#### COLON CLEANSE® CAPSULES

Recommended Use: For Adults (150lbs or more) begin by taking six capsules per day with an 8oz glass of water, juice. or your favorite beverage. After two weeks, gradually increase dosage up to six capsules three times daily. For children and adults weighing less than 150lbs, take half the regular adult dosage.

### Suggested use for weight management:

Take six capsules about half an hour before eating. The psyllium husk in Colon Cleanse promotes the feeling of fullness, and reduces food intake at mealtime\*. Be sure to drink plenty of water and eat a sensible diet.

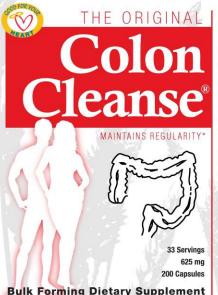
As a means of adding beneficial fiber to your diet, Colon Cleanse may be taken everyday.\* Specially useful for people on low carb diets

Notice: This food should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing.

Need something stronger? Try our Super Colon Cleanse capsules or powder, a unique combination of Psyllium Husk with other herbs and Acidophillus.

Soluble fiber from foods such as Psyllium Husk, as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. 2 servings of Colon Cleanse supplies 5 grams of the 7 grams of soluble fiber from Psyllium Husk necessary per day to have this effect.

For individuals who lack sufficient fiber in their diet and to help maintain regularity.\*



100%

**PSYLLIUM HUSK** 

## NATURAL SOURCE OF FIBER

RECOMMENDED FOR: Regularity Fiber Intake Internal Cleansing\* **Low Carb Diets** 

Maintains cholesterol already within the normal range\*

Established in 1981

#1 in a series of

8 body cleansing products from HEALTH PLUS

## Supplement Facts

	Amount Per Serving	% Daily
Calories	15	2000
Total Carbohydrate	2g	1%
Dietary Fiber	2g	10%
Soluble Fiber	2g	t
Psyllium Husk Fiber	3g	t
* % Daily Values are based	on a 2000 calorie d	iet.

Other Ingredients: Gelatin

# Serving Size: 6 Capsules Servings Per Container: 33

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	1%	*
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†Daily Value not establish

The next step in internal cleansing: While continuing with Colon Cleanse. also use the next 7 products in the Total **Body Cleansing System:** 

- 2 Liver Cleanse
- Kidney Cleanse
- Blood Cleanse
  - **Adrenal Cleanse**
- 6 Heart Cleanse Joint Cleanse
- B Prostate Cleanse

Distributed by

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CHINO, CA 91710 U.S.A. (800) 822-6225 www.healthplusinc.com \*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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