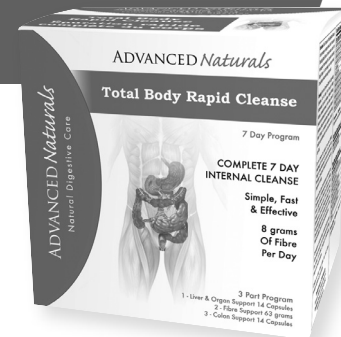


Total Body Rapid Cleanse

PRODUCT INFORMATION

WHAT IS TOTAL BODY RAPID CLEANSE?

Total Body Rapid Cleanse is a powerful 7 day cleansing program. It is formulated 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. A seven day cleanse is effective and useful if there is a time constraint. However, to achieve the full benefits of cleansing and detoxification, a 30 day cleanse is recommended 2-4 times per year (CleanseMAX).



HOW IT WORKS

Total Body Rapid Cleanse Part 1 works by directly stimulating the organs, thereby enhancing the detoxification process of the body. It 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 small intestine where it is absorbed by fibre and brought to the colon for elimination. Part 1 also contains the diuretic herb artichoke. This allows the body to release more water from the blood, thereby increasing the volume of urine excreted. Total Body Rapid Cleanse Part 1 also contains herbs that stimulate elimination of toxins through the skin and the lungs, as well as cleansing the blood and stimulating the lymphatic system.

Total Body Rapid Cleanse Part 2 is a fibre supplement containing acacia fibre. Normally, Advanced Naturals recommends a balanced blend of soluble to insoluble fibre (FibreMAX). However, due to the significant impact this product has on the liver, it is important to supplement with a soluble fibre. Acacia fibre is a soluble fibre that absorbs toxins for removal from the body. This is extremely important as unabsorbed toxins can be recirculated back into the body.

Total Body Rapid Cleanse Part 3 enhances elimination from the colon. It contains magnesium hydroxide which helps to regulate water into the bowel. Most people become constipated because they are dehydrated. When the colon is fully hydrated, elimination can occur more easily, without the need of harsh laxatives. Part 3 also contains the herbs cape aloe, rhubarb, and triphala which stimulate peristalsis (contraction of the colon), without being purgative. Once the colon has been hydrated and peristalsis has been properly stimulated, elimination can be achieved at a normal level (2-3 times per day).

DIRECTIONS FOR USE

Take 2 capsules of Total Body Rapid Cleanse 1 in the morning on an empty stomach (30 minutes before eating). Take 2 capsules of Total Body Rapid Cleanse 3 in the evening on an empty stomach (3 hours after eating). Take 1 level scoop of Total Body Rapid Cleanse 2 with juice or water in the morning (a half hour after taking Total Body Rapid Cleanse 1) and again in the evening (a half hour after taking Total Body Rapid Cleanse 3). Do not mix Total Body Rapid Cleanse 2 with carbonated beverages. Drink plenty of water while using Total Body Rapid Cleanse.

Water helps with cleansing and keeps the body hydrated. It is recommended that you cleanse 2-4 times per year as we live in a toxic world with chemicals from factories, trucks, and pesticides. Since we are constantly inhaling and ingesting toxins, it is better to remove them regularly, rather than to have them build up and lead to health problems.

WHAT TO EXPECT

Depending on the state of health there can be a wide range of results from using Total Body Rapid Cleanse. These include weight loss, increased energy, improved health and vitality, clearer thinking, and an increase in bowel movements. In those with higher levels of toxicity, headaches, flu like symptoms, and skin break outs may be experienced during the beginning of the program. This usually subsides after a few days.

SUPPORT PRODUCTS

EFA Therapy: An important aspect of cleansing is ensuring that the colon is properly lubricated by using essential fatty acids (EFAs). EFA Therapy is a patented blend of organic flax, borage, and fish oils that contain the ideal ratio of essential fatty acids. It also contains the digestive enzyme 'lipase'. Lipase is used by the body to ensure the proper breakdown and utilization of fats in the body. This blend of nutritional oils will help to lubricate the colon, allowing for increased bowel movements, thereby increasing the amount of toxins removed from the body. It is recommended that EFA Therapy is used as part of the cleansing program, as well as for maintenance afterwards.

ADVANCED *Naturals*

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INGREDIENTS

TOTAL BODY RAPID CLEANSE 1

There are several categories of herbs used in Rapid Cleanse Part I. These herbs support detoxification through the body's 7 channels of elimination.

Herbs for the Liver

- ♦ Cholagogues (Herbs that stimulate bile flow in the liver)
 - ♦ *artichoke*
 - ♦ *burdock*
 - ♦ *dandelion*
 - ♦ *milk thistle*
 - ♦ *turmeric*
- ♦ Hepatoprotective (Herbs that protect the cells of the liver)
 - ♦ *milk thistle*
 - ♦ *turmeric*
- ♦ N-Acetyl-Cysteine - Converts into 'glutathione', which is essential for Phase II detoxification. Has protective effect on glutathione, and prevents it's depletion during toxic overload.
- ♦ L-Glutathione - Attaches itself to toxic chemicals in the liver and renders them into a state suitable for elimination from the body. It is also a powerful antioxidant.

Herbs for the Lungs

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

TOTAL BODY TOTAL BODY RAPID CLEANSE 2

- ♦ Toxin absorption
 - ♦ *Acacia Fibre*

TOTAL BODY TOTAL BODY RAPID CLEANSE 3

There are many categories of herbs and minerals used in Total Body Rapid Cleanse Part 3. These ingredients are used to gently stimulate the bowel and to promote regular elimination of toxins.

Herbs/Minerals for the Bowel

- ♦ Increase bowel hydration
 - ♦ *magnesium hydroxide*
- ♦ Stimulate peristalsis
 - ♦ *rhubarb root*
 - ♦ *cape aloe gel*
 - ♦ *triphala*
- ♦ Soothe intestinal lining
 - ♦ *marshmallow*
 - ♦ *slippery elm*
- ♦ Tone and strengthen
 - ♦ *triphala*
- ♦ Expectorant (removes mucus from bowel)
 - ♦ *marshmallow root*

Digestive Aid

- ♦ *ginger root*
- ♦ *fennel*

Herbs for the Kidneys

- ♦ Diuretic (Herbs that increase urine flow)
 - ♦ *artichoke*
 - ♦ *burdock*
 - ♦ *dandelion*
 - ♦ *red clover*
 - ♦ *oatstraw*
 - ♦ *stinging nettle leaf*

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*
 - ♦ *oatstraw*

Herbs for the Blood

- ♦ Alteratives (Blood purifying herbs)
 - ♦ *artichoke*
 - ♦ *burdock root*
 - ♦ *dandelion*
 - ♦ *red clover*
 - ♦ *turmeric*

Herbs for the Adrenal Glands

- ♦ Balances adrenal function
 - ♦ *ashwagandha*

Herbs for the Lymphatic System

- ♦ Lymphagogues (Herbs that stimulate lymphatic flow)
 - ♦ *red clover*

Total Body Rapid Cleanse 1 - Each capsule contains

Milk Thistle Seed - 80% Silymarin (Silybum marianum)	262.5mg
Red Clover Flower (Trifolium pratense)	100mg
Artichoke Leaf 4:1 Extract (Cynara scolymus)	50mg
Burdock Root 5:1 Extract (Arctium lappa)	50mg
L-Glutathione	50mg
N-Acetyl-Cysteine	50mg
Ashwagandha Root 5:1 Extract (Withania somnifera)	25mg
Dandelion Root 4:1 Extract (Taraxacum officinale)	25mg
Mullein Leaf (Verbascum thapsus)	25mg
Oatstraw 10:1 Extract (Avena sativa)	25mg
Stinging Nettle Leaf 5:1 Extract (Urtica dioica)	25mg
Turmeric Root 4:1 Extract (Curcuma longa)	25mg
Other Ingredients: Vegetable capsule (Hypromellow, water), vegetable cellulose	

Total Body Rapid Cleanse 2 - Each serving contains

Acacia Fibre (Acacia arabica)	4.5g
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Total Body Rapid Cleanse 3 - Each capsule contains

Magnesium (from magnesium hydroxide)	125mg
Cape Aloe (Aloe ferox)	150mg
Rhubarb Root (Rheum palmatum)	150mg
Slippery Elm Bark (Ulmus rubra)	25mg
Marshmallow Root (Althaea officinalis)	25mg
Fennel Seed (Foeniculum vulgare)	25mg
Ginger Root, Rhizome (Zingiber officinale)	25mg
Triphala	25mg
Other Ingredients: Vegetable capsule (Hypromellose, water)	

Warning: Do not use if you have Gilbert's or Crigler-Najjar Syndrome. Do not take if you have gall bladder inflammation, bile duct conditions, intestinal blockage, diabetes, haemolytic anemia, or liver disease. Consult a health care practitioner prior to use if you have a history of gallstones, biliary tract obstructions, stomach ulcers, taking blood thinning or psychoactive medication. Consult a health care practitioner prior to use if you have cancer of any kind. Do not consume this product if you have difficulty swallowing. Do not use this product if you have acute cough or bowel obstruction. Do not mix with carbonated beverages. Do not use if you have Crohn's disease or ulcerative colitis. Discontinue use if abdominal pain, nausea or vomiting occurs unless otherwise directed by a physician. Loose stools or diarrhea may occur. If loose stools persist, discontinue use. Do not use if pregnant, nursing, or after recent surgery. Do not use if you have a bowel obstruction. Consult your physician prior to use if you have a serious medical condition. Do not exceed recommended dose. Consumption of alcohol, drugs, or natural health products with sedative properties is not recommended while taking this product. Do not take if pregnant, breastfeeding or after recent surgery. Keep out of reach of children.

WANT MORE INFORMATION ABOUT
CLEANSING?
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