

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: (5-12 years) 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 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 may help you to eat less at mealtime.* It also provides fiber that helps promote good bowel movements, which 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 approximately every 8 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.*



THE ORIGINAL

Colon Cleanse®

• HELPS PROMOTE
DIGESTIVE HEALTH*

• HELPS SUPPORT
WEIGHT MANAGEMENT*

• GENTLE INTERNAL
CLEANSING*

48 Servings

NET WT. 12 OZ. (340g)
Bulk Forming Dietary Supplement

Established in 1981

**HIGH IN
FIBER**

**ESPECIALLY
HELPFUL FOR
INDIVIDUALS ON
A LOW CARB DIET***

**HELPS MAINTAIN
CHOLESTEROL
ALREADY WITHIN
NORMAL RANGE**

**MADE WITH
PSYLLIUM
HUSK**

Supplement Facts

Serving Size: 1 Heaping Tablespoon (7g)
Servings Per Container: 48

	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, treat, cure, 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.

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.

STEP**1**

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

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HEALTHCARE NUTRITION INC.

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