

A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

High
Omega - 3

Gluten Free

High Fibre

Weight
Loss

Lowers
Cholesterol

Lowers Blood
Pressure

Colon
Cleansing



Optimum Regularity

NutraCleanse contains only the following all-natural organic ingredients:

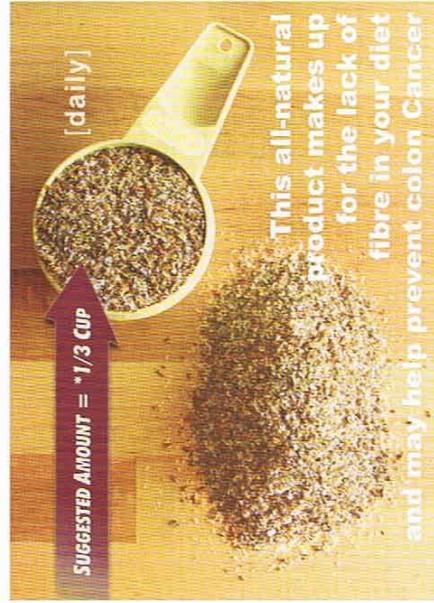
Ground Flax Seed • Ground Psyllium Husks
Dandelion Root Powder • Burdock Root Powder
Fenugreek Seed Powder



TM



NUTRACLEANSE



[daily]

SUGGESTED AMOUNT = *1/3 CUP

This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer.

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 - 3 heaped tablespoons of NutraCleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.

NutraCleanse Recipes For Your Enjoyment

OATMEAL WITH NUTRACLEANSE...

Add 1/3 cup oatmeal to 1 cup cold water in pot with dash of salt. Heat to boiling, stirring frequently. Turn heat down and simmer for 5 minutes, stirring occasionally. Then add 1/3 cup NutraCleanse and stir. Empty into bowl, serve with honey & milk. Enjoy!

WHEATLETS (CREAM OF WHEAT) WITH NUTRACLEANSE...

Add 1/4 cup cream of wheat (sometimes called wheatlets) to 1 cup cold water in pot with dash of salt. Heat to boiling, stirring frequently. Turn heat down to simmer and cook 5 minutes, stirring occasionally. Add 1/3 cup NutraCleanse. Empty into bowl, serve with honey & milk. Enjoy!

NUTRACLEANSE SMOOTHIE...

Add to blender:

- 1 ripe banana
- 1/2 orange
- 1 slice mango or papaya
- 1 egg
- 3/4 cup orange juice
- 3/4 cup unsweetened soy milk
- 1/3 cup NutraCleanse

Put lid on blender and set speed to 'high' for 30 seconds. Enjoy! (Mixture will naturally thicken after 1 minute).



NUTRACLEANSE

VISIT: WWW.NUTRACLEANSE.BIZ
E-mail: orderdesk@nutraceleanse.biz

TASTY NUTRACLEANSE LOW-FAT CRANBERRY ORANGE MUFFINS

- 2 cups NutraCleanse
- 1 1/2 cups whole wheat flour
- 3 tsp. baking powder
- 1 tsp. salt
- 3/4 c orange juice
- 1/2 c sugar (or 1/4 c honey to substitute)
- 3 eggs (3 egg whites can be used in place of 3 whole eggs for a lower fat version of recipe)
- 1 whole washed orange including peel, quartered and seeded
- 1 1/2 c chopped dried cranberries

Directions:

Combine first 4 ingred. in medium bowl. In blender, combine next 5 ingred. Blend on high approx. 20 seconds. Add liquid mixture to dry ingredients, and combine. Add dried cranberries, spoon into lightly sprayed muffin tray. Bake at 400°F (375°F if substituting honey) for approx. 25 minutes or until slightly browned. Makes 12 muffins. **Over 8g of fibre each!**

ON THE RUN?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute).

For these and other tasty NutraCleanse recipes visit our website at www.nutraceleanse.biz

NUTRACLEANSE is sold in 1kg bags at health food stores, produce/deli markets, pharmacies, and bodybuilding supplement stores.

...for life!

Please check our website and click **RETAILERS** for a store near you!

NUTRACLEANSE PRODUCTS INC.
PO Box 3561, Mission, BC, Canada V2V 4L1

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

Causes of Constipation:

The number one cause of constipation is a lack of adequate intake of dietary fibre on a daily basis. Dietary fibre is generally obtained from plant foods, and consists of the portion of the plant which is generally not digestible. For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **56 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

Insufficient water intake is also a contributing factor.

It is important to drink at least three glasses of water a day in addition to liquids such as coffee, tea, milk, etc.

Finally, lubrication of the colon (also known as the large intestine) is essential for regularity. A daily intake of 1 tbsp. (15ml) of flax, borage, olive oil, or fish oil contributes to proper elimination of waste.

Laxatives alone are not the answer!

Neither pharmaceutical nor herbal laxatives are a long-term solution to constipation. Why? Because these types of products mask rather than correct the real problem, which is the lack of fibre. They are often habit-forming and do not restore the colon's natural function.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and 3 cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

NUTRITION FACTS / VALEUR NUTRITIVE		
Per 30g / par 30g		
Amount / Teneur	% Daily Value / % Valeur Quotidienne	
Calories / Calories	140	
Fat / Lipides	9g	14%
Saturated / Saturés	1g	5%
+ Trans / Trans	0g	0%
Cholesterol / Cholestérol	0mg	
Sodium / Sodium	15mg	1%
Carbohydrate / Glucides	16g	4%
Fibre / Fibres	14g	56%
Sugars / Sucres	0g	
Protein / Protéines	4g	
Vitamin A / Vitamine A	0%	
Vitamin C / Vitamine C	0%	
Calcium / Calcium	8%	
Iron / Fer	15%	
Contains the essential fatty acids OMEGA 3 + 6		

NutraCleanse... for life!

Visit our web site to order your supply.
[HTTP://WWW.NUTRACLEANSE.BIZ](http://www.nutracleanse.biz)

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