

# Deep Colon Cleanse

## PRODUCT INFORMATION



### WHAT IS DEEP COLON CLEANSE?

Deep Colon Cleanse is a 30 day colon cleansing formula comprised of a mixture of 3 organic fibres and herbal ingredients.

### WHY SHOULD YOU CLEANSE YOUR COLON

The average Canadian diet is comprised of foods which move slowly through the digestive system including; refined grains (bread and pasta), meat, and dairy. These types of food are often mucoid forming; making matter within the colon sticky. The combination of mucoid forming foods and decreased transit time cause this material to stay in the colon longer than it should. The end result is an excess of hard, dried fecal matter in the colon that is difficult to remove. Over time, conditions caused by a poorly functioning bowel can lead to more serious health problems:

#### *Constipation leads to:*

- increased risk of colon cancer (Watanabe et al, 2004)
- pressure in the bowels which can stimulate the growth of cancer cells (Walsh et al, 2004)
- hemorrhoids, rectal prolapse or anal fissures (National Digestive Diseases Information Clearinghouse, 08/23/05)
- lowering your quality of life (Dennison et al, 2005)

#### *'Leaky' Bowel / Gut syndrome leads to:*

- translocation of bacteria/endotoxins, which may lead to Chronic Heart failure (Krack et al, 2005)

#### *Low volume feces (caused by lack of fibre) leads to:*

- Diverticulosis (Imdahl et al, 2003)

### HOW IT WORKS

Deep Colon Cleanse works to cleanse the colon by three processes:

1. Deep Colon Cleanse provides fibre, which helps to cleanse the bowel / colon. There are two main types of fibre; soluble fibre and insoluble fibre.
  - Insoluble fibre has a cleansing effect (like a scrub brush) removing toxins and old hardened material from the intestinal wall by scraping them off as it passes by. It also works to tone the bowel.
  - Soluble fibre works by absorbing toxins (similar to a sponge), soaking up toxins as it passes.Both of these fibre types are required to effectively cleanse the colon. Deep Colon Cleanse contains a combination of flaxseed, oat bran, and acacia gum which provide a blend of soluble and insoluble fibre similar to what is found naturally in food.
2. Deep Colon Cleanse works to stimulate peristalsis in the colon. Peristalsis is the colon's natural muscular movement, which moves material out of the colon. This is extremely important in colon cleansing. Deep Colon Cleanse includes the peristalsis herb rhubarb. Rhubarb is better than laxative herbs such as cascara sagrada or senna which are purgative herbs.
3. Deep Colon Cleanse works to soothe and reduce inflammation of the colon/bowel. Material impacted in the colon over a long period of time can damage the intestinal lining. Therefore, soothing the area and reducing inflammation of the intestinal lining is important.

### DIRECTIONS FOR USE

Take one scoop in 250ml (1 cup) of water in the evening. Drink plenty of water throughout the day while using this product.

### WHAT TO EXPECT

An increase in the number of bowel movements as well as in the volume of stool can occur while taking Deep Colon Cleanse. You may also experience a reduction in gas and bloating. Internally, there will be a reduction in the level of toxins in the bowel / colon.

### SUPPORT PRODUCTS

In many, poor bowel function is a result of dehydration of the colon. If bowel movements are irregular, supplementation with a product that works to hydrate the colon, such as Colon Therapy is recommended.

Colon Therapy can be taken with Deep Colon Cleanse. It works by ensuring that the colon is properly hydrated, while at the same time stimulating peristalsis. It does not contain any purgative herbs such as cascara sagrada or senna. Colon Therapy can be taken as needed to help with proper elimination.

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# INGREDIENTS

## DEEP COLON CLEANSE

There are three main ingredients used in Deep Colon Cleanse:

### Fibre:

- ♦ Organic Flaxseed
- ♦ Organic Oat Bran Fibre (gluten-free)
- ♦ Organic Acacia Gum
  - ♦ *Acacia Gum is a source of dietary fibre. It is a natural gum harvested from the exterior of Acacia trees found in Sudan. The Acacia gum used in Deep Colon Cleanse is Acacia Seyal gum, which is the form that the Food and Agricultural Organization of the United Nations has said yields the best form of fibre.*

### Increases Peristalsis:

- ♦ Rhubarb Root

### Demulcent Herbs (relieves internal inflammation):

- ♦ Okra
- ♦ Organic Marshmallow Root
- ♦ Organic Slippery Elm Bark

### Phytogest™:

*PhytoGest™ is a proprietary blend of herbs and enzymes which act as a catalyst to maximize the effectiveness of the herbal ingredients listed above. This blend is also an effective aid for digestive problems that often occur when cleansing the colon:*

- ♦ Carminative (expels gas from the stomach, intestines or bowels):
  - ♦ Coriander Seed
  - ♦ Black pepper
  - ♦ Cumin Seed
  - ♦ Spearmint Leaf
- ♦ Reduces Dyspepsia (stomach upset including vague discomfort and nausea):
  - ♦ Ginger Root
  - ♦ Coriander Seed
  - ♦ Papaya Leaf
  - ♦ Fennel Seed
  - ♦ Peppermint Leaf
  - ♦ Gentian Root
- ♦ Reduces Flatulence:
  - ♦ Fennel Seed
  - ♦ Coriander Seed
  - ♦ Peppermint Leaf
  - ♦ Gentian Root
  - ♦ Cumin Seed
  - ♦ Black Pepper
  - ♦ Spearmint Leaf
  - ♦ Cellulase
- ♦ Stimulates Gastric Secretions:
  - ♦ Cayenne Pepper
- ♦ Breaks down the cell wall of herbs:
  - ♦ Cellulase
- ♦ Natural Sweetener/Flavour
  - ♦ Cinnamon - flavour
  - ♦ FOS (Fructo-oligosaccharides) - used to naturally sweeten the product.

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## Deep Colon Cleanse Powder Each serving (12.5 g) contains

Flax Seed (Linum usitatissimum), defatted*	9650mg
Gluten Free Oat Bran (Avena sativa) *	825mg
Acacia Gum (Acacia seyal) *	550mg
Rhubarb Root (Rheum officinalis)	500mg
Marshmallow Root (Althaea officinalis) *	50mg
Slippery Elm Bark (Ulmus rubra) *	50mg
Okra (Abelmoschus esculentus)	25mg

### Phytogest™ Blend

Ginger Root, Rhizome (Zingiber officinale)*	25mg
Fennel Seed* (Foeniculum vulgare) *	25mg
Papaya Leaf (Carica papaya)	10mg
Cayenne Pepper* (Capsicum annuum) *	5mg
Coriander Seed* (Coriandrum sativum) *	5mg
Cumin Seed* (Cuminum cyminum) *	5mg
Gentian Root (Gentiana lutea)	5mg
Pepper, Black* (Piper nigrum) *	5mg
Peppermint Leaf* (Mentha piperita) *	5mg
Spearmint Leaf* (Mentha spicata) *	5mg
Cellulase	750 CU

### \*Certified Organic

**Other Ingredients:** FOS (Fructo-oligosaccharides), Cinnamon Bark (Cinnamomum verum)

### Excipients: None

Contains no dairy, wheat, gluten, soy, corn, yeast, animal products, additives or preservatives

**Warning:** Discontinue use if abdominal pain, nausea, vomiting or diarrhea occurs. Do not use if you have acute cough, bowel obstruction, or early state dysentery (bacterial infection causing blood in stool). Do not use if pregnant, nursing, or after recent surgery. Keep out of reach of children.

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