

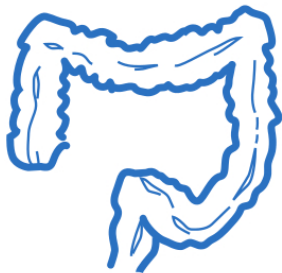


HEALTH PLUS® INC.
GATEWAY TO BETTER HEALTH... Naturally

Established
in 1981

THE ORIGINAL

**Colon
Cleanse®**



HIGH FIBER

RECOMMENDED FOR

- Low Carb Diets •
- Diabetic & Cholesterol Management •

Bulk Forming

Fiber Laxative/Dietary Supplement

100% PURE PSYLLIUM HUSK

Net Wt. 12oz. (340g.)



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

Drug Facts

Active Ingredient

Psyllium Seed Husks.....Bulk-Forming Laxative

Purpose

Use

for relief of occasional constipation. This product generally produces a bowel movement in 12 to 72 hours.

Warnings

- Taking this product without enough water may cause choking. Do not take this product if you have trouble swallowing.

Ask a doctor before use if you have

- abdominal pain • nausea • vomiting • a sudden change in bowel habits for 2 weeks

When using this product

- If minor gas or bloating occur, reduce intake to 1/2 and increase gradually to suggested amount.

Stop use and ask a doctor if

- you have rectal bleeding • you have failed to have a bowel movement after use

Keep out of reach of children.

In case of accidental overdose, get medical help or contact a poison control center right away.

Directions

- drink a full glass of liquid (8 oz) with each dose • Adults and children 12 years and older: 1 heaping tablespoonful (7 grams) up to 3 times daily • Children 6 to 12 years of age: 1/2 heaping tablespoonful up to 3 times daily • Children under 6 years of age: Consult a doctor

Other information

- store below 86° F • Filled by weight not volume, product may settle during handling and shipping

Inactive Ingredients

- none

The next step in internal cleansing: While continuing with Colon Cleanse, also use the next 7 products in the **Total Body Cleansing System**: Liver Cleanse (#2), Kidney Cleanse (#3), Heart Cleanse (#4), Blood Cleanse (#5), Adrenal Cleanse (#6), Joint Cleanse (#7) and Prostate Cleanse (#8). 15% discount coupons for first time users available on request. Visit our website at www.healthplusinc.com for more details.

Suggested use for better results: Colon Cleanse may be used alternately with our top selling Super Colon Cleanse. Use Super Colon Cleanse for a thorough cleansing periodically, followed by the Colon Cleanse for maintenance in between.

Supplement Facts

Serving Size: 1 Tablespoon (7 grams)

Servings Per Container: 48

Amount Per Serving	% Daily Value **
Total Carbohydrates 6g	2%
Dietary Fiber 6g	24%
Soluble Fiber 5g	*

Psyllium Husk Fiber 7g

**% Daily Values are based on a 2000 calorie diet

* Daily Value not established

Dietary Supplement

Suggested use for people on low-carb diets and to increase your fiber intake:

Adults: Start with one heaping tablespoon (approx. 7 g) with 8 oz of liquid. Increase gradually up to three (3) times daily over a period of two (2) weeks, giving your body time to adjust to the increased intake of fiber without any discomfort. **Children** (6-12 years) half the adult dose.

Suggested use for weight management:

Take one heaping tablespoon (approx. 7 g) about a half hour before every meal, with at least 8 oz of liquid. Psyllium Husk promotes a feeling of fullness which will help you to eat less at meal time. 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, lot of water consumption and a sensible balanced diet that suits your needs.

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.

distributed by
HEALTH PLUS® INC.
CHINO, CA 91710 U.S.A. (800) 822-6225

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

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.

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