**What is CleanseSMART?**

CleanseSMART is a 30 day all natural herbal cleansing program. It is formulated to stimulate the cleansing and detoxification process of the body’s 7 channels of elimination: the liver, lungs, colon, kidneys, blood, skin, and lymphatic system.

**How is it delivered?**

CleanseSMART is a 2 part cleanse. The first part is an herbal organ detox formula. The second part is a colon cleansing formula (it contains no cascara sagrada or senna which can irritate and weaken the colon, as well as become addictive over time).

**What does it do?**

CleanseSMART stimulates the body’s 7 channels of elimination to enhance the normal process of detoxification (ridding the organs of toxins, free radicals, and pollutants) and cleansing (eliminating these substances through the bowel and urinary tract).

**How does it work?**

CleanseSMART Part I works by directly stimulating the organs, thereby enhancing the detoxification process of the body. It contains herbs, such as dandelion, and turmeric, which stimulate the liver’s production of bile. The liver transfers toxins into the bile, which is then carried into the intestine, where it is absorbed by fibre and then removed from the body. Part I also contains diuretic herbs, such as corn silk and artichoke. These herbs allow the body to release more water from the blood, thereby increasing the volume of urine excreted. CleanseSMART Part I also contains herbs that stimulate elimination of toxins through the skin and the lungs, as well as stimulating the lymphatic system.

CleanseSMART Part II helps with elimination from the colon. It contains magnesium hydroxide which helps to regulate water into the bowel. Most people become constipated because they are dehydrated. When the colon is fully hydrated, elimination can occur more easily, without the need for harsh laxatives. Part II also contains the herbs rhubarb, and triphala which stimulate peristalsis (contraction of the colon). Once the colon has been hydrated and peristalsis has been properly stimulated, elimination can be achieved at a normal level (2-3 times per day).

**How do I take it?**

CleanseSMART 1 – Take 2 capsule in the morning.
CleanseSMART 2 – Take 2 capsules in the evening.

CleanseSMART will last one month. Please ensure that you are drinking at least 8-10 glasses of water while using CleanseSMART. Water helps with cleansing and keeping the body hydrated. It is recommended that you cleanse every three to six months, as we live in a toxic world with chemicals from factories, trucks, and pesticides. Since we are constantly inhaling and ingesting toxins, it is better to remove them regularly, rather than to have them build up and lead to health problems.

**What can I expect?**

Depending on your state of health, you can experience a range of results while taking CleanseSMART. Customers report results ranging from weight loss to increased bowel movements. Overall, cleansing is a vital part of maintaining good health and reducing the risk of degenerative diseases. If you have a high level of toxicity you may experience aches or flu like symptoms, which will usually subside after the first week.

**Support Products**

Two very important aspects of cleansing are to ensure that fibre intake is at an optimal level (30-40 grams) per day and that the colon is properly lubricated by using essential fatty acids (EFAs). Fibre absorbs toxins ensuring they are not re-absorbed into the bloodstream, but instead are brought to the colon for elimination. It is recommended that you use FibreSMART as part of your cleansing program, as well as for maintenance afterwards.

Norwegian Gold Critical Omega is a high potency fish oil product the works to ‘lubricate’ the colon, allowing for increased bowel movements and increasing the amount of toxins removed from the body. It is recommended that you use Critical Omega as part of your cleansing program, as well as for maintenance afterwards.
What does it contain?

CLEANSESMART 1

There are several categories of herbs used in CleanseSMART Part 1. These herbs support detoxification through the body’s 7 channels of elimination.

Herbs for the Liver
- Cholagogues (Herbs that stimulate bile flow in the liver)
  • artichoke, burdock, dandelion, turmeric
- Hepatoprotective (Herbs that protect the cells of the liver)
  • turmeric, bee l leaf

Herbs for the Lungs
- Expectorant (Herbs that aid in the discharge of respiratory mucus)
  • mullein, red clover, turmeric
- Demulcent (Herbs that help soothe the mucous membrane)
  • mullein

Herbs for the Lymphatic System
- Lymphagogues (Herbs that stimulate lymphatic flow)
  • red clover

Herbs for the Kidneys
- Diuretic (Herbs that increase urine flow)
  • corn silk, artichoke, burdock, dandelion, red clover

Herbs for the Skin
- Herbs used to improve the skin (when toxins are released through the skin, mild irritation can occur. These herbs help to reduce or eliminate this effect).
  • burdock root, dandelion, red clover

Herbs for the Blood
- Alternatives (Blood purifying herbs)
  • artichoke, burdock root, dandelion, hawthorn berry, red clover, turmeric

CLEANSESMART 2

There are many categories of herbs / minerals used in CleanseSMART Part II (Evening Formula). 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, triphala
- Soothe intestinal lining
  • marshmallow, slippery elm
- Tone and strengthen
  • triphala
- Expectorant (removes mucus from bowel)
  • marshmallow root

### CleanseSMART 1 - Each Serving (2 Capsules) Contains

- Dandelion Root (Taraxacum officinale) 4:1 Extract 400mg
- Artichoke Leaf (Cynara scolymus) 4:1 Extract 300mg
- Burdock Root (Arctium lappa) 5:1 Extract 200mg
- Red Clover Flower (Trifolium pratense) 200mg
- Best Leaf (Beta vulgaris) 4:1 Extract 100mg
- Corn Silk (Zea mays) 100mg
- Garlic Bulb (Allium sativum) 4:1 Extract 100mg
- Hawthorn Berry (Crataegus laevigata) 4:1 Extract 100mg
- Mullein Leaf (Verbascum thapsus) 100mg
- Turmeric Root (Curcuma longa) 4:1 Extract 100mg

**Ingredients:** Dandelion Root Extract (Taraxacum officinale), Artichoke Leaf Extract (Cynara scolymus), Burdock Root Extract (Arctium lappa), Red Clover Flower (Trifolium pratense), Vegetable Capsule Shell (hydroxypropyl methylcellulose, water), Beet Leaf Extract (Beta vulgaris), Corn Silk (Zea mays), Garlic Bulb Extract (Allium sativum), Hawthorn Berry Extract (Crataegus oxyacantha), Mullein Leaf (Verbascum thapsus), Turmeric Root Extract (Curcuma longa)

**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. Do not use if pregnant or lactating. Consult a health care practitioner if symptoms persist. Keep out of reach of children. 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.

### CleanseSMART 2 - Each Serving (2 Capsules) Contains

- Magnesium (from magnesium hydroxide) 250mg 68%
- Rhubarb Root (Rheum palmarum) 400mg
- Slippery Elm Bark (Ulmus rubra) 200mg
- Marshmallow Root (Althaea officinalis) 200mg
- Triphala (made up of the 3 ingredients below)
  - Belleric Myrobalan Fruit (Terminalia belirica) 100mg
  - Chebulic Myrobalan Fruit (Terminalia chebula) 100mg
  - Indian Gooseberry Fruit (Phyllanthus emblica) 100mg

**Ingredients:** Magnesium (from magnesium hydroxide), Rhubarb Root (Rheum palmarum), Slippery Elm Bark (Ulmus rubra), Marshmallow Root (Althaea officinalis), Vegetable Capsule Shell (Hypropollose, water), Indian Gooseberry Fruit (Emblica officinalis), Belleric Myrobalan Fruit (Terminalia belirica), 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.