



Quality, natural health products that work

The Ultimate Cleanse

A spring clean and detox for your insides

This complete inner body cleanse system, is made from the purest herbs. The ultimate treat you deserve, refresh your mind and detoxify your body.



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How and why

You are probably aware that your intestines act to break down food, absorb nutrients and eliminate waste. What is lesser known is that your intestines maintain fluid electrolyte balance and lymphatic drainage. This means that when your bowels become unclean and partially blocked, toxins begin to circulate in the body. This happens to almost everybody sooner or later.

Red meats do not digest easily and refined grains leave a sticky glutinous residue on your intestinal wall. This causes plaque to build up, just like on your teeth.

Antibiotics, food preservatives, alcohol and refined foods all affect our intestinal bacteria and over time your good bowel bacteria is unable to control the internal environment.

This may result in the following:

- an over-population of harmful micro-organisms
- reduced immune system function
- poor nutrient absorption
- damaged lining of the digestive tract, sometimes leading to serious conditions such as Irritable Bowel Syndrome, chronic constipation, diverticulitis or even bowel cancer.

The herbal combinations in The Ultimate Cleanse work to improve digestive secretions, such as bile and enzymes, increase bowel transit time, and speed up your metabolism. Your liver and kidneys are cleansed and their functions stimulated. Over the first few days your bowel motions become much more frequent and of larger volume. In the next couple of days faecal impactions and plaque begin to move, usually causing bowel motions of misshapen darker material. Finally, a long term positive effect is achieved by completely restoring bowel flora into balance with a high quality probiotic product.

Better than fasting

A high level of nutrition is also required with The Ultimate Cleanse diet. This ensures your energy stays high and toxin elimination is speedy. The recommended shakes and juices along with the supplements provided, keep hunger under control. The process of cleansing in a nutrient-rich environment allows rapid healing to occur at both organ and cellular levels.

How the Ultimate Cleanse works

The Ultimate Cleanse contains 14 highly effective herbs that soften and flush out the compacted faecal matter that has built up from years of eating unhealthy processed foods.

These herbs also support the body by providing it with wholefoods. The herbs detoxify and cleanse the liver, kidney and lymphatic system.

After this process, your bowel bacteria (flora) is replenished with billions of high quality probiotic bacteria.

After this you should feel like a new person, refreshed, energised and with a clear mind and body.

Step 1 - Preparation Stage

Before commencing the cleanse, some preparation is needed. You need to follow specific dietary changes for 3 to 7 days. This will prepare your body for the healing herbs and will commence the detoxification process.

Step 2 - Taking the herbs

There are two options

1. the 10 day deep cleanse for the average healthy person.
2. the 25 day gentle cleanse for unwell, elderly or overweight person, or if you find it difficult to take a lot of capsules.

During this period you will take the capsules and follow the recommended diet.

Step 3 - Restoring the body

Once you have completed the main programme you will restore the bacterial flora in your intestine and gradually reintroduce normal foods into your diet.

Step 4 - Maintenance

To maintain your level of health will require avoiding refined foods and following a healthy diet. You may want to consider doing the Ultimate Cleanse every six to twelve months to maintain the level of healthiness you will be feeling.

Preparation for the Cleanse

Step one – Preparation Stage

An intestinal cleanse needs some preparation, we have set out a list of dietary change which need to be followed for three to seven days before beginning The Ultimate Cleanse.

Foods to completely avoid

- All refined, processed, and packaged foods
- Breads, pasta, and other wheat-containing products
- All grains, seeds, crackers and snack bars
- All meats, including chicken
- All fried foods
- Eggs, nuts and baked beans
- Sweets, chocolate and soft drinks
- Bananas
- Potatoes

Foods to be eaten very moderately (if at all)

- Root vegetables (except potatoes)
- Brown rice
- Steamed or tinned fish
- Hummus or tofu
- Milk and cheese
- Pickles such as olives, gherkins, onions
- Supermarket juices

Foods to be eaten freely

- All fresh fruits (except bananas)
- Raw or steamed vegetables
- Vegetable soups (homemade)
- Diluted fruit juices (homemade)
- Vegetable juices (homemade)
- Unsweetened yoghurt
- Herbal teas
- Cayenne, garlic and ginger
- Culinary herbs
- Pure water (2 litres daily)

During this stage you might feel low in energy especially around day 3 or 4, it is important to keep your food intake up and take the time to relax and let your detoxification process unfold.

Your bowel movements may also become more frequent and of larger volume and may be darker and misshapen. Be prepared for this possibility. **Make sure you drink plenty of fresh water.**

It is best to gradually bring your diet into line with this regiment over a few days. First eliminate the refined foods (including bread, pasta, biscuits, cake and pastry) and fried foods. The next day eliminate meats and eggs. The next day drop the nuts and beans. This is the time stock up with fresh vegetables for making soups, purchase plenty of garlic, chilli and spices.

Step two – Taking the herbs

There are two options for the Ultimate Cleanse

1. The 10 day deep cleanse
2. The 25 day gentle cleanse

The 10 day cleanse

The 10 day cleanse is for the average healthy person, it involves taking 5 capsules of each product (20 capsules in all) in the morning and another 5 capsules of each product at bedtime.

Some people find this level of capsule taking difficult and may want to consider the 25 day cleanse.

During the 10 day period, the diet and food guidelines should be adhered to. Shakes, smoothies and juices are a key part of this program because they are designed to encourage digestive function and maintain energy levels. For more information see page 8 and 11. **Make sure you drink plenty of fresh water.**

The 25 day cleanse

The 25 day cleanse is for those that are unwell, elderly or seriously overweight. It involves taking 2 capsules of each product (8 capsules in all) in the morning and another 2 capsules of each product at bedtime.

During the 25 day period, the diet and food guidelines should be adhered to, but there is a bit more flexibility as to the types of foods you can eat. Foods that are able to be eaten on the 25 day cleanse but not on the 10 day cleanse are clearly marked on the shopping list page 7.

Shakes, smoothies and juices are also a key part of this program because they are designed to encourage digestive function and maintain energy levels. For more information see page 8 and 11.

On both cleanses, protein shakes, fruit salads and vegetables (other than potatoes) should form the major part of your diet.

Step three – Restoring the body

Once you have reached this stage of the program you have completely cleansed your body and the real results will begin to show. What you do from this point on will determine how long term the results will last. It is important over the following week to be very careful about what you eat.

We recommend that you reverse the process of going into The Ultimate Cleanse program, one step at a time. Go through the foods, gradually introducing one at a time and enjoy the new taste experience.

During this week take the Probiotic Multi-9 capsules (2 capsules per day) until all gone. These will restore the good bacteria in your bowel, which enables the minerals and vitamins in your food to be extracted and processed by the body.

The capsule in a capsule design ensures the sensitive probiotics are not damaged by the stomach acid, but make it into your intestine where they are required. They will then repopulate the intestine and multiply to improve digestion and mineral absorption.

Step four – Maintenance

Your diet may never completely return to the old ways. Food intolerances should now be gone or easier to identify. Avoid those foods for a while and give your intestinal walls time to recover.

Eat only when you are hungry and avoid refined starchy carbohydrates like white flour, white sugar, too much potato, white bread, cakes, biscuits, buns, pasta, pastry and crisps.

Eat only whole foods (fresh fruits and vegetables) and try to avoid refined products. They have little nutrition and tend to bind and inhibit digestion.

Even after cleansing and maintaining a healthy diet, it may still be difficult to avoid some kind of build up. Ideally, for optimum health you could just have juices for a couple of days each month and repeat the Ultimate Cleanse every six months or yearly for optimum health.

Common Questions

Should I diet?

We do refer to a diet throughout this book, but this is more a reference to what you can eat. To allow your body to detoxify you should provide it with ample nutritious food. The foods recommended in this booklet are the nutritious foods you should eat and you should eat an abundance of them.

What foods am I allowed?

Most vegetables and fruits, yoghurt, vegetable soups, fruit and vegetable juices, fruit and vegetable salads, avocados, cold pressed extra virgin olive oil, brown rice, herbal teas, natural spices and herbs.

We have prepared a weekly shopping list for all the foods contained here in our recipes. If you are unable to get any of these foods just get extra of what you can.

Can I continue to work or travel?

Yes certainly, as long as you are not too far from a toilet. You could be passing bowel motions several times a day.

Am I allowed to have coffee, tobacco or alcohol?

The Ultimate Cleanse is an ideal time to quit these habits. However if severe withdrawal symptoms occur, do not overstress yourself, just cut back to the best of your ability. You will still benefit greatly from the Cleanse.

Will I feel uncomfortable in my body?

You can experience temporary discomfort. Bloating can occur, as lodged materials shift in your body, however this is normally relieved by the next bowel motion. If you feel bloated, peppermint tea gives great relief.

What if I feel sick on the program?

Some people have experienced nausea, vomiting or diarrhoea at the beginning of the program. If this occurs, it indicates a serious plaque or toxin build-up. Stop the program immediately and start again very slowly. You are better to try the diet for 2 weeks before beginning the program and then try the 25 day plan.

Should I alter my prescription drugs?

Keep taking any current medication and consult your doctor about any changes. If you are currently consulting with a health professional, please discuss with them before commencing.

Can I stop and start?

Yes you can manage your own cleanse schedule. Start at half the dose after a 24 hour rest period for the first day, and then resume the program. It is just a matter of time for some people. Stick with it.

My easy to shop - check list

- | | |
|---|--|
| <input type="checkbox"/> Almonds (*25 day plan only) | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Mango and passionfruit |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mung beans |
| <input type="checkbox"/> Barley grass juice | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beetroot | <input type="checkbox"/> Olive and Coconut Oil |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli and Cauliflower | <input type="checkbox"/> Oranges and squeezed orange juice |
| <input type="checkbox"/> Brown rice (*25 day plan only) | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Cabbage red/white | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Pumpkin for soup |
| <input type="checkbox"/> Cider vinegar | <input type="checkbox"/> Quinoa (*25 day plan only) |
| <input type="checkbox"/> Corn on the cob | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Courgettes | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Fresh fish (*25 day plan only) | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Fresh herbs (variety) | <input type="checkbox"/> Spring onions |
| <input type="checkbox"/> Garlic cloves | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Tofu (*25 day plan only) |
| <input type="checkbox"/> Kumara | <input type="checkbox"/> Tomatoes and tomato juice |
| <input type="checkbox"/> Lemons or Lemon juice | <input type="checkbox"/> Yoghurt, unsweetened |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> All fruits except bananas |

Shakes and Smoothies

Shakes and smoothies are a key part of this program because they are designed to encourage digestive function and maintain energy levels. Below is a list of especially beneficial ingredients which should be used in your smoothies. Make a large 500ml smoothie every morning during your cleanse.

- Milk (if you are lactose intolerant then try rice or soy milk), or purified water.
- Acidophilus yoghurt (include 1 cup per smoothie). Remember, yoghurt is OK for lactose intolerance.
- High quality, whey protein powder (2 heaped dessert spoons)
- Pineapples, paw paw and mangoes. High in digestive enzymes
- Extra acidophilus or probiotic powder (not essential, but does assist)

The reason a lot of digestive problems occur is due to insufficient intestinal bacteria and living flora. Many micro-organisms assist with digestion and when this is out of balance the whole body suffers. Conditions like irritable bowel, colitis, Crohns, celiac, diverticulitis and food intolerances can be relieved by restoring this balance. The smoothies may initially cause a bloating effect as they re-establish this balance. Try adding a little cinnamon or a few fennel seeds to the blender if this occurs. You should feel very energized and enjoy the whole smoothie experience.

Caffeine and Alcohol withdrawal

Caffeine is found in tea, coffee, chocolate and some soft drinks. When you stop taking caffeine or alcohol your body may experience one or more of the following withdrawal symptoms – headaches, migraine, nausea, vomiting, low energy or a general unwell feeling.

If completely stopping coffee or alcohol places extra unnecessary stress on your body, then just limit yourself to 1 or 2 small servings per day. This will not unduly interfere with the programmes success.

Remember the three Golden rules

1. Do not eat too much at once.
2. Chew your food extra well.
3. People with diabetes or candida, avoid too many sweet fruits and fruit juices. Eat pears and apples in moderation.

Cleansing stage, dose plan and options

10 day, deep cleanse

For the average healthy person

In the morning

5 capsules each of:

Cleansa, Digestaid, Supafood and Gentlelax.

In the evening

5 capsules each of:

Cleansa, Digestaid, Supafood and Gentlelax

25 day, gentle cleanse

For the unwell, elderly or chronically obese.

In the morning

2 capsules each of:

Cleansa, Digestaid, Supafood and Gentlelax.

In the evening

2 capsules each of:

Cleansa, Digestaid, Supafood and Gentlelax

Please note: Some particular foods and recipes can only be eaten on the 25 day programs. These foods and recipes are marked with a star, both in the recipe section and shopping list.

All other foods listed can be eaten freely on all programs.

If any pain or severe discomfort occurs during this program, cease taking the supplements altogether and consult your health professional.



Easy Breakfasts

Juices

Delicious juice combinations could contain the following ingredients. Try not to combine fruit and vegetable juices. They digest better separately.

- Apple
- Carrot
- Grape
- Lemon
- Pineapple
- Tomato
- Beetroot
- Feijoa
- Grapefruit
- Orange
- Prune

All of these juices can be combined with black pepper and or chilli pepper which aid peristaltic action (intestinal motility). You may find single juices are easier to digest and add more variety. Perfect for a quick energy boost.

Yoghurt smoothies

This is a great way to start your day. Just take your favourite fruit (but not bananas - too starchy) and fruit juice, add some yoghurt or milk (soy milk or rice milk preferred), a pinch of cinnamon and blend until smooth. Throw in some barley grass powder for more energy.

Fruit salads

Try combining different fruits with plain unsweetened yoghurt. You can include:

- Apples
- Cherries
- Mangoes
- Oranges
- Pears
- Plums
- Apricots
- Kiwifruit
- Nectarines
- Peaches
- Pineapple
- Prunes

Remember no bananas



Juices

Kiwifruit and pineapple juice

4 ripe peeled kiwifruit
1 medium pineapple with top removed

Cut the fruit into pieces and blend.

Mango tango

1 mango
1/2 pineapple, or 1 small pineapple
6 strawberries
4 tablespoons of pineapple juice, honey to taste (optional)

Peel the mango and the pineapple and cut them into cubes, discarding the pineapple core. De-stalk the strawberries.

Pour the pineapple juice over the fruit and leave to soak for 30 minutes. If the fruit is ripe this should sweeten it enough. If it is too tart for your taste, add a little honey.

Apple and carrot juice

Simply delicious, this juice is one of the most refreshing tasting juices we recommend.

4 carrots
4 apples

Wash and chop the carrot and apples if necessary, to fit in the juicer. Juice and drink immediately. If you like celery add two sticks. A little lemon juice prevents these juices from going brown.

Raspberry and peach juice

Raspberry and peach juice is a thick, sweet, restorative juice. It is particularly good if you are over-tired or anaemic. If you find it too thick, add an apple or water.

1 small punnet of raspberries
2 peaches

Wash all the fruit and stone the peaches. Juice and drink immediately.

Tomato juice with spring onions

8 large tomatoes
2 fat spring onion bulbs
4 large sprigs of basil
6 large sprigs of oregano

Roughly chop the tomatoes and spring onions and put them into a blender with the leaves from the basil and oregano. Whizz until smooth.



Smoothies

Yoghurt and mango smoothie

300 gm of unsweetened yogurt
1 large peeled mango

Cut mango into pieces then add to yoghurt and blend it until smooth. You can also replace yoghurt with 425 ml of almond, soy or rice milk.

Kiwi and passion fruit smoothie

4 passion fruit
250 gm of plain yoghurt
100 ml of milk
3 peeled kiwifruit cut into chunks

Cut the passion fruit in half widthways and rub through a sieve to extract all the juice. Discard the pips. Put the rest of the ingredients into a blender and whiz until smooth.

Blueberry and strawberry smoothie

100 gm blueberries
6 large strawberries
425 ml of milk

This combination of berries can help regulate the hormonal balance of the menstrual cycle and may provide support during menopause.

Put ingredients into a blender and whiz until smooth.

Yoghurt and prune smoothie

400 gm of unsweetened yoghurt
12 prunes

Prunes are very good on a detox as they have the ability to move through the body quickly, alleviating build up. Put the ingredients into a blender and whiz until smooth.

Sprinkle with cinnamon and serve cold.



Salads

Coleslaw

1/4 white cabbage

1/4 red cabbage

1 large carrot

1 apple

A small handful raisins

A small handful chopped hazelnuts

4 tablespoons (60 ml) yoghurt/vinegar 50/50 blend

Finely shred the cabbages. Scrape or peel and grate the carrot. Grate the apple. Mix the cabbage, carrot and apple then add the raisins and hazelnuts.

Combine the yoghurt/vinegar dressing with the salad and serve.

Tomato and avocado salad

2 large tomatoes

1 large avocado

Chop into wedges 2 cm wide and sprinkle with spring onion, basil, chives, cold pressed olive oil and apple cider vinegar.

Beetroot salad

1 large shredded carrot

Juice of 2 lemons

20 ml Cider vinegar,

50 ml Olive oil,

Chopped Rocket, Parsley or Coriander.

3 large beetroot boiled in skins for 20 minutes. Peel and dice into 2 cm cubes. Optionally add 100 gm mung bean sprouts,

Broccoli and cucumber salad

1 head of broccoli

1 cucumber

1 red capsicum

1 orange or apple

Chop all ingredients into 2 cm cubes and dress with herbs, vinegar and olive oil.

Try a combination of any of the above ingredients into a green leafy salad.



Soups

Tomato and leek soup (4 servings)

- 2 large onions
- 1 large leek
- 6 cloves of garlic
- 425 gm tin tomatoes
- 4 fresh chopped tomatoes
- 1/2 jar pasta sauce
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp caraway seeds
- 2 tsp miso paste

Simmer onions, leek and garlic in olive oil over low heat until soft. Add tin of tomatoes and fresh chopped tomatoes, pasta sauce, turmeric, paprika, caraway seeds. Add water to make a soup.

Just before serving - add the miso paste. Adding at the end of cooking preserves the nutrients in the miso paste.

Make other similar soups using either carrots, kumara, onions, parsnips or mushrooms.

Pumpkin soup (8 servings)

- 1 pumpkin
- 2 carrots
- 2 large onions
- 6-8 large cloves of garlic
- Cayenne pepper
- Curry powder

Take whole pumpkin and dice into 5 cm cubes. Add a couple of carrots if you wish.

Finely chop onions and the cloves of garlic and simmer these lightly in olive oil until soft, adding a pinch of cayenne pepper and two teaspoons of curry powder (optional).

Add the pumpkin and stir well into onions for five minutes. Add 4-6 cups of water depending on the size of pumpkin and allow to simmer until pumpkin is soft. Mash or blend the soup until smooth adding more water if needed. This soup is nice served with yoghurt and a sprinkling of mixed herbs and cracked pepper. This soup can be made with kumara, carrot or swede.



Mains

Roasted vegetable feast

Kumara
Pumpkin
Onion
Whole garlic
Zucchini
Mushrooms
Carrots
Capsicum
Parsnip

Take generous portions of all the vegetables and cut into similar sizes. Cook the hard vegetables first in a drizzle of olive oil. Then add the soft vegetables.

Grilled fish* (25 day plan only)

500 gm fresh fish
1 large lemon
1 large onion
4 cloves of garlic
Fresh coriander leaves
3 tbsps (45 ml) cold pressed olive oil

Heat oven to 190° C (375° F)

Place the fish in a flat casserole dish after pouring in the oil. Slice the onion into rings and crush garlic. Rub the crushed garlic and lay onion rings over the fish. Squeeze one half of the lemon and spoon some of the oil over the top. Place under the grill. Serve with a salad.

Spinach with yoghurt

900 g of baby spinach leaves
3 tbsps of pumpkin seeds* (25 day plan only)
150 g unsweetened yoghurt

Wash spinach and put into a saucepan with only the water clinging to it. Add the pumpkin seeds. Cover and cook over a very low heat until spinach is wilted, about 7 minutes. Drain, cool slightly and chop roughly. Stir in the yoghurt and serve.



Extra food suggestions

Extra ideas

- Steamed silver beet or spinach
- Steamed cauliflower, broccoli, carrots or cabbage
- Cucumber, celery or carrot sticks with guacamole (avocado dip) or a little hummus
- Corn on the cob
- Steamed asparagus with olive oil and basil
- Stewed apples with yoghurt and cinnamon

More juice options

Juice combinations could contain the following, in this order of preference. Try not to combine fruit and vegetable juices: beetroot, carrot, apple, orange, grape, grapefruit, lemon, tomato, pineapple, feijoa. All of these juices can be combined with black pepper and or chilli pepper if desired. These aid peristaltic action. You may find single juices are easier to digest and add more variety.

Protein shakes

This is a great way to start your day. Just take your favourite fruit (sorry no bananas as they are too starchy) and fruit juice, add some yoghurt or milk (soy or rice milk) and a pinch of cinnamon. Add 2 heaped dessert spoons of good quality whey protein powder and blend until smooth. Throw in some barley grass powder for more energy. This is an excellent blood sugar stabilizer and really helps keep your energy high during the cleanse.

More fruit salads

Try combining different fruit and adding yoghurt. You can include:

- Apples
- Apricots
- Cherries
- Kiwifruit
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Strawberries
- Tamarillos
- Do not add bananas

The Ultimate Cleanse ingredients

Below is a list of the ingredient formulations used to prepare your Ultimate Cleanse.

Cleansa	Weight	Active
Psyllium husk powder	200mg	200mg
Wormwood herb powder	180mg	180mg
Cascara sagrada bark powder	100mg	100mg
Slippery elm powder	20mg	20mg
Fennel seed powder	10mg	10mg

Digestaid	Weight	Active
Fennel seed powder	120mg	120mg
Peppermint powder	120mg	120mg
Dandelion root powder	90mg	90mg
Barley Grass leaf powder	90mg	90mg
Cayenne powder	70mg	70mg
Ginger powder	70mg	70mg
Licorice powder	50mg	50mg

Gentlelax	Weight	Active
Psyllium husk powder	600mg	600mg
Carob powder	50mg	50mg
Guar gum	50mg	50mg
Encapsulating aid		

Supafood	Weight	Active
Barley grass powder	330mg	330mg
Alfalfa powder	120mg	120mg
Bilberry extract	1mg	100mg

Probiotics Multi -9	Weight	Active
Outer Capsule Prebiotics	55mg	
Fructooligosacharides		55mg
Inner Capsule Probiotics	120mg	
Lactobacillus acidophilus		1200 million
Lactobacillus casei		600 million
Lactobacillus rhamnosus		600 million
Lactobacillus salivarius		600 million
Lactobacillus bulgaricus		200 million
Bifidobacterium bifidum		200 million
Bifidobacterium lactis		200 million
Bifidobacterium longum		200 million
Bifidobacterium infantis		200 million

Encapsulating aids

If you have a medical condition, are elderly, weak, obese, or badly constipated, do not attempt this program without consulting your health professional. The following conditions may be temporarily aggravated by this type of cleansing, epilepsy, tachycardia and hemorrhoids. Don't use while pregnant.

The information in this booklet is meant for educational purposes only and is not intended to replace professional medical advice.



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