



# THE ULTIMATE CLEANSE

An internal spring clean  
and detox



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# WHY SHOULD I DO THE ULTIMATE CLEANSE?

You are probably aware that your intestines break down food, absorb nutrients and eliminate waste products. What is lesser known is that your intestines also maintain fluid electrolyte balance and lymphatic drainage. This means that when your bowel becomes unclean or partially blocked, toxins begin to circulate around your body. This happens to almost everybody at some time in their lives.

Red meat and refined grains do not digest easily and can leave a sticky glutinous residue on your intestinal walls. This causes plaque to build up, just like plaque builds up on your teeth. Antibiotics, refined food, alcohol and preservatives all affect the intestinal bacteria in your bowel, over time the good bacteria is unable to maintain control of your internal environment.

## **This can result in the following:**

- An over population of harmful micro organisms
- Reduced function of your immune system
- Poor nutrient absorption
- Damaged lining of the digestive tract. This can sometimes lead to serious bowel conditions

## **The herbal combinations in The Ultimate Cleanse work to:**

- Cleanse your liver, kidneys and lymphatic system
- Improve digestive secretions such as bile and enzymes
- Stimulate your liver and kidney function
- Increase bowel transit time
- Speed up your metabolism
- Replenish your bowel bacteria with high quality probiotic bacteria



# 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 over years of unhealthy eating. They also detoxify and cleanse the liver, kidneys and lymphatic system while the Probiotic Multi 9 replenishes your intestinal flora with billions of high quality probiotic bacteria.

## STEP ONE - Preparation stage

Before commencing The Ultimate Cleanse some preparation is required. You will need to follow the recommended healthy eating programme for **three to seven** days prior to taking the herbal capsules. This will prepare your body for the detoxification process as you slowly eliminate refined food, coffee and alcohol out of your diet.

## STEP TWO - Taking the herbal capsules

During this period you will take the herbal capsules, follow the recommended healthy eating programme and drink home made juices or vegetable and fruit smoothies.

There are two options available to you -

- **The 10 day deep cleanse:** this is recommended for the average healthy person with no major health complaints
- **The 25 day gentle cleanse:** this is a gentler version and is recommended for people who are unwell or have difficulty in swallowing a large amount of capsules

## STEP THREE - Restoring your bacterial flora

Once you have completed either the 10 or the 25 day cleanse, take the Probiotic Multi 9 capsules that will restore the bacterial flora in your intestines. You then start to gradually reintroduce different types of food back into your diet.

## STEP FOUR - The maintenance phase

To maintain your level of health, we recommend avoiding refined food and following a healthy diet. You may want to consider doing The Ultimate Cleanse every six to twelve months to maintain the level of wellbeing you will now be experiencing.



## STEP ONE - PREPARATION

An intestinal cleanse needs some preparation. Below is a list of dietary changes that need to be followed for **three** to **seven** days prior to beginning The Ultimate Cleanse. It will also form the basis of your eating programme while on the cleanse.

Over this preparation stage gradually bring your diet into line by eliminating refined food such as bread and pasta on day one, followed by meat, coffee and alcohol on day two, with nuts and beans being eliminated on day three. During this stage you might feel low in energy especially around day three, so it is important to keep your food and water intake up and take time to relax.

Your bowel movements may become more frequent, of a larger volume and they may be darker and misshapen. Be prepared for this possibility and again, make sure you drink plenty of fresh water.

### REMEMBER THE THREE GOLDEN RULES –

- Never eat too much food at one time
- Chew your food well
- Drink plenty of pure water – at least two litres per day

## Food and liquids to be consumed freely

- Vegetables (except for potatoes and sweetcorn)
- Homemade smoothies
- Salad greens e.g. lettuce, kale, chard
- Homemade vegetable juice
- Unsweetened coconut yoghurt
- Herbal teas
- Homemade fruit and vegetable juices in moderation
- Pure water - recommended at least two litres per day
- All fresh and dried herbs and spices e.g. garlic
- Eggs
- Fresh fish and shell fish
- Organic chicken
- Cold pressed extra virgin olive oil, coconut oil and ghee (clarified butter)
- All nut milks, coconut milk, coconut cream, coconut water, homemade milk kefir (fermented milk)
- Kimchi, sauerkraut
- Fresh fruit in moderation (not bananas)

## Food to completely avoid

- All refined, processed and packaged food
- Bread, pasta and other products containing wheat
- All grains, oats and rice (brown or otherwise)
- Red meat and pork
- Fried food and takeaway meals
- All sweets, chocolate and soft drinks
- Alcohol
- All caffeinated drinks and all artificial sweeteners
- Bananas and dried fruit
- Potatoes and sweetcorn
- Milk, cheese and other dairy products
- Tinned fish
- Legumes and pulses (including chickpeas and hummus)
- Juice purchased from the supermarket
- Nuts and seeds (including chia seeds)



## STEP TWO - TAKING THE HERBAL CAPSULES

On both the 10 and 25 day cleanses; fruit, vegetables, salads, fish, organic chicken and smoothies form the major part of your diet (see the list of food and liquids to be consumed freely on page 5), along with taking the herbal capsules.

There are two options for The Ultimate Cleanse:

### 1. The 10 day deep cleanse

Recommended for the average healthy person, who has no major health complaints.

The 10 day cleanse involves taking five capsules of each of the Cleansa, Digestaid, Supafood, Gentlelax (20 capsules in total) after breakfast and another five capsules of each product after your evening meal. Some people find this level of capsule taking difficult and may want to consider the 25 day cleanse.

### 2. The 25 day gentle cleanse

This is a gentler version and is recommended for people who are unwell or have difficulty in swallowing a large amount of capsules.

It involves taking two capsules of each of the Cleansa, Digestaid, Supafood, Gentlelax (eight capsules in total) after breakfast and another two capsules of each product after your evening meal.

**If any pain or severe discomfort occurs while participating in this programme, cease taking the supplements and consult your health professional**





## STEP THREE - RESTORING THE BODY

Once you have completed The Ultimate Cleanse you will be feeling energetic and revitalised. What you do from this point on will determine how long the results will last.

It is important over the following week to be very careful with what you eat. We recommend that you gradually re-introduce different food types back into your diet one day at a time. During this week, take the Probiotic Multi 9 capsules (two capsules per day on an empty stomach) until they are all gone. They will restore the good bacteria in your bowel, enabling the minerals and vitamins to be absorbed. The capsule in a capsule technology ensures the sensitive probiotics are not damaged by stomach acid and make it into your intestines where they are needed.

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## STEP FOUR - MAINTENANCE

Eat only when you are hungry and avoid refined starchy carbohydrates like white flour, sugar, potatoes, white bread, cakes, biscuits, pasta and pastry, as they have very little nutritional value. Try and eat predominantly organic whole foods (fresh fruit and vegetables).

For optimum health we recommend repeating The Ultimate Cleanse every six to twelve months.



## COMMON QUESTIONS

### What food am I allowed on The Ultimate Cleanse?

A comprehensive list of food and liquids to be consumed freely, can be found on page 5.

### Am I allowed to have coffee, tobacco or alcohol?

During The Ultimate Cleanse is an ideal time to quit these habits, however if severe withdrawal symptoms occur, just cut back to the best of your ability.

### Should I alter my prescription drugs?

If you are on any medication, please consult your doctor or your current health professional before commencing The Ultimate Cleanse.

### Will I feel sick or uncomfortable on the programme?

Temporary bloating can occur and is a fairly common side effect. Drinking a cup of peppermint or ginger tea can give relief. Some people experience nausea, vomiting or diarrhoea at the beginning of the programme which is the body purging toxins. We advise you to move to the 25 day plan (if on the 10 day plan) or cut down to half the dose of capsules prescribed if you are on the 25 day plan.

You may also experience 'carb crashing,' which is a term used for the fatigue and irritability that can happen in the early days of starting a low carb eating programme. It usually occurs around day's three to five while the body is adjusting to its new source of fuel. If you experience this, make yourself a low carb berry smoothie with lots of nutritious greens and a scoop (or two) of high quality protein powder. (Smoothies are designed to encourage your digestive function and to maintain high energy levels.)

You might also want to look at making a large roast vegetable salad (page 16) with plenty of added green herbs, to eat over the next few days. Kumara (sweet potato) helps to ensure a balanced and regular source of energy without your blood sugar spiking, which is linked to fatigue and weight gain. They are also a good source of vitamin D which plays an important part in our energy levels, mood swings as well as supporting your thyroid.

### Can I start and stop the cleanse?

Yes you can stop part way through the cleanse. Stop for 24 hours and then restart on half the dose for the first day, then resume the programme.



## THE ROLE OF PROTEIN IN YOUR DIET

Protein is a necessary component of everyone's diet in order to be healthy. It's not just reserved for the likes of Arnold Schwarzenegger. It is necessary for anyone taking part in any kind of exercise regime, as it's full of amino acids and enzymes.

While we do get protein from different food types such as meat, eggs and nuts, when exercising it can be simpler and more effective to get additional protein through smoothies with added protein powder. This form of protein can reach your bloodstream in as little as 15 minutes after consumption.

Optimal protein intake can also help to prevent obesity, diabetes and heart disease, while enhancing your mood and promoting healthy brain function.



**TIP**  
Add other root vegetables such as parsnips, turnips and swedes

## SNACKS

### VEGE CHIPS

#### Ingredients:

- 3 beetroot peeled and halved
- 3 large carrots peeled
- 3 kumara (sweet potatoes) peeled
- A small amount of virgin olive oil
- Organic salt

#### Method:

- Slice all vegetables as thinly as possible
- Arrange in a single layer on a greased or paper lined tray
- Spray or brush lightly with oil and sprinkle with salt
- Bake at 130° for one and a half hours until crisp

**ADD:** paprika or chilli flakes after cooking

## KALE CHIPS

### Ingredients:

6 cups of kale, stemmed and torn  
2 tsp of olive oil  
Pinch of salt  
Pinch of paprika

**TIP**  
Use nori  
sheets instead  
of kale

### Method:

- Toss all ingredients together
- Arrange in a single layer on a paper lined baking sheet
- Bake at 180°C until crisp and dark green (approximately 12-15 minutes)

**ADD:** seasoned or garlic salt, chilli or garlic flakes

## BRUNCH

### SCRAMBLED EGGS WITH ASPARAGUS AND SMOKED SALMON

### Ingredients:

1 tbsp of coconut oil, ghee or olive oil  
Handful of baby spinach  
5 asparagus spears trimmed and chopped  
½ chopped onion  
6 eggs  
Organic smoked salmon

### Method:

- Sauté onion, asparagus and spinach in ghee (olive/coconut oil)
- Whisk the eggs and add to the pan, allow the eggs to sit for 30 seconds before stirring
- Gently move the eggs around the pan until they are cooked through
- Add the smoked salmon just before serving
- Garnish with either parsley, chives or coriander

**TIP**  
Use broccoli or  
green peppers  
instead of the  
asparagus



**TIP**

Use fresh mint  
leaves instead  
of dill



# DRESSINGS

## TZATZIKI

### Ingredients:

- ½ large cucumber peeled
- 1 cup of plain coconut yoghurt
- 2 cloves of crushed fresh garlic
- ¼ cup of chopped dill
- 1 tbsp of freshly squeezed lemon juice

### Method:

- Peel and finely dice the cucumber, strain off the juice (getting rid of the excess liquid is important so the tzatziki isn't watery)
- Combine all the ingredients and mix well
- Refrigerate for at least an hour before serving and season to taste

## LEMON OR BASIL DRESSING

### Ingredients:

- ½ cup mild extra-virgin olive oil (cold pressed)
- ½ cup fresh lemon juice
- 3 cloves of crushed fresh garlic

### Method:

- Combine all the ingredients and mix well. Season with salt and pepper

**TIP**  
Basil  
Dressing: Add 1  
cup of fresh basil  
and combine all  
ingredients in  
a blender

## CREAMY AVOCADO DRESSING

### Ingredients:

- 1 avocado peeled
- ¾ cup mild extra virgin olive oil (cold pressed)
- 1 tbsp fresh lemon juice
- ¼ tsp crushed fresh garlic
- ½ cup of water

### Method:

- Place everything except for the water in a blender. Blend, adding the water steadily as you go. Keep blending until you reach a smooth consistency, adding more water if necessary

# SOUPS

## CHICKEN SOUP

### Ingredients:

- 8 organic chicken drumsticks
- 3 diced carrots
- 1 leek halved and sliced finely
- ½ bunch of celery, diced
- ½ tbsp of RealSalt
- 1 tbsp of apple cider vinegar
- Filtered water

### Method:

- Add chicken, water, salt and apple cider vinegar to a large saucepan and bring to the boil. Turn down to a steady simmer
- As it cooks, remove any foam that may form on the top, with a slotted spoon
- Keep an eye on the water level and top up if necessary, ensuring the chicken is covered
- Cook for 1–1.5 hours then remove the chicken and allow it to cool
- Meanwhile add the vegetables to the broth and cook for approximately half an hour or until they are tender
- When cool, shred the chicken off the bones and add back into the broth with the vegetables. Serve

Cooking the chicken on the bone ensures all the vitamins, minerals and gelatine are extracted from the bones into the broth. This makes for an extremely nourishing soup.

**TIP**  
Add vegetables of your choice such as cabbage, courgettes, leeks etc







## SPICY PUMPKIN SOUP

### Ingredients:

- 1 tbsp of olive oil/ghee
- 1 onion coarsely chopped
- 2 tsp ground cumin
- 1 tsp of chilli powder or chilli flakes (optional)
- 1.5kg peeled pumpkin, deseeded and coarsely chopped
- 1 litre homemade chicken or vegetable stock
- 1 tbsp coconut yoghurt (optional – as a garnish)

### Method:

- Heat oil in a large saucepan. Cook onion until brown then add cumin and chilli (optional) and cook for 1 minute
- Add pumpkin and stock and simmer for 20 minutes or until the pumpkin is soft. Set aside to cool slightly
- Either using a blender or a stick blender, process the soup until smooth
- Season to taste
- Garnish with yoghurt and fresh herbs - optional

### TIP

Garnish with fresh herbs such as coriander, parsley, chives or basil



**ADD**  
Use any vegetables that take your fancy. Let your imagination run riot!

## SALAD DISHES

### ROAST VEGETABLE FEAST

(serve hot or cold)

#### Ingredients:

Hard vegetable suggestions:

Kumara (sweet potato)

Pumpkin (peeled)

Small pickling onions (peeled)

Carrots

Whole beetroots (peeled)

Fresh rosemary (optional)

Soft vegetable suggestions:

Capsicum

Zucchini

#### Method:

- Cut generous portions of all the vegetables into similar sized pieces
- Place the hard vegetables, drizzled with olive oil or ghee, in a moderate oven
- Once the hard vegetables are half cooked add the soft vegetables and toss. Add fresh rosemary (optional) and continue cooking until all vegetables are cooked through
- Season with salt and pepper

**TIP:** for economic purposes, choose vegetables that are in season. Serve cold with tzatziki and chicken on top of a green salad, or hot with green vegetables and fish

# DON'T FORGET TO 'EAT THE RAINBOW'

Studies have shown that people who eat generous amounts of different coloured fruit and vegetables, on a daily basis, are more likely to have a reduced risk of chronic disease. However, most people need to increase their daily intake of fruit and vegetables. A new way of thinking about meeting that goal is to 'Eat the Rainbow'. When planning a meal, think about choosing organic fruit and vegetables from every colour palette, be creative and reap the benefits.



## SPICED SLAW

### Ingredients:

- 175g shredded cabbage (either red or green)
- 1 apple cored and grated
- 1 large carrot grated
- 2 spring onions (shallots or red onion) chopped finely
- 40g spinach finely shredded

### Dressing:

- $\frac{3}{4}$  cup coconut yoghurt
- $\frac{1}{2}$  tsp turmeric
- $1\frac{1}{2}$  tsp garam masala
- 1 tbsp of mild olive oil
- 1 medium sized clove of crushed fresh garlic (optional)

**ADD**  
Coriander,  
parsley, finely  
sliced celery

### Method:

- Put the dressing ingredients in a bowl and season to taste.
- Add the salad ingredients to the same bowl and gently combine with the dressing.

## WARM SPINACH, MUSHROOM & KALE SALAD

### Ingredients:

- 2 tbsp of cold pressed light olive oil
- 1 red pepper chopped
- 2 cloves of crushed fresh garlic
- 1 bunch of kale
- 1 bunch of chopped spinach
- 4 tbsp of apple cider vinegar

### Method:

- Heat the oil in a pan and cook the red pepper, garlic and kale for 5 minutes covered
- Add spinach, mushrooms and cook for a further 5 mins
- Season and stir in the vinegar
- Serve hot

**TIP:** omit the mushrooms and add cherry tomatoes when adding the spinach



**ADD**  
Cooked organic  
prawns or any  
other salad  
vegetables

## MANGO & AVOCADO SALAD

### Ingredients:

- 1 large just ripe mango
- 2 just ripe avocados
- Salad greens
- Coriander or mint leaves to serve

### Method:

- Peel mango and cut into thin slices
- Slice avocado into thin wedges
- Pile salad leaves and herbs onto a plate and top with mango and avocado
- Dress with your favourite dressing



# CHICKEN DISHES

## HEALTHY CHICKEN CURRY (SERVES 4)

### Ingredients:

- 1 tbsp olive oil/ghee
- 1 large onion chopped finely
- 2 cloves of crushed fresh garlic
- 1 tin organic tomatoes chopped
- 1 tbsp of tomato paste
- 1 tsp of fresh coriander
- 1 medium chilli chopped
- ½ tsp chilli powder
- ½ tsp coriander powder
- ½ tsp cumin powder
- ¼ tsp turmeric powder
- 2 tbsp of water
- 2 large chicken breasts
- 1 tbsp of coconut yoghurt

### TIP

Substitute chicken for fish or prawns, adjust the cooking time accordingly

### SERVE WITH

Cauliflower rice (recipe on page 21)

### ADD

Vegetables such as spinach and beans

### Method:

- Heat oil and fry the onions until soft
- Add garlic, tomatoes, the puree, chilli and spices. Cook for a few minutes then add the water
- Cook, allowing for the sauce to reduce slightly
- Add chicken and cook for a further 10 to 15 minutes
- Add yoghurt and stir
- Season with salt and pepper
- Garnish with coriander or parsley before serving



## CREAMY CHICKEN AND AVOCADO SALAD

### Dressing:

- 1 small can of coconut milk
- ¼ cup fresh coriander (or parsley if you don't like coriander)
- 1 tbsp apple cider vinegar
- 1 tbsp melted coconut oil
- 1/3 tsp crushed fresh garlic
- Lemon zest from one small lemon
- 1 tsp lemon juice

### Salad:

- 1 cup of finely chopped celery
- 1 cup grapes halved
- 1 apple finely chopped
- ½ kilo poached organic chicken
- 1 avocado chopped into small pieces

**TIP**  
Add fruit or vegetables such as cucumber, radishes and spring onions

### Method:

- Combine all the dressing ingredients and whisk well
- Combine all the salad ingredients in a large bowl and add the dressing
- Serve heaped onto a bed of lettuce leaves/greens and season to taste

## CAULIFLOWER RICE

### Ingredients:

- 1 head of cauliflower
- 1 tbsp of olive oil/ghee
- 2 tsp of organic (or homemade) chicken stock (optional)

### Method:

- Cut the cauliflower into large pieces trimming out the inner core
- Transfer the cauliflower to a food processor and pulse until completely broken down, taking care not to over fill the processor bowl
- Warm a tbsp of olive oil (or ghee) in a pan over a medium heat and add the chicken stock if using. Add cauliflower and cook for 5 to 8 minutes uncovered until it is as tender as you would like it
- Season and serve as you would any other kind of rice



**TIP**  
Serve with  
tzatziki sauce or  
a spicy yoghurt  
dressing

## FISH DISHES

### GARLIC GRILLED SALMON SKEWERS (SERVES 4)

#### Ingredients:

2 large organic salmon fillets cut into chunky bite sized pieces

2 large lemons thinly sliced

Approximately 16 bamboo skewers soaked in water for at least an hour

#### Marinade:

2 large cloves of crushed fresh garlic

Salt and pepper

2 tbsp of organic cold pressed olive oil/ghee

2 tbsp of fresh lemon juice

#### Method:

- Stir all the marinade ingredients together
- Place the salmon pieces in the marinade and leave for at least an hour
- Skewer the salmon pieces and the sliced lemon intermittently onto two skewers (doubled up) – this allows for easier turning during cooking
- Brush the finished skewers with the marinade
- Oil the BBQ grate (if using) or place on baking paper under the grill in the oven
- Cook for 3-4 minutes per side until the salmon is cooked through

**ADD:** cherry tomatoes, capsicum and onion to the kebabs. Garnish with dill when serving



## FISH AND KUMARA CHIPS WITH LEMON YOGHURT DRESSING (SERVES 4)

### Ingredients:

750g kumara (sweet potato) scrubbed and cut into thick batons or wedges

1 tsp of dried oregano

1 tsp of paprika

Olive oil or ghee

4 large white fish fillets

Mixed salad leaves

### Dressing:

2/3 cup of coconut yoghurt

1 tsp finely grated lemon rind

1 tbsp fresh lemon juice

2 tbsp chopped fresh parsley

### Method:

- Preheat oven to 200°C
- Cook kumara (sweet potato) batons or wedges in a steamer or in boiling water until just tender
- Once cooked, place the kumara in a single layer on an oven tray and spray with oil (or brush on if you don't have a sprayer). Sprinkle with oregano and paprika
- Bake for 15 minutes until golden
- Meanwhile combine the yoghurt, lemon rind, lemon juice and parsley in a bowl
- Cook fish in a pan with olive oil/ghee for 2 – 3 minutes each side depending on the thickness
- Serve fish and chips and yoghurt dressing on top of salad greens or with vegetables of your choice





## SMOOTHIES

Smoothies fuel your body and boost your energy levels. Here are a few quick, delicious smoothies that include readily available organic fruit and vegetables. Remember, no bananas. The idea of these smoothie recipes is to use them as a base, adding or subtracting fruit and vegetables as you go. You are only limited by your imagination! Don't forget to look for extra ideas in the 'Tip' or 'Add' boxes and circles.

### SUGGESTIONS:

Avocado, apples, berries (fresh or frozen), beetroot (raw), celery, cacao powder (or nibs), citrus fruit (e.g. oranges, grapefruit), cucumber, fresh herbs (e.g. mint, basil, garlic), grapes, greens (e.g. spinach, kale), kiwifruit, mango, melon, passionfruit, pears, persimmon, peppers, pineapple, plums, etc.

### INSTEAD OF PURIFIED WATER USE:

Coconut water, any nut milk (e.g. almond) or add a tablespoon or two of coconut cream.

## BASIC GREEN SMOOTHIE

### Ingredients:

- 1 or 2 green apples - cored
- 1 kiwifruit
- A handful of kale or spinach
- Coconut water (or purified water)



### Method:

- Blend all ingredients in a high-powered blender and add ice if you would like it cold

## APPLE-BERRY SMOOTHIE

### Ingredients:

- 1 cup of blueberries (fresh or frozen)
- 1 large cored apple
- 2 cups of spinach or kale
- 10 strawberries (fresh or frozen)
- 250ml unsweetened almond milk

### Method:

- Blend all ingredients in a high-powered blender and add ice if you would like it cold

## RASPBERRY AND VANILLA SMOOTHIE

### Ingredients:

- ½ cup distilled water
- 1 cup of coconut yoghurt
- 1 cup fresh or frozen raspberries
- ½ cup organic apple juice
- 1 tsp of vanilla extract

### Method:

- Blend all ingredients in a high-powered blender and add ice if you would like it cold

**ADD:** frozen fruit or vegetables to your smoothies for a refreshing summer treat



# JUICES

## PINEAPPLE, CARROT AND GINGER JUICE

### Chop and juice:

- ½ fresh pineapple (peeled)
- 2 large carrots
- 2.5cm piece of fresh ginger

## BEETROOT, ORANGE, APPLE AND LEMON JUICE

### Chop and juice:

- 1 large raw beetroot
- 2 oranges (peeled)
- 1 green apple
- 1 lemon (peeled)



**TIP**  
Add purified  
water to taste

## RASPBERRY, STRAWBERRY AND CRANBERRY JUICE

### Chop and juice:

- ½ cup frozen raspberries
- ½ cup frozen strawberries
- 1 cup unsweetened cranberry juice

## APPLE, SPINACH, CARROT AND ORANGE JUICE

### Chop and juice:

- 2 green apples
- 2 large handfuls of spinach
- 1 large carrot
- 1 orange (peeled)

### ABBREVIATIONS:

**tbsp** = tablespoon   **tsp** = teaspoon   **g** = gram   **mg** = milligram

# INGREDIENTS

Below is a list of the ingredients found in each of The Ultimate Cleanse capsules.

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

PROBIOTIC MULTI 9	WEIGHT	ACTIVE
Outer Capsule Prebiotics	55mg	
Fructooligosaccharides		55mg
Inner Capsule Probiotics	175mg	
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		

Always read the label and only use as directed.

If you have any medical condition or are elderly, weak, obese, or badly constipated, do not attempt this programme without first consulting your health professional. Do not use while pregnant or breast feeding.

If taking Warfarin (or any other blood or heart medication) please discuss with your healthcare professional prior to commencing the cleanse.





## POSTAL ADDRESS

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## HEALTH HOUSE SHOP

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