PRODUCT INFO

IT WORKS! CLEANSE™
HELPS SUPPORT AND MAINTAIN A HEALTHY DIGESTIVE SYSTEM

4 x 118 mL

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 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.

• Herbal Cleanse Blend: Chicory inulin 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 fibre from Chicory inulin penetrates deep within the bowels and is broken down slowly for a more comfortable cleanse.

• Nutritional Cleanse Blend: Contains a variety of 25 foods, botanical extracts, and concentrates which help to support the liver’s detoxification function, while providing a supplemental source of the vitamins, minerals, enzymes, fibre, and phytonutrients your body needs.

SUGGESTED USE

Adults take one bottle (118 mL) two times per day for two consecutive days. Shake bottle and mix the contents into 125 mL of water or juice. Drink in the morning prior to meals and the second before your evening meal. Take two hours before or after taking other medications or natural health products (since the absorption of these products may be delayed). Consult a health care practitioner for use beyond 12 weeks.

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.itworksca.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™.

Non-medicinal ingredients: water, beet sugar, fruit blend (pineapple, apple, orange, blueberry, grapefruit, grape, plum, raspberry, strawberry, watermelon, lemon, lime, cantaloupe, cherry, papaya, peach, pear), concentrated lemon juice, citric acid, lemonade flavour, potassium citrate, cranberry fruit juice concentrate, potassium sorbate, sodium exametaphosphate, ginger root extract, sodium benzoate, Capsicum annuum extract, xanthan gum, whole Spirulina platensis, D-fructose
IT WORKS! CLEANSE™
HELPS SUPPORT AND MAINTAIN A HEALTHY DIGESTIVE SYSTEM

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 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 blends (Herbal Cleanse Blend and 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.

Herbal Cleanse Blend
- Chicory inulin with a soluble prebiotic fibre travels through your digestive system selectively feeding the good bacteria and rebalancing microflora while cleansing out toxins.
- 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 Chicory inulin to help nourish microflora in your colon while promoting cellular health of your colon’s cell walls.

Nutritional Cleanse Blend
- A variety 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, fibre, and phytonutrients your body needs.

What is Chicory inulin and what does it do?
Chicory inulin is an active ingredient within the Herbal Cleanse Blend with several key benefits:

<table>
<thead>
<tr>
<th>Chicory Inulin Acts As:</th>
<th>What It Does:</th>
<th>How It Helps You:</th>
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<tbody>
<tr>
<td>Prebiotic</td>
<td>It feeds the good bacteria, strengthening it to fend off the bad bacteria, and rebalance microflora.</td>
<td>Restoring the balance back can help your body to improve absorption of 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.</td>
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<tr>
<td>Soluble, high polymer inulin fibre</td>
<td>This form of fibre is non-digestible, meaning it can reach further into the colon before it starts to ferment (or breakdown).</td>
<td>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.</td>
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<td>Slow fermenting process</td>
<td>The inulin fibre resists being broken down quickly, so it travels further into the colon, providing a steadier cleanse.</td>
<td>The slower process results in a deeper, powerful, and more comfortable cleanse without the harsh effects other cleanses can cause.</td>
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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.itworksca.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 “lifeshaking” 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 Flavour

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 herbal cleanse taken 2 days in a row every month to help reset and rebalance your system! The Herbal Cleanse Blend travels through your digestive system with micronutrients and prebiotic fibre to help rebalance microflora and slowly remove toxins, while the 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 fibres that feed this healthy (or good) bacteria in your digestive system. A soluble, prebiotic fibre, like that found in the Chicory inulin in It Works! Cleanse, can travel through the intestines before it is digested, feeding the healthy bacteria in your digestive system.

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

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

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

HOW DOES IT WORKS! CLEANSE SUPPORT LIVER DETOXIFICATION?

Your liver is a 24/7 detoxification plant! The liver processes, transforms, neutralises, 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 Nutritional Cleanse Blend contains a variety 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, fibre, 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™ WITH THE IT WORKS! CLEANSE IN MY IT WORKS! BLENDER BOTTLE?

No, you should not mix Greens 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 and Ultimate ThermoFit on the It Works! System.

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. This product is recommended only for adults 18 years old or older.

Individual results can and will vary. This product has been approved by Health Canada and has been assigned a NPN (#80076531).