

# Gut Cleanse Bundle

The Gut Cleanse Bundle contains specific herbs, vitamins, probiotics and natural fibre sources to support intestinal health. This includes bowel cleansing, balancing intestinal flora and detoxification. Research shows that a healthy gut and balanced intestinal flora contribute to good digestion and a strong immune system. This is important for sustaining health and recovery from chronic disease.

Bowel cleansing can also help jump-start healthy weight loss and assist in weight management.

## Gut Cleanse Bundle includes:

**Colon Cleanse** - Used for gastrointestinal detoxification with excellent sources of fibre for bowel cleansing and relief of constipation, and herbs to heal the gut and support intestinal health.

**Probiotic 7-in-1** – Used to replenish and re-establish natural healthy gut flora. Probiotics support a healthy gastrointestinal tract, digestion, metabolism and immune function. Shelf stable, no refrigeration required.

**Taraxa** – Used for liver detoxification with lipotropic factors to promote liver function and protection. Taraxa is used for a 10 day liver detox.

**Medicinal Ingredients:** For individual ingredient and risk information, see product package information. Consult a health care practitioner before beginning this type of program and for use of Colon Cleanse beyond 3 days.

# Gut Cleanse Directions

Remedy	Dose	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Colon Cleanse	6 caps with full glass (8 oz.) of water	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Probiotic 7-in-1	2 caps	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Taraxa	2 tabs, 20 minutes before meals	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
		LEGEND: ✓✓ = 2 doses per day    ✓✓✓ = 3 doses per day						

Colon Cleanse and Probiotic 7-in-1 can be taken together, with meals. Taraxa should be taken 20 minutes before meals three times daily.

**Caution:** Colon Cleanse contains glucomannan (*Amorphophallus konjac*), a viscous fibre source. It must be taken with at least 8 oz. (full glass) of water/liquid. If taken with insufficient liquid, may result in choking or blockage of throat, esophagus or intestine.