

Colon Cleanse® Strawberry

Suggested use for individuals who lack fiber in their diet. 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. of water, juice or your favorite beverage. Drink immediately.

Children: (6-12 years) half the adult dose.

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

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.

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.

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 swallowing.

Contains 38 Servings
Net Wt. 9 oz. (266g.)
Bulk forming Dietary Supplement



Sweetened with Stevia

Colon Cleanse®

- HEALTHY SWEETENER WITHOUT CALORIES
- GENTLE INTERNAL CLEANSING
- ALL NATURAL INGREDIENTS

Sugar Free, 100% Natural



Established in 1981

HIGH IN FIBER

RECOMMENDED FOR:

Fiber Intake
Regularity
Low Carb Diets
Diabetic & Cholesterol Management

MAINTAINS REGULARITY

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

REFRESHING STRAWBERRY FLAVOR

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)
Servings Per Container: 38

	Amount Per Serving	% Daily Value**
Calories	25	
Calories From Fat	0	
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	6g	22%
Soluble Fiber	4g	†
Psyllium Husk Fiber	7g	**

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

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

Distributed by

healthPLUS inc
HEALTHY LIVING NATURALLY

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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**

*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.

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.

