

NiOx Health



PREMIUM
GUT-BRAIN
PREBIOTIC

ALL-NATURAL
MICROBIOME
CARE

QUALITY
PROBIOTIC
SUPPORT

COLON CLEANSE is a natural food containing a range of dietary fibres and micronutrients that assist maintenance of the vitally important intestinal microbiome.

NATURAL DARK GRAPE-PRUNE FLAVOUR

Colon
leanse

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Introduction

Recently the scientific community is coming to agree that intestinal health has far reaching effects on many conditions that were previously considered to be discrete problems. It is known for example that a large portion of the immune response is centered in the intestines. Furthermore, interactions with microbial populations in the G.I. tract (the microbiome) result in activation of signaling pathways that affect many conditions.

The idea of **Colon Cleanse** originated with a new ingredient for general digestion that was found to have a significantly improved effect on regularity, digestion and constipation. It was originally thought that the observed effect was due solely to the fibre component; however further analysis of results made it clear that other biochemical mechanisms were involved. These results are most likely explained by a combination of a significant prebiotic effect combined with activation of specific biochemical pathways in the body, as, unlike many 'fibre supplements' bioactive compounds are present and retained in a stable form.

Colon Cleanse is produced from whole plant sources including gluten free grains, apple and citrus fruits, natural flavours and sugarcane varieties (*Saccharum officinarum*).

The original **Colon Cleanse** was used in 2 recently published trials, one in hospital wards and one at home. Independent clinical research shows that **Colon Cleanse** improves intestinal and digestive health in up to 85% of individuals. The results showed that **Colon Cleanse** was easy to use and an effective agent for the management of constipation in hospitalised patients, or at home.

Colon Cleanse provides a new option for intestinal health maintenance in managed care facilities as a natural food product that has been shown to exceed the capabilities of current products in use.

Product Features

Colon Cleanse works by assisting intestinal health. It is high in micronutrients, both polyphenolic and flavonoid antioxidants, and contains high quality sources of soluble and insoluble fibre.

The natural foods used to make **Colon Cleanse** contain a range of nutrients and all forms of dietary fibre that can be absorbed along the entire length of the intestinal tract. This ensures slow release of key nutrients and makes the digestive tract operate more effectively. This directly assists the body's ability to cope intestinal related health problems.

An approach of dietary maintenance over forced correction via drug interventions has seen consistent positive outcomes. **Colon Cleanse** provides a continual maintenance through supply of micronutrients, activity of detectable natural source selenium, antioxidants – polyphenols & flavonoids, chromium and high quality dietary fibres (insoluble and soluble) and also functions as pre-biotic for the bacteria of the small intestine and colon.

This pre-biotic function has been confirmed by an Australian Research Council funded programs that also reported the significant production of highly beneficial Short Chain Fatty Acids (SCFA). SCFA's are particularly important for colon health because it is the primary energy source for colonic cells and they have been shown to have anti-inflammatory properties that are important for keeping colon cells healthy. Furthermore, **Colon Cleanse** has been shown to promote the growth of advantageous good bacteria and inhibit the growth of inflammatory bad bacteria.

Colon Cleanse provides a new option for intestinal health maintenance in managed care facilities as a natural food product that is proven to exceed the capabilities of current products.



Minerals Table Colon Cleanse

Minerals	Per Serve	Units	Upper Limit (per day)	Type RDI / AI	RDI / AI Amount	Units	% Per Serve
Selenium	8.4	µg	400 µg	RDI	65	µg	12.92%
Iron	0.76	mg	45 mg	RDI	13	mg	5.84%
Molybdenum	1.4	µg	2000 µg	RDI	45	µg	3.11%
Potassium - food acidity regulators	197	mg	none established	AI	3300	mg	5.91%
Potassium - sugarcane fibre	1.8935	mg	none established	AI	3300	mg	0.06%
Sodium	0.0525	mg	2300 mg	AI	920	mg	0.01%
Zinc	0.0273	mg	40 mg	RDI	11	mg	0.25%
Chromium	26.6	µg	1000 µg	AI	30	µg	88.67%
Magnesium	2.17	mg	350 mg	RDI	370	mg	0.59%
Manganese	0.0301	mg	none established	AI	5.25	mg	0.57%
Calcium	1.855	mg	2500 mg	AI	1000	mg	0.19%

Plant source B - Vitamins (1, 2, 3, 5, 6, 7 and 12) are present in trace concentrations.
Colon Cleanse has been laboratory tested as free from pesticides and agricultural residues

Recommended Daily Intake / Adequate Intake values are the average of male and female - NHMRC

Notes:

- **RDI (Recommended Dietary Intake)**— The average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all (97–98 per cent) healthy individuals in a particular life stage and gender group, as determined by the NHMRC.
- **AI (Adequate Intake)**—The average daily nutrient intake level based on observed or experimentally—determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate.

Nutritional Information Panel:

	Average Qty per Serve	Average Qty per 100g
Servings per tub: 30		
Serving size: 7.3g (1 rounded scoop)		
Energy	72Kj.	990Kj
Protein	0.3g	4.4g
Fat, total	0.1g	1.2g
- saturated	0.0g	0.2g
Carbohydrate	1.7g	23.1g
- sugars	0.1g	1.2g
Sodium	2mg	26mg

Direction for Use:

HOW TO USE:

12 YEARS+: One or two rounded scoops per day before or during a meal.

5-11YEARS: Take one serve before or during a meal.

Not recommended for children under 5 years of age.

For **GENERAL GUT HEALTH** add one rounded scoop into a glass and add approximately 250ml of water or add to your favourite fruit juice, smoothie or yoghurt.

To **NORMALISE BLOOD SUGAR LEVELS**, take two scoops per day, one morning and one evening.

Stir thoroughly and drink before or during a meal.



Ingredient / Composition Table

Ingredient	Benefit
Sugarcane fibre (sucrose reduced) from: <i>Saccharum officinarum</i>	Total dietary fibre (both insoluble and soluble), nutrient rich, researched effects on intestinal health & reduction of Glycaemic Index of foods
Pectin	Soluble fibre, Prebiotic, shown to have benefit to a number of intestinal conditions
Citric Acid	Acidity regulator
Potassium Bicarbonate	Acidity regulator
Stevia	A natural sweetener
Natural orange flavour	Flavouring

Constituents	Benefit	Contents per Serve	Literature Review	Analysis Type/Value
Selenium	Selenium from vegetable sources are natural antioxidants.	8.4 µg per dose - equivalent to 12.92% of the recommended Adequate Intake (male/female average - NHMRC)	Selenium may function as an antioxidant and is involved in thyroid metabolism. (NHMRC)	Confirmed presence by NATA accredited laboratory analysis
Polyphenolic Antioxidants	Polyphenolics are natural antioxidants 350mg GAE/100g	1 dose has equivalent antioxidant capacity to more than 3 cups of green tea. NutiKane 1.753mM Green Tea 0.492mM	Polyphenolics compounds function as antioxidants and may be involved in inflammatory responses	Confirmed presence by internal scientific analysis and Macquarie University PhD researchers.
Flavonoid Antioxidants	Flavonoids are a natural antioxidants 100mg CE/100g	α - tocopherol equivalents per gram.	Flavonoid compounds function as antioxidants	Confirmed presence by internal scientific analysis and Macquarie University PhD researchers.
Chromium	Contributes to Normal macronutrient metabolism.	26.6 µg per dose – equivalent to 88.67% of the recommended Adequate Intake (male/female average - NHMRC)	Chromium is involved in potentiating the action of insulin in vivo and in vitro (NHMRC Nutrient guidelines – Mertz 1993).	Confirmed presence by NATA accredited laboratory analysis and Macquarie University PhD researchers.
Policosanols	A mixture of high molecular weight alcohols isolated from sugarcane.	Analysis to determine octacosanol content is being carried out at Macquarie University 3rd QTR 2015	A natural mixture of long chain alcohols extracted from plant waxes that may positively influence cholesterol levels	Policosanol is present in the wax coating of sugarcane, which is retained in processing.
Total Dietary Fibre	Contributes to normal laxation	3.8g – 1 dose equivalent to 12% RDI for dietary fibre	Food Standards defines dietary fibre as: 'Dietary fibre means that fraction of the edible parts of plants or their extracts, or synthetic analogues, that are resistant to the digestion and absorption in the small intestine. Dietary fibre promotes one or more of the following beneficial physiological effects: (i) laxation (ii) reduction in blood cholesterol (iii) modulation of blood glucose'. (FSANZ Standard 1.2.8)	Confirmed presence by NATA accredited laboratory analysis

Consumer Information

Due to the natural presence of the micronutrient Bio-available Chromium, individuals may notice a modulation of blood glucose levels (BGLs) if individuals were to measure and compare. This outcome has been characterised by peer reviewed scientific journals and is a natural downward pressure on excessive BGLs not equivalent to the mechanisms or direct actions of pharmaceutical medications on BGLs.

Due to the dietary fibre content **Colon Cleanse** is not recommended if an individual is undergoing medically induced constipation.

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