

Colon Cleanse® Pineapple

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) half the adult dose.

As a means of adding fiber to your diet, Colon Cleanse® Pineapple 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 4 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.

Stevia is a natural non-calorie sweetener. The extract used by Health Plus® is approximately 350 times sweeter than table sugar; this means you use less of it.

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.

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.

38 Servings
Net Wt. 9 oz. (266g.)

Bulk Forming Dietary Supplement

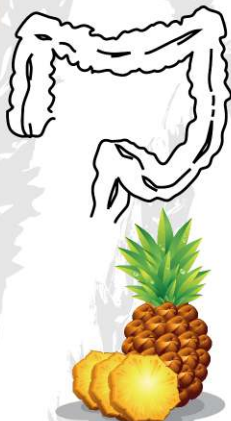


Sweetened with Stevia

Colon Cleanse®

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

Sugar Free, 100% Natural



Established in 1981

HIGH IN FIBER

HEALTHY SWEETENER WITHOUT THE CALORIES

HELPS MAINTAIN CHOLESTROL WITHIN NORMAL RANGE*

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

REFRESHING PINEAPPLE FLAVOR

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)

Serving Per Container: 38

	Amount Per Serving	%Daily Value
Calories	25	
Sodium	5mg	<1%
Total Carbohydrate	6g	2%*
Dietary Fiber	5g	21%*
Soluble Fiber	4g	†
Iron	.8mg	4%
Psyllium Husk Fiber	6g	†

*Percent Daily Values are based on a 2000 calorie diet

†Daily Value not established

Other Ingredients: Pineapple Flavor, Citric Acid, Tartaric Acid, Stevia Leaf Extract

Manufactured by:

healthPLUS
HEALTHY LIVING NATURALLY inc

CHINO, CA 91710 U.S.A. (800) 822-6225

www.healthplusinc.com

Specially 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

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.

*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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