

TAMPER EVIDENT SEAL UNDER CAP

COLON CLEANSE® REGULAR

SUGGESTED USE: Adults: For persons 150 pounds and more: 1 heaping tablespoon three times daily. For persons under 150 pounds: 1 tablespoon twice daily. Mix with 8 oz. water, juice or your favorite beverage. Drink immediately.

Children: (6-12 years) and adults weighing less than 150 lbs.: 1/2 the regular adult dosage.

As a means of adding beneficial fiber to your diet, Colon Cleanse® may be taken every day.

Good For Your Heart

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**. A serving of Colon Cleanse® supplies 5 grams of the 7 grams of soluble fiber from Psyllium Husk necessary per day to have this effect.

Suggested use for weight management:

Take one tablespoon (approx. 7g) about half an hour before every meal, with at least 8 oz. of water, juice or your favorite beverage. Psyllium Husk **promotes a feeling of fullness**, which will help you to eat less at mealtime.* It also provides fiber that helps in good bowel movements that are essential for weight management.* For best results, combine Colon Cleanse® whenever possible with a healthy lifestyle including sufficient exercise, a lot of water consumption and a sensible balanced diet that suits your needs.

Need something stronger? Try our **Super Colon Cleanse®** capsules or powder, a unique combination of Psyllium Husk with other herbs and Acidophilus. For a more thorough cleanse, please consider adding one helping of Super Colon Cleanse® every night in addition to your regular helping of Colon Cleanse® for about 2 weeks at a time. Repeat every 4 to 6 weeks.

In case of disposal, place in trash and avoid disposal in any plumbing system.

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

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

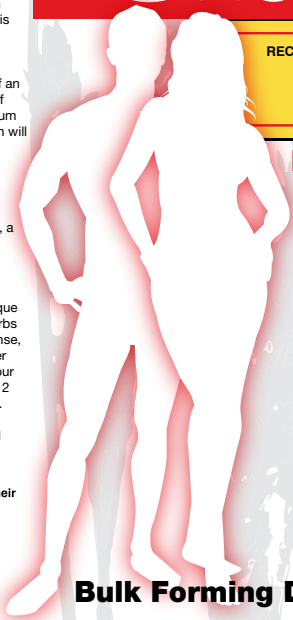
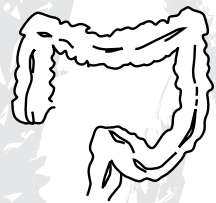


THE ORIGINAL

Colon Cleanse®

RECOMMENDED FOR: **LOW CARB DIET**
WEIGHT MANAGEMENT*
GENTLE INTERNAL CLEANSING*

MAINTAINS REGULARITY*



24 Servings
Net Wt. 6oz. (170g)

Bulk Forming Dietary Supplement

Established in 1981

HIGH IN FIBER

100% PSYLLIUM HUSK

HELPS MAINTAIN CHOLESTROL WITHIN NORMAL RANGE*

STEP

1

in a series of 8 body cleansing products from HEALTH PLUS®, inc

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)
Servings Per Container: 24

	Amount Per Serving	%Daily Value
Calories	25	
Total Carbohydrate	6g	2%*
Dietary Fiber	5g	22%*
Soluble Fiber	4g	†
Iron	.8mg	4%
Psyllium Husk	7g	†

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

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**

COLON CLEANSE MAX Line:

For better results, include **SUPER FIBER BLEND, DIGESTI CLEANSE** and **PROBIOTIC FIBER** in your cleansing regimen.

Manufactured by:

healthPLUS
HEALTHY LIVING NATURALLY inc.
CHINO, CA 91710 U.S.A. (800) 822-4225
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.

Specifically useful for people on low carb diets

* Since only about 20% of the carbohydrates are metabolized, your body uses only about 1.1 gram of carbohydrates per serving.

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