

Fibre System Plus

Fibre System Plus is a natural digestive support formula that gently combines both bulking fiber and herbs with digestive enzymes, which are derived from fruits to maximize digestion and minimize bowel transit time. Digestive enzymes also minimize the production of free radicals in the gastrointestinal tract and promote optimal water balance, helping to ensure proper elimination of digestive waste.

Fibre System Plus Serving size: One (1) Packet Servings Per Container: 30	Mg/ IU	% Daily Value
Psyllium	600 mg	*
Black Walnut	400 mg	*
Cranberry	250 mg	*
Cascara Sagrada	100 mg	*
Ginger	100 mg	*
Apple	100 mg	*
Gentian	85 mg	*
Alder Buckthorn	75 mg	*
Slippery Elm	60 mg	*
Licorice	50 mg	*
Sage	50 mg	*
Parsley	50 mg	*
Papain	50 mg	*
Bromelain	50 mg	*
Prune	50 mg	*
Red Wheat Fiber	50 mg	*
Marshmallow	40 mg	*
Hops	30 mg	*
Frangula Extract	25 mg	*
Irish Moss	25 mg	*
Bee Pollen	25 mg	*
English Chamomile	25 mg	*
Pineapple	20 mg	*
Papaya	20 mg	*
Hawian Spirulina Pacifica	10 mg	*
Goldenseal	10 mg	*
Others Ingredients: Gelatin, Rice Bran, Xanthan Gum, Locust Bean Gum, Magnesium stearate		
* Daily value not established		

- Psyllium plus fibers of cranberry and apple provide a building effect and also absorb and eliminate residues.
- Cascara, frangula, and prune assist intestinal motility.
- Mucilages from Irish moss, marshmallow, slippery elm, locust ban, and xanthan support the entire digestive tract.
- Ginger and sage act against griping. Pineapple, papain, and bromelian provide enzyme support to digestion.
- Golden seal, gentian and licorice tonify the mucus membranes of the stomach.
- Chamomile and hops support the nervous tissues of the stomach and intestines.
- Parsley assists normal kidney and bladder function.
- Spirulins and bee pollen balance the entire formulation with a wide spectrum of easily absorbed micro nutrients.

Tea4Life

4Life™ has created a distinct and delicious herbal tea specifically formulated to ensure internal health and balance. Cleansing the gastrointestinal tract is very important. This cleansing process helps our bodies break down and utilize our foods more efficiently, helps improve nutrient absorption and helps bring our bodies into balance.

Tea 4Life Serving size: One (1) Tea Bag Servings Per Container: 30	Amount Per Serving 2g	% Daily Value
Senna (leaf)		*
Stevia (leaf)		*
Cinnamon (bark)		*
Buckthorn (bark)		*
Ginger (root)		*
Natural Apple Flavor		*
Orange Peel		*
Green Tea (leaf)		*
Bitter Orange (fruit)		*
Echinacea (leaf)		*
Rooibos (leaf)		*
Astragalus (root)		*
* Daily value not established		

Tea4Life is a refreshing, caffeine-free cleansing tea specially formulated to provide internal health and wellness. This delicious apple-cinnamon tea contains a synergistic blend of energizing herbs that rejuvenates and keeps you sharp. Tea4Life features a special blend of revitalizing herbs to bring your body back to its natural state of good health and balance.

PhytoLax

PhytoLax® can assist with the establishment of regularity which can be maintained by proper nutrition and exercise. Many states of lowered vitality are directly related to "stagnancy" of the colon. PhytoLax® is an effective and gentle option.

PhytoLax Serving size: 1 capsule Servings per bottle: 60	Servings Per Capsule	% Daily Value
Alder Buckthorn (bark)	100 mg	*
Cascara Sagrada (bark)	95 mg	*
Ginger (root)	90 mg	*
Parsley (leaf)	35 mg	*
Black Walnut (hull)	30 mg	*
Frangula Extract (bark)	20 mg	*
* Daily value not established		

Herbal extracts reactivate under-used muscles of the colon to promote daily elimination. Combined with regular exercise and attention to dietary fiber, you will be able to maintain balance. Regularity can improve general health and well-being and is an important step in any program of self-improvement.*

*Tips while cleansing

- **You must drink plenty of water, a minimum of 1 oz. per 1 lb. of your body weight daily.**
- **Eat plenty of raw green vegetables and salad.**
- **Eat lots of fresh fruit.**
- **Avoid Deep-Fried foods.**
- **Avoid Red Meats, no more than one serving during the 6-Day Cleanse.**
- **Avoid all dairy products.**
- **Avoid caffeine, drink our "Energy" drink instead.**
- **Follow-up for this Cleanse with a maintenance program of Fibre System Plus, 3-5 times per week, and Tea4Life as needed.**