



# Herbal Colon Cleanse



A robust blend of cleansing and detoxifying herbs plus beneficial flora, combined to support colon health. Provides a safe, natural and mild alternative to harsh stimulant laxatives. Promotes a healthy colon by safely and naturally eliminating potentially harmful toxins. Delivers and supports the growth of beneficial microflora naturally found in the colon. Contains Arbonne's proprietary herbal cleanse blend. Plus Lactospore®, a microencapsulated form of Lactobacillus, which is protected from heat and stomach acids. Also includes FOS, fructooligosaccharides, to enhance the growth and reproduction of beneficial bacteria.

**Recommended For:** Supporting colon health.

**When to Use:** In the evening.

**Usage:** Take one to three tablets daily as needed. Tablets should be taken in the evening, starting with one tablet. Add an additional tablet each evening as needed, until desired results are achieved.

## Nutrient

Lactospore®

## **Arbonne's Proprietary Herbal Cleanse Blend**

Cascara Sagrada

Senna

Aloe Vera

Rhubarb

Buckthorn

Meadowsweet

Marshmallow

Slippery Elm

Fructooligosaccharide

Psyllium

## Source

microencapsulated Lactobacillus

cascara sagrada bark

senna leaf

aloe vera leaf

rhubarb root

buckthorn bark

meadowsweet herb

marshmallow root

slippery elm, whole plant

fructooligosaccharide

psyllium husk

## 1 tablet contains:

<u>Nutrient</u>	<u>Amount</u>	<u>% Daily Value</u>
Lactospore®		
Microencapsulated Lactobacillus sporogenes	150 million viable organisms	*
<b>Arbonne's Proprietary Herbal Cleanse Blend</b>	375 mg	
Cascara Sagrada		*
Senna		*
Aloe Vera		*
Rhubarb		*
Buckthorn		*
Meadowsweet		*
Marshmallow		*
Slippery Elm		*
Fructooligosaccharide		*
Psyllium		

## Herb Functions

Cascara Sagrada - Encourages peristalsis and tones relaxed muscles of the digestive system. <sup>1</sup>

Senna - A powerful treatment for constipation. <sup>1</sup>

Aloe Vera - Traditionally used to treat constipation and to treat intestinal infections. <sup>2</sup>

Rhubarb - Truly cleanses the intestines by removing debris and then acting as an astringent and antiseptic to cleanse and sanitize. <sup>1</sup>

Buckthorn - An effective and safe laxative. <sup>1</sup>

Meadowsweet - Soothes the mucous membranes of the digestive tract, settles the stomach and reduces excess acidity. <sup>1</sup>

Marshmallow - Soothes mucous membranes and inflammation of the digestive tract. <sup>1</sup>

Slippery Elm - A fibrous bark, large quantities act as a gentle laxative that soothes the digestive tract. <sup>1</sup>

Psyllium - A non-digestible fiber, helps scrub the intestinal tract, loosening and cleaning toxins. <sup>2</sup>

## References:

1. The New Holistic Herbal, Hoffmann, D.

2. The Green Pharmacy, J. Duke, PhD

**NOTICE:** This product contains aloe, buckthorn, cascara, rhubarb and senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain. Consult your physician if you have frequent diarrhea. If you are pregnant or nursing, taking medication or have a medical condition, consult your physician before using this product.

\*Daily Value not established