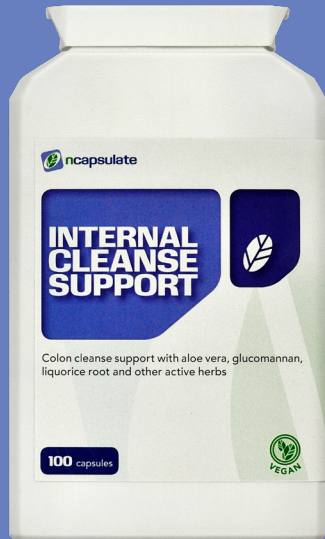


INTERNAL CLEANSE SUPPORT

ncapsulate
Premium natural formulations

A high-strength herbal colon cleanser with active herbs for healthy bowel and digestive transit support other active herbs for faecal bulk and normal bowel function



- Acts to gently cleanse, stimulate and tone the bowel wall, supporting a move towards unassisted bowel movements.
- Softens the stool, stimulates the liver and improves peristalsis
- Increase in faecal bulk and normal bowel function for expelling layers of old encrusted mucus and faecal matter that may have accumulated over time

Suitable for vegetarians and vegans

Dairy- and lactose- free

Gluten-free

Kosher approved

Contains no added: artificial colours, flavourings, preservatives, soya, sugar, wheat or yeast.

POTENTIALLY BENEFICIAL FOR:

- Normal bowel function
- Constipation /irregularity
- Sluggish bowels
- Haemorrhoids
- Clearing bowel 'pockets'
- Diverticula
- As part of an internal cleansing programme
- As an effective stool softener
- Stimulating the liver and improving peristalsis
- To complement colonic hydrotherapy treatments

Internal Cleanse Support is a herbal colon cleanser and bowel support combination, originally based on a formula by master herbalist, Dr. John R. Christopher.

Popular with colonic hydrotherapists, it contains a range of active herbal ingredients specifically selected to cleanse the intestinal tract, soften the stool, stimulate the liver, improve peristalsis and tone the bowel wall, thereby supporting a move towards unassisted bowel movements:

Rhubarb Powder, Capsule: Hydroxypropyl Methylcellulose (HPMC) (Vegetarian), Burdock Root Powder, Cayenne Powder, Fennel Seed Powder, Ginger Root Extract (20:1), Glucomannan Powder (90%), Anti-caking Agent: Magnesium Stearate (vegetable source), Aloe Vera Extract (200:1), Liquorice Root Extract (4:1), Barberry Bark Extract (10:1), Dandelion Root Extract (4:1)

This superior dietary supplement surpasses formulas that top health practitioners prescribe for their clients, and is made available to you at premium quality with free worldwide shipping and at a fraction of their prices.

Disclaimer: The product referred to on this fact sheet and statements made about the product and other information in this fact sheet have not been evaluated by the United States Food and Drug Administration, the Singapore Health Sciences Authority or any other regulatory authority. The product has not been approved to prevent, diagnose, treat or cure any health condition or disease. You should always consult your own healthcare professional if you are experiencing any health condition or disease and before using any health supplements.

INTERNAL CLEANSE SUPPORT

A high-strength herbal colon cleanser with active herbs for healthy bowel and digestive transit support other active herbs for faecal bulk and normal bowel function

INGREDIENTS

RHUBARB: Widely used as part of **colon cleansing** programmes, because it contains: **anthraquinones**, emodin, tannins, flavonoids (including rutin) and several polyphenols. Rhubarb is a **strong herbal laxative**, astringent-bitter, gastric stimulant, **anti-inflammatory**, **stomach tonic** and **antiseptic**. It is also used for disorders of the liver, gallbladder and stomach.

BARBERRY: Barberry is a natural helper for **digestive complaints** and also supports the **liver**, **gallbladder** and **spleen**. Its active ingredients are the isoquinolone alkaloids, particularly **berberine**. It also has an **antiseptic** and **anti-bacterial effect** when taken orally, useful against **dysbiosis**. Stimulates bile flow, eases liver congestion and is ideal for an inflamed gallbladder and intestinal inflammation.

BURDOCK ROOT: Burdock is one of the most potent **tonics** of herbalism. It contains a broad spectrum of nutrients, including fatty acids, organic acids, phenolic acids, lignans, sesquiterpenes, tannin, mucilage and inulin (a prebiotic), along with iron, sulphur and B-vitamins. It is widely used to **support liver function** and as a **cleansing botanical**.

CAYENNE: This 'hot' herb and chilli pepper is rich in vitamins A, B6, C, E, riboflavin, potassium and manganese. It also contains the active ingredient **capsaicin**, which supports **healthy blood flow** (and therefore natural **detox**), **a healthy metabolism**, **digestion**, **gastrointestinal secretions** and acts as an **anti-spasmodic** for relief of pain and as a **carminative**.

GINGER ROOT: Ginger has been used for centuries to support a **healthy gastrointestinal tract** and **efficient digestion**. It alleviates occasional **gas**, **bloating** and **nausea** and is known as a 'hot bitter' herb which promotes **gastric acidity**. It is used for many stomach conditions and has **anti-inflammatory**, **carminative**, **anti-spasmodic**, **expectorant**, **vasodilator** and **circulatory stimulant** actions. Gingerol, a compound in ginger, is also a powerful antioxidant.

FENNEL SEED: Fennel, traditionally used as a culinary herb, has become a popular component of colon cleansing programmes because it supports the body's natural **elimination of excess waste and toxins** from the colon and a healthy **acid/alkaline balance**. It is also a gentle **digestive** and **carminative** herb, used to counteract flatulence, disperse windy colic and alleviate intestinal spasms, griping and irritable bowel.

ALOE VERA: Aloe vera, a spiky, cactus-like plant of the lily family, is best known for its **soothing and calming** properties. As well as containing 18 amino acids and vitamins (it is a vitamin B12 precursor), it also supports a **lower toxic load**, acts as an **antioxidant** and supports **intestinal integrity** and **natural cleansing**.

LIQUORICE ROOT: Glycyrrhizin is the main active ingredient, which has **anti-inflammatory**, **anti-viral** and **anti-allergic** properties. It is soothing to peptic ulcers and kidney complaints. It also stimulates two steroids, cortisone and aldosterone, which help reduce inflammation. Glycyrrhizin inhibits liver cell injury caused by chemicals and is used in the treatment of chronic hepatitis, hepatitis B and cirrhosis in Japan. It is also used for **adrenal exhaustion**.

GLUCOMMANAN: A water-soluble polysaccharide that is classed as a form of **soluble dietary fibre** and is usually derived from konjac root. As such, it is widely used for the treatment of constipation, because it can decrease digestive transit time and is viewed as a **"bulk-forming laxative"**.

DANDELION ROOT: Dandelion is a rich source of vitamins A, C, D and B complex vitamins, as well as minerals such as iron, potassium, and zinc. It has traditionally been used to support **healthy fluid balance** in the body and as a **natural helper** for the **stomach** and **digestive system**. It also provides support for the liver and gallbladder, by helping to clear toxins.