

# Tiao He Pak

A unique 10-day herbal cleansing program. 30 convenient packets each containing 6 different Herbal combination capsules. Stock No. 4005-7

**T**iao He Pak is designed to support the mechanisms of the body by targeting the intestinal, digestive and circulatory systems.

Cleansing herbs help cleanse the body of impurities and accumulated toxins. This toxic waste finds its way into the bloodstream since the organs of elimination, the liver, the skin, the lungs, the colon and the kidneys, don't work efficiently.

Tiao He Pak gradually restores the functions of the weakened organs to insure they perform to their full capacity.

Tiao He Pak helps the body achieve balance and harmony, which spells health.

## Did you know?

As the body gets rid of toxic waste material accumulated in the body, mucus discharge, nausea, diarrhea, headache, sweating, skin rash or other symptoms may occur which are part of a normal process better known as "healing crisis."

## NSP Advantage

A 10-day herbal cleansing program of 30 convenient packets each containing:

1 capsule of LIV-C [Ingredients: Bupleurum (*Bupleurum chinensis*) root, ho shou wu (*Polygonum multiflorum*) root, pinella (*Pinellia ternata*) rhizome, cinnamon (*Cinnamomum cassia*) twig, dang gui (*Angelica sinensis*) root, fushen (*Poria cocos*) plant, zhishi (*Citrus aurantium*) fruit, scute (*Scutellaria baicalensis*) root, atractylodes

(*Atractylodes species*) rhizome, Panax ginseng root, ginger (*Zingiber officinale*) rhizome, and licorice (*Glycyrrhiza uralensis*) root]; 1 capsule of SP #1 [Ingredients: Dandelion (*Taraxacum officinale*) root, gentian (*Gentiana lutea*) root, Irish moss (*Chondrus crispus*) plant, yellow dock (*Rumex crispus*) root, Turkey rhubarb (*Rheum officinale*) root, fenugreek (*Trigonella foenum-graecum*) seeds, golden seal (*Hydrastis canadensis*) root, slippery elm (*Ulmus fulva*) bark, safflower (*Carthamus tinctorius*) flowers, black walnut (*Juglans nigra*) hulls, myrrh (*Commiphora molmol*) gum, parthenium (*Parthenium integrifolium*) root, chickweed (*Stellaria media*) herb, catnip (*Nepeta cataria*) herb, and cyani (*Centaurea cyanus*) flowers]; 1 capsule of LBS II [DIN 02148250, Ingredients: 205 mg of cascara sagrada (*Rhamnus purshiana*) bark, 84 mg buckthorn (*Rhamnus frangula*) bark, 72 mg of licorice (*Glycyrrhiza glabra*) root, and 12 mg of turkey rhubarb (*Rheum officinale*) root.

Other Ingredients: ginger (*Zingiber officinale*) root, cap-sicum (*Capsicum annuum*) fruit, couch grass (*Agropyron repens*) herb, oregon grape (*Berberis aquifolium*) root, and red clover (*Trifolium pretense*) tops].

1 capsule of Psyllium Hulls [Ingredient: psyllium (*Plantago ovata*) hulls];

1 capsule of Red Clover [Ingredient: red clover (*Trifolium pretense*) flowers];

1 capsule Black Walnut Hulls [Ingredients: black walnut (*Juglans nigra*) hulls, magnesium stearate, silicon dioxide]

**Recommendation:** Take the contents of one packet (6 capsules) 15 minutes before meals up to three times each day for 10 days. Drink one glass (8 ounces) of water with the capsules followed by another glass of water. For best results, add Vitamin C 1,000 mg and Formula K.

**CAUTION:** Pregnancy and nursing.

## Features & Benefits

In general, the products in Tiao He Pak act together to do the following:

- Promote better assimilation of nutrients.
- Promote the growth of friendly bacteria in the intestinal tract.
- Strengthen the immune system.
- LIV-C supports the liver's toxin-removal functions and the elimination of waste material.
- SP #1 supports the liver, colon and kidneys.
- LBS II is a traditional herbal laxative formula that promotes elimination.

- Psyllium Hulls provide water-soluble fibre to aid peristaltic movement in the colon and improve fecal transit time.
- Red Clover has seen traditional use as a blood cleanser.
- Black Walnut Hulls have traditionally been used to eliminate parasites and cleanse the blood of impurities.
- See individual product Fact Sheets for further details.