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Colon Care Formula

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COLON CARE FORMULA

Promotes Colon Health
Elimination of Toxins*
Provides Essential Dietary Fiber

BENEFITS:Colon Care Formula promotes colon health with fiber, calcium, magnesium, selenium and FOS probiotic growth complex. These nutrients provide dietary support for normal, healthy functioning of the colon, including regular elimination of toxins and waste material, promoting the growth of friendly bacteria, such as acidophilus and bifidus, and support for proper digestion.*

Colon Care starts to promote colon health immediately when you start using the product, and also acts as a long term protector of the colon. Colon Care provides a balance of essential soluble and insoluble fiber, and is a concentrated source of all 5 fiber types, for complete fiber benefits. Fiber and calcium help to absorb toxins and waste material, speed transit time through the colon, and remove toxins from the body. This helps to maintain a normal, healthy colonic mucosa (cells lining the colon wall). By supporting the integrity of the colonic mucosa, toxins and waste material are less likely to be reabsorbed into the bloodstream through the colon wall. FOS acts as a food source for beneficial bacteria such as acidophilus and bifidus, which are important for proper digestion and colon health. Selenium and magnesium have important protective benefits in the colon.*

Health authorities, including the Food & Drug Administration, recommend 25 to 35 grams daily of fiber for good health. Most Americans consume only 10 to 15 grams of fiber each day, less than half of the recommended amount. For improved health, it is beneficial to eat a variety of high fiber foods and take a fiber supplement as needed. Colon Care Formula is a simple, healthy way to help assure adequate essential dietary fiber.

For best results, use everyday as long as desired. Colon Care contains no added sweeteners, colors or additives.

SUGGESTED USE: ADULTS AND CHILDREN OVER 12: 1

heaping teaspoon, one to three times a day. CHILDREN 6 - 12: 1 level teaspoon, one to three times a day. See Directions.

DIRECTIONS: Start by taking 1 serving each day. Gradually increase to 3 servings per day if needed.. Stir powder briskly into at least 8 ounces (a full glass) of liquid. Juice, water, soy or rice drink, and milk are all good with Colon Care Formula. For easiest mixing, shake in a closed jar. Drink immediately. If product is too thick when consuming, add more liquid and stir. Drinking additional liquid is helpful. If minor gas or bloating occurs, reduce the amount you take until your system adjusts.

CAUTION: A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop a sensitivity to psyllium. This sensitivity may result in an allergic reaction. If you experience a strong reaction, with difficulty in swallowing or breathing, after taking this product, seek immediate medical attention. Keep out of the reach of children.

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

Supplement Facts

Serving size 7 grams
(1 heaping teaspoon)
Servings per container: 48

Amount per serving	% Daily Value*
Calories 20	
Total Fat 0g	0%
Total Carbohydrate 5g	2%
Dietary Fiber 5.5g	20%
Soluble Fiber 3g	
Insoluble Fiber 2g	
Sugars 0g	
Protein <1g	
Calcium (as calcium carbonate)100 mg	10%
Magnesium (as magnesium oxide)50 mg	12%
Selenium (as selenium amino acid chelate) 17 mcg	**
Sodium 5 mg	<2%
Potassium 39 mg	<2%
Concentrated Fiber Blend 6.6g	**
Psyllium seed husks	
Soy fiber	
Oat bran	

Acacia gum	
Apple pectin extract	
FOS (Fructo-oligosaccharides) 100mg	**

*Percent Daily Values are based on a 2,000 calorie diet
**Daily Value not established

Ingredients: Psyllium seed husks, soy fiber, oat bran, calcium carbonate, acacia gum, FOS probiotic growth complex, magnesium oxide, apple pectin extract, selenium amino acid chelate.

Note: The carbohydrate in this product is primarily non-digestible fiber; digestible carbohydrate is less than 1/2 gram per serving.