

Gentle Cleanse

PRODUCT KNOWLEDGE SHEET

WHAT IS GENTLE CLEANSE?

Gentle Cleanse is a unique, 15 day all natural herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser. It is designed to stimulate the cleansing and detoxification process of the body's 7 channels of elimination: the liver, lungs, colon, kidneys, blood, skin, and lymphatic system. Gentle Cleanse is strong enough to be effective, yet gentle enough that it will not cause a 'cleansing crisis' which may occur when performing a more advanced cleanse.



HOW IT WORKS

Gentle Cleanse works by directly stimulating the organs, thereby enhancing the detoxification mechanisms of the body. The cleanse contains herbs such as milk thistle, dandelion, and turmeric, which stimulate the liver's production of bile. The liver transfers toxins into the bile, which is then carried into the intestine, where it is absorbed by fibre and then removed from the body. Gentle Cleanse also contains the herbs buckthorn, rhubarb and triphala which stimulate peristalsis (contraction of the colon), and artichoke which acts as a diuretic to increase the volume of urine excreted. Both aid in the removal of toxins. Gentle Cleanse also contains herbs that stimulate elimination of toxins through the skin and the lungs.

DIRECTIONS FOR USE

Take 2 capsules of Gentle Cleanse I in the morning with 250ml of water (1 full glass) on an empty stomach, and 2 capsules of Gentle Cleanse II in the evening with 250ml of water (1 full glass) on an empty stomach. Continue this routine for 15 days. This cleanse can be repeated as required. Increasing water intake is recommended as water will help with the cleansing process and keep the body hydrated.

WHAT TO EXPECT

Depending on one's state of health, a range of results can be experienced while taking Gentle Cleanse including increased energy, weight loss and increased bowel movements. Overall, cleansing is a vital part of maintaining good health and reducing the risk of degenerative diseases.

SUPPORT PRODUCTS

An important aspect of cleansing is to ensure that fibre intake is at an optimal level (30-40 grams per day).

FibreMAX: Fibre absorbs toxins ensuring they are not re-absorbed into the bloodstream, but instead are brought to the colon for elimination. FibreMAX is recommended as part of your cleansing program, as well as for maintenance afterwards.

ONCE YOU HAVE FINISHED GENTLE CLEANSE, YOU MAY WANT TO MOVE ONTO THE NEXT LEVEL OF CLEANSING WITH CLEANSEMAX, A MORE ADVANCED 30 DAY CLEANSING PRODUCT.

INGREDIENTS

GENTLE CLEANSE I

There are several categories of herbs used with Gentle Cleanse I (Morning Formula). These herbs support gentle detoxification through the 7 channels of elimination.

Herbs for the Liver

- ♦ **Cholagogues** (Herbs that stimulate bile flow in the liver)
 - ♦ *artichoke, blessed thistle, burdock, dandelion, milk thistle, turmeric, yarrow and yellow dock*
- ♦ **Hepatoprotective** (Herbs that protect the cells of the liver)
 - ♦ *milk thistle, turmeric, beet root*

Herbs for the Bowel

- ♦ **Aperient** (Herbs that gently stimulate the bowel without being a laxative)
 - ♦ *burdock, dandelion, yellowdock*
- ♦ **Carminitive** (Herbs that help dispel intestinal gas)
 - ♦ *oregano*

Herbs for the Lungs

- ♦ **Expectorant** (Herbs that aid in the discharge of respiratory mucous)
 - ♦ *garlic, mullein, red clover, turmeric, yellow dock*
- ♦ **Demulcent** (Herbs that help soothe the mucus membrane)
 - ♦ *mullein*

Herbs for the Lymphatic System

- ♦ **Lymphagogues** (herbs that stimulate lymphatic flow)
 - ♦ *kelp, red clover, yellowdock*
- ♦ **Immunomodulant** (Herbs that regulate the immune system)
 - ♦ *garlic, green tea*

Herbs for the Kidneys

- ♦ **Diuretic** (Herbs that increase urine flow)
 - ♦ *artichoke, blessed thistle, burdock, dandelion, nettle, parsley*

Herbs for the Skin

- ♦ Herbs used to improve the skin (when toxins are released through the skin, mild irritation can occur. These herbs help to reduce or eliminate this effect)
 - ♦ *burdock root, dandelion, red clover*

Herbs for the Blood

- ♦ **Alteratives** (Blood purifying herbs)
 - ♦ *artichoke, burdock root, dandelion, hawthorn berry, kelp, nettle, red clover, turmeric, yellowdock*

GENTLE CLEANSE II

There are 3 categories of herbs used in the Gentle Cleanse II (Evening formula). These herbs are used to gently stimulate the bowel, and to promote regular elimination of toxins.

Herbs for the Bowel

- ♦ **Stimulate peristalsis**
 - ♦ *buckthorn bark, rhubarb root*
- ♦ **Tone and strengthen**
 - ♦ *flaxseed*
 - ♦ *triphal* (a blend of indian gooseberry fruit, belleric myrobalan fruit and tropical almond fruit)

Digestive Aid

- ♦ *ginger root*

PHYTOGEST™

Included in both the morning and evening formula is PhytoGest™. PhytoGest™ is a proprietary blend of herbs and enzymes which acts as a catalyst to maximize the absorption of the herbal ingredients.

- ♦ **Aromatic and Stimulant herbs** (to assist in proper digestion)
 - ♦ *ginger root, fennel seed, cayenne pepper, coriander seed, gentian root, black pepper, peppermint leaf*
- ♦ **Enzymes to break down the cell wall of herbs**
 - ♦ *cellulase*

Gentle Cleanse I - Each capsule contains

| Proprietary Herbal Blend | |
|--|--------|
| Milk Thistle Seed (Silybum marianum) (70% Silymarin) | 200mg |
| Artichoke Leaf (Cynara scolymus) | 75mg |
| Burdock Root* (Arctium lappa) | 50mg |
| Beet Root* (Beta vulgaris) | 25mg |
| Blessed Thistle* (Cnicus benedictus) | 25mg |
| Dandelion Root* (Taraxacum officinale) | 25mg |
| Garlic Bulb* (Allium sativum) | 25mg |
| Green Tea Leaf (Camellia sinensis) | 25mg |
| Hawthorn Berry (Crataegus laevigata) | 25mg |
| Kelp* (Ascophyllum nodosum) | 25mg |
| Mullein Leaf (Verbascum thapsus) | 25mg |
| Nettle Leaf* (Urtica dioica) | 25mg |
| Oregano Leaf* (Origanum vulgare) | 25mg |
| Parsley Leaf* (Petroselinum crispum) | 25mg |
| Red Clover Flower (Trifolium pratense) | 25mg |
| Turmeric Root* (Curcuma longa) | 25mg |
| Yarrow Flower (Achillea millefolium) | 25mg |
| Yellowdock Root* (Rumex crispus) | 25mg |
| Proprietary Phytogest Blend | |
| Ginger Root, Rhizome* (Zingiber officinale) | 40mg |
| Fennel Seed* (Foeniculum vulgare) | 25mg |
| Peppermint Leaf* (Mentha piperita) | 10mg |
| Cayenne Pepper* (Capsicum annum) | 5mg |
| Coriander Seed* (Coriandrum sativum) | 5mg |
| Gentian Root (Gentiana lutea) | 5mg |
| Pepper, Black* (Piper nigrum) | 5mg |
| Cellulase / Cellulase | 750 CU |

Gentle Cleanse II - Each capsule contains

| Proprietary Herbal Blend | |
|---|--------|
| Rhubarb Root (Rheum palmatum) 4:1 Extract | 125mg |
| Ginger Root, Rhizome* (Zingiber officinale) | 225mg |
| Flaxseed* (Linum usitatissimum) | 150mg |
| Buckthorn Bark (Rhamnus frangula) | 75mg |
| Triphala | 75mg |
| Proprietary Phytogest Blend | |
| Ginger Root, Rhizome* (Zingiber officinale) | 40mg |
| Fennel Seed* (Foeniculum vulgare) | 25mg |
| Peppermint Leaf* (Mentha piperita) | 10mg |
| Cayenne Pepper* (Capsicum annum) | 5mg |
| Coriander Seed* (Coriandrum sativum) | 5mg |
| Gentian Root (Gentiana lutea) | 5mg |
| Pepper, Black* (Piper nigrum) | 5mg |
| Cellulase | 750 CU |

* certified organic

Non-medicinal Ingredients: Vegetable capsule (Hypromellose, water)

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. If you have cardiac, renal, or duct dysfunction please consult a physician before using this product. Do not use if you have an intestinal blockage. Do not use if pregnant, nursing, or after recent surgery. Keep out of reach of children.

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