

Original Colon Cleanse®

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. of water and drink immediately.

Children (6-12 years): Half a tablespoon twice daily.

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 4g of the 7g 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.

Psyllium Husk promotes a feeling of fullness, which may help you to eat less at mealtime.* It also provides fiber that helps promote good bowel movements, which are essential for weight management.*

Need something stronger? Try our **Super Colon Cleanse®**, a unique combination of Senna Leaf and Psyllium Husk to help with occasional constipation.*

Fill controlled by weight not volume.

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

NEW
LOOK



HealthPlus
GATEWAY TO BETTER HEALTH
The Original Since 1981

Original Colon Cleanse®

Key Ingredient

Psyllium Husk

Natural Daily Fiber

- Promotes Heart Health*
- Supports Regularity*

Gluten FREE

NET WT. 6 OZ. (170g) 24 Servings
Bulk Forming Dietary Supplement



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	0.8mg	4%
Psyllium Husk	7g	†

**Percent Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease.

For California Residents Only. **Warning:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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

Manufactured by:

HealthPlus
GATEWAY TO BETTER HEALTH



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