

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 Acidophilus.

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.*



THE ORIGINAL Colon Cleanse®

MAINTAINS REGULARITY*



33 Servings

625 mg

200 Capsules

Bulk Forming Dietary Supplement**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

one

#1 in a series of
8 body cleansing
products from
HEALTH PLUS

Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: 33

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	2g	1% *
Dietary Fiber	2g	10% *
Soluble Fiber	2g	†
Psyllium Husk Fiber	3g	†

* % Daily Values are based on a 2000 calorie diet.
† Daily Value not establish

Other Ingredients: Gelatin

Distributed by

healthPLUS
inc

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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**
- 3 Kidney Cleanse**
- 4 Blood Cleanse**
- 5 Adrenal Cleanse**
- 6 Heart Cleanse**
- 7 Joint Cleanse**
- 8 Prostate Cleanse**

*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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