**What is CleanseMORE?**
CleanseMORE is an all natural colon support formula for relief of occasional constipation.

**How is it delivered?**
CleanseMORE is an herbal / mineral formula delivered in vegetable capsules.

**What does it do?**
CleanseMORE stimulates the colon’s normal functions to enhance elimination without the use of harsh laxatives.

**How does it work?**
CleanseMORE enhances elimination through two different mechanisms. The first mechanism is through hydration of the colon. The most common cause of constipation is dehydration of the colon. CleanseMORE allows for proper hydration of the colon by using the mineral, magnesium hydroxide. Magnesium hydroxide helps to regulate water into the bowel. If sufficient levels are ingested, a state of hydragogue (water flushed into the bowel) is created in the colon. When the colon is fully hydrated, elimination can occur without the need of harsh laxatives.

The second mechanism enhanced by CleanseMORE is peristalsis. Peristalsis is the smooth muscle contraction of the colon. The herb rhubarb root contains the active ingredient ‘anthraquinone’ which stimulates peristalsis. Triphala, an ayurvedic blend of herbs traditionally used in India, also stimulates peristalsis. By hydrating the colon, as well as stimulating peristalsis, elimination can be achieved at a normal level (2-3 times per day).

CleanseMORE is formulated to improve elimination while avoiding the side effects of laxatives. Most laxatives purge the colon of its contents instead of helping to achieve a natural bowel movement. Herbs, such as casgara sagrada and senna, have this purging action, which can irritate and weaken the colon. Over time, the colon can become dependant on these purging herbs and lose its ability to contract properly. This can cause infrequent elimination.

**How do I take it?**
Take 2 capsules in the evening on an empty stomach as needed. Oral dosage produces action within 30 minutes to 6 hours for most people. For optimal results, it is recommended that you drink at least eight 250ml (8 oz) glasses of water daily while using this product.

**What can I expect?**
Depending on your current level of elimination, CleanseMORE can have different effects. In the first few days, you may notice a loosening of your stool due to increased water in the colon. This is a positive thing. But, if you feel it is too loose, increase your fibre intake (FibreSMART) to solidify your stool. If you regularly have 1 bowel movement per day, CleanseMORE may increase this to 2 or 3 times per day. If you have bowel movements less than once per day, CleanseMORE may increase this to once per day or more.
What does it contain?

CLEANSEMORE

There are a number of different categories of ingredients used in CleanseMORE. These ingredients are used to gently stimulate the bowel and to promote regular elimination of toxins.

Herbs for the Bowel

- Increase bowel hydration
- *magnesium hydroxide*
- Stimulate peristalsis
- *rhubarb root* (ground root of the plant which contains anthraquinones)
- *triphala* (an ayurvedic herb derived from a combination of three fruits native to India)
- Soothe intestinal lining
- *marshmallow* (protects and soothes the mucus membranes)
- *slippery elm* (a mucilaginous herb that coats and soothes inflamed tissue)
- Tone and strengthen
- *triphala* (an ayurvedic herb derived from a combination of three fruits native to India)
- Expectorant
  - *marshmallow root* (draws excess mucus from the bowel)

References


Each Serving (2 Capsules) Contains

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>% RDA</th>
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<tbody>
<tr>
<td>Magnesium (from magnesium hydroxide)</td>
<td>250mg</td>
</tr>
<tr>
<td>Rhubarb Root (Rheum palmatum)</td>
<td>400mg</td>
</tr>
<tr>
<td>Slippery Elm Bark (Ulmus rubra)</td>
<td>200mg</td>
</tr>
<tr>
<td>Marshmallow Root (Athea officinalis)</td>
<td>200mg</td>
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<tr>
<td>Triphala (made up of the 3 ingredients below)</td>
<td></td>
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<tr>
<td>Belleric Myrobalan Fruit (Terminalia bellirica)</td>
<td>100mg</td>
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<tr>
<td>Chebulic Myrobalan Fruit (Terminalia chebula)</td>
<td>100mg</td>
</tr>
<tr>
<td>Indian Gooseberry Fruit (Phyllanthus emblica)</td>
<td>100mg</td>
</tr>
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Ingredients: Magnesium (from magnesium hydroxide), Rhubarb Root (Rheum palmatum), Slippery Elm Bark (Ulmus rubra), Marshmallow Root (Athea officinalis), Vegetable Capsule Shell (hypermellose, water), Indian Gooseberry Fruit (Emblica officinalis), Belleric Myrobalan Fruit (Terminalia bellirica), Chebulic Myrobalan Fruit (Terminalia chebula)

Warning: Must be used within the framework of a healthy way of life and not to be used like substitutes of a varied and balanced diet. Consult a health care practitioner if you have not had a bowel movement in more than 7 days. Do not use if pregnant or lactating. Keep out of reach of children. Not recommended for children under 12. Do not exceed daily dose recommended. Do not use if seal is broken.

Allergens: None

Store in a dry place away from direct sunlight and heat.