

Naturemedies BeetColon Cleanse Boost

MAGNESIUM BASED HYDRATING BOWEL FORMULA



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Naturemedies BeetColon Cleanse Boost is a powerful, yet gentle, non-habit forming colonics formula, with nutrients specifically selected to contribute to an increase in faecal bulk and normal bowel function.

Sugar beet fibre, in particular, contributes to an increase in faecal bulk in two ways: the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass. As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain a normal bowel function.

It contains ingredients designed to support the bowel hydrating actions of the magnesium, as well as digestive regularity.

Approved EFSA Health claims:

- Sugar beet fibre, contributes to an increase in faecal bulk.
- Magnesium contributes to: a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones and teeth, and it has a role in the process of cell division.
- Vitamin C contributes to maintaining the normal function of the immune system during and after intense physical exercise (with a daily intake of 200mg in addition to the recommended daily intake of vitamin C). It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

A natural approach to supporting long-term bowel health and ideal as part of a cleanse and detox programme.

Magnesium

Magnesium contributes to: a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones and teeth, and it has a role in the process of cell division.

Vitamin C and citrus bioflavonoids

The vitamin C and citrus bioflavonoids provide a 'coating' allowing the product to reach the stomach intact and, as the product enters the intestinal area, together they break down the magnesium compound. The magnesium is thus enabled to do its hydrating job without resulting in bloating, cramping or that unpleasant sense of urgency.

Vitamin C also contributes to maintaining the normal function of the immune system during and after intense physical exercise (with a daily intake of 200mg in addition to the recommended daily intake of vitamin C). It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Bioflavonoids are natural substances found in plants, fruit, vegetables,

nuts, bark and buckwheat. Citrus bioflavonoids, more particularly, help to protect capillaries, prevent bruising and intensify the effect of vitamin C in the body. In fact, bioflavonoids are essential for total vitamin C effectiveness. They also have natural anti-viral, anti-inflammatory and anti-allergy properties. Certain bioflavonoids are beneficial for fighting infections and protecting against free radical damage, viruses, and colds.

Citric acid and ascorbic acid

These acids help to activate the benefits of the magnesium.

ABOUT THE INGREDIENTS CONT

Fructo-oligosaccharides (FOS)

Fructo-oligosaccharides are prebiotics - non-digestible carbohydrates or sugars that occur naturally in a wide variety of foods throughout the plant kingdom.

FOS is extracted from the blue agave plant, as well as from fruits and vegetables including bananas, onions, chicory root, garlic, asparagus, jicama and leeks. Some grains and cereals, such as wheat and barley, also contain FOS. The Jerusalem artichoke and its relative yacón together with the blue agave plant have been found to have the highest concentrations of FOS of cultured plants.

As a source of dietary fibre, FOS helps to optimise gut movement, bulk in the stool and gut pH. Studies in the USA and Japan have also shown that FOS can help to suppress the production of intestinal putrefactive substances.

All inulin-type prebiotics, including FOS, stimulate the growth of friendly bacteria (most notably, the Bifidobacteria species). This is beneficial to health because, by providing 'food' for friendly bacteria, the latter are better able to do their job, including for example:

- enhancing the digestion and absorption of nutrients
- supporting the immune system
- supporting body detoxification and the elimination processes
- crowding out harmful bacteria and other micro-organisms.

Apple cider vinegar

Apple cider vinegar has been added to the Naturemedies BeetColon Cleanse Boost formula as a digestive and bowel cleansing aid, as well as to help raise acidity levels (in conjunction with the vitamin C and citrus bioflavonoids).

It is also a powerful detoxifying and purifying agent, which can break down mucus within the body. In so doing, it helps to improve the health and function of vital organs, such as the kidneys, bladder and liver. It also prevents excessively alkaline urine and promotes digestion, assimilation and elimination, all the while neutralising toxins and certain harmful bacteria in the bowel.

Sugar beet fibre

Sugar beet fibre has been included in this formula because it has been scientifically proven to contribute to an increase in faecal bulk in two ways:

- 1) the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine
- 2) the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass.

As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain a normal bowel function.

Usage:

Take 2 capsules (1 serving) on an empty stomach, 1 to 3 times per day. Adjust intake to suit your requirements or as advised. Follow with a glass of grapefruit juice, orange juice or freshly-squeezed lemon juice in water (or just water).

