to ferment (or breakdown).	This helps to feed the good bacteria from the beginning to the middle and through the end of your colon, allowing for a deeper cleanse.†
Slow fermenting process	The inulin fiber resists being broken down quickly, so it travels further into the colon, providing a steadier cleanse.†	The slower process results in a deeper, powerful, and more comfortable cleanse without the harsh effects other cleanses can cause.



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IT WORKS! CLEANSE®

RESET & REBALANCE

FREQUENTLY ASKED QUESTIONS

How do I use It Works! Cleanse within the It Works! System?™

Use It Works! Cleanse on your REMOVE days as you WRAP. REMOVE. REBOOT. with the It Works! System. During your “Remove” days you will want to take It Works! Cleanse 2 days in a row, every month. The healthier you eat as you’re cleansing, the better It Works! Cleanse can reset and rebalance your system! So “Remove” the bad foods from your diet and “Replace” with healthy foods while you’re using It Works! Cleanse.

Follow these REMOVE Day Tips:

- Take It Works! Cleanse the same time each day. Drink one bottle in the morning prior to meals, and another one before dinner, for 2 days in a row.
- Stay hydrated! Be sure to drink at least 8 glasses of water daily.
- While cleansing it is important to maintain a healthy, well balanced diet and eliminate processed, fried, and junk food as you cleanse.

For more tips on which foods to “Remove” and “Replace,” download the It Works! System Overview at www.itworks.com/system.

What other products are in the It Works! System and how do I use them together?

The It Works! System includes four of our best products working together in a developed system to deliver “life-shaking” results!

WRAP every 3 days with That Crazy Wrap Thing™

REMOVE 2 days every month with It Works! Cleanse

REBOOT every day with Ultimate ThermoFit™ and Greens™ Blend Berry

Shake it all up with the It Works! Blender Bottle— included with your It Works! System!

What is the difference between It Works! Cleanse and Regular™?

Regular is a naturally based daily supplement that supports normal colon function.† It helps you to stay, well, regular!

It Works! Cleanse is a gentle herbal cleanse taken two days in a row every month to help reset and rebalance your system! The It Works! Proprietary Herbal Cleanse Blend™ reaches deep into the colon with micronutrients and prebiotic fiber to help rebalance microflora and slowly remove toxins, † while the It Works! Proprietary Nutritional Cleanse Blend™ delivers essential nutrients and vitamins.

What is the difference between a prebiotic and a probiotic?

Prebiotics and probiotics work together to support your digestive system health. Probiotics are live bacteria naturally found in certain foods and your colon. They remain intact throughout the digestive process and deliver healthy bacteria to the large intestine. Prebiotics are dietary fibers that feed this healthy (or good) bacteria in your digestive system. A soluble, slow-fermenting prebiotic fiber, like that found in the Blue Agave Extract in It Works! Cleanse, can travel further through the intestines before it is digested, feeding the healthy bacteria in the deepest parts of the colon.†

Can I take It Works! Cleanse and go about my daily activities?

Yes! The It Works! Proprietary Herbal Cleanse Blend works through your system slowly to provide a powerful but comfortable cleanse without the harsh effects other cleanses can cause.



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IT WORKS! CLEANSE®

RESET & REBALANCE

FREQUENTLY ASKED QUESTIONS

What can I eat while I'm taking It Works! Cleanse?

The healthier you eat as you're cleansing, the better It Works! Cleanse can reset and rebalance your system! So while you're taking It Works! Cleanse, it's good to remove "bad" foods (such as processed foods, simple carbohydrates, sugars, and fatty foods) and replace them with healthy foods (such as leafy green vegetables, fruits, and whole grain fiber). For more ideas on which foods to "Remove" and "Replace," download the It Works! System™ Overview at www.itworks.com/system.

How does It Works! Cleanse support liver detoxification?

Your liver is a 24/7 detoxification plant! The liver processes, transforms, neutralizes, and eliminates a variety of toxins that we take in from the environment—through the air we breathe, the foods we eat, and the liquids we drink. The It Works! Proprietary Nutritional Cleanse Blend™ contains an array of foods, botanical extracts, and concentrates that support the liver's detoxification function,† including grapefruit, apple fruit, lemon fruit, beet root, and green tea leaf—just to name a few! This blend also provides a supplemental source of the vitamins, minerals, enzymes, fiber, and phytonutrients your body needs.

Can I take It Works! Cleanse more than 2 days a month?

It Works! Cleanse is designed to work within the It Works! System on your REMOVE days. You want to REMOVE 2 days in a row every month with It Works! Cleanse while removing "bad" foods and replacing with healthy foods to support all that It Works! Cleanse is doing to reset and rebalance your system! While you can use It Works! Cleanse more than once a month, we recommend that you NOT use It Works! Cleanse more than once a week.

Can I mix in Greens™ Blend Berry with the It Works! Cleanse in my It Works! Blender Bottle?

No, you should not mix Greens™ Blend Berry into the It Works! Cleanse. You want to REMOVE 2 days in a row every month with It Works! Cleanse and REBOOT every day with Greens™ Blend Berry and Ultimate ThermoFit™ on the It Works! System.

Is It Works! Cleanse gluten-free?

Although It Works! Cleanse is formulated with gluten-free ingredients, it is not currently tested for gluten that may or may not be introduced during the manufacturing process.

Can I take It Works! Cleanse if I'm pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

Can I give It Works! Cleanse to my children?

No, you should always keep It Works! Cleanse out of the reach of children. All It Works! products are recommended only for adults 18 years old or older.



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