

TAMPER EVIDENT SEAL UNDER CAP. DO NOT USE IF BROKEN.

**SUGGESTED USE**

Mix 1 heaping tablespoon with 8 oz of water and drink immediately, up to 2 times daily. New Users: start with 1 heaping tablespoon daily and gradually increase to 2 heaping tablespoons daily. If Minor Bloating Occurs: reduce intake by half and increase gradually. For Weight Management: Take one serving, one hour before meals. This may help you feel less hungry.\* Taking psyllium husk along with oral medication may impact the effects of your medications. To avoid, take psyllium husk at least an hour before or after taking oral medications.

**GOOD FOR YOUR HEART**

Soluble fiber from foods such as Psyllium Husk, as a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Colon Cleanse supplies 4g of the 7g of soluble fiber from Psyllium Husk necessary per day to have this effect.



Our 7g mega serving supplies you with more psyllium husk fiber, which may help reduce bloating and constipation while promoting healthy and regular bowel movements.\*

**NEED SOMETHING STRONGER?**

Add our Herbal Detox+ or Super Colon Cleanse to your cleansing regime and feel the difference\*



No Fillers  
No Binders

**A SIMPLE PROMISE**

It all starts with integrity. We only create products we would use ourselves or give to our own children.



TRUSTED  
SINCE  
1981

**COLON  
CLEANSE<sup>®</sup>**  
**PSYLLIUM HUSK FIBER**

- ✓ **DIGESTIVE HEALTH**  
Natural Daily Fiber\*
- ✓ **HEART HEALTH**  
May Help Lower Cholesterol\*
- ✓ **WEIGHT MANAGEMENT**  
May Help Reduce Appetite\*

**Net Wt. 12 oz (340 g)**  
**Herbal Dietary Supplement**



**Supplement Facts**

Serving Size: 1 Heaping Tablespoon (7g)  
Servings Per Container: 48

|                    | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|
| Calories           | 25                 |               |
| Total Carbohydrate | 6g                 | 2%**          |
| Dietary Fiber      | 5g                 | 18%**         |
| Soluble Fiber      | 4g                 | †             |
| Iron               | 0.8g               | 4%            |
| Psyllium Husk      | 7g                 | †             |

\*\*Percent Daily Values are based on a 2000 calorie diet.  
† Daily Value not established.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**For California Residents Only:** ⚠ **WARNING:** This product can expose you to lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**NOTICE:** This dietary supplement should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.

**Caution:** People sensitive to inhaled or ingested psyllium husk may experience an allergic reaction.

Fill controlled by weight not volume.

Store at room temperature. Keep lid tightly closed to protect from humidity. In case of disposal, place in trash and avoid disposal in any plumbing system.

Manufactured by:  
**HealthPlus**



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