

# *Mega-Cleanse EX*

## Additional Cleansing for your Colon and Liver

This formula initiates the cleansing and healing process by enhancing the colon's ability to move excess, hard fecal waste out of the colon without painful evacuations. It also provides additional cleansing and healing for the liver.\*

This formula contains *Cascara Sagrada*, *Spirulina*, *Aloe Vera*, *Chlorella*, Beet Root, *Licorice Root*, Slippery Elm Bark, Marshmallow Root, Red Raspberry Leaves, Barberry Root, *Ginger Root*, Artichoke Extract, and Acidophilus. (see *Mega-Cleanse Internal Cleansing Complex ingredients*). **This product can be taken with the Mega-Cleanse Internal Cleansing Complex, or by itself. However, for the most thorough cleanse it is best to take both formulas.**

***Artichoke Extract* has been shown to enhance detoxification reactions as well as protect the liver from damage. This combination of effects is very important to healthy liver function.** During detoxification in the liver the toxic substance is often initially converted to an even more toxic form. Without adequate protection, every time the liver neutralizes a toxin, it is damaged in this process. Artichoke extract has been shown to provide the valuable protection. Once the liver has modified a toxin, it needs to be eliminated from the body as soon as possible. One of the primary routes of elimination is through the bile. However, when the manufacture of bile is reduced or the excretion of the bile is inhibited, toxins stay in the liver and body longer. **Another benefit of Artichoke is that it acts as a choleric which is a substance that increases the formation and flow of bile.** Bile acids are natural emulsifying compounds that form complexes with fatty materials in the gut to aid in their assimilation. **Bile also plays an important role in softening the stool by promoting the incorporation of water. Without bile the stool can become very hard and difficult to pass.**

***Beet Root*** has a cleansing effect on the colon and the liver.

***Slippery Elm*** has the ability to neutralize stomach acid. It acts as a buffer against irritations and inflammations of the mucous membranes. It also assists the activity of the adrenal glands and boosts the output of a hormone called cortin, which helps send a stream of blood building substances through the system. It is excellent for the respiratory and digestive system.

***Marshmallow Root*** is a great healing herb. It is a powerful anti-inflammatory and anti-irritant for the joints and gastrointestinal tract. It soothes and relieves bronchial irritations and helps to remove mucus from the lungs. Marshmallow is protective and healing to the irritations associated with diarrhea.

**Red Raspberry** is helpful for nausea and aids digestion. It relaxes uterine and intestinal spasms. It also helps to reduce pain during menstruation. It is known to be good for many female disorders including hot flashes. It also promotes healthy nails, bones, teeth and skin.

**Barberry Root** is called one of the best medicinal herbs of the west. It is used for fever and inflammatory conditions. **It has a wonderful influence upon the liver by aiding the bile to flow more freely, which is important in almost all liver problems,** especially jaundice. It also helps to remove morbid matter from the stomach and bowels. It dilates the blood vessels, aiding the circulatory system. \*

**Acidophilus** restores the friendly bacteria in the colon. More than 400 different kinds of bacteria live in our gastrointestinal tract. The body depends on beneficial bacteria to manufacture B vitamins as well as to produce lactase and other antibacterial substances.\* Commercial food processing procedures often destroy viable beneficial organisms, making it difficult for the body to maintain good intestinal flora. Preservatives, additives, high-fat diets, alcohol, birth control pills, and stress can all result in poor intestinal flora. Antibiotic drugs are especially damaging to intestinal flora and kill all kinds of bacteria, both good and bad.

The important benefits of adding Acidophilus to your diet include: Keeping constipation and diarrhea under control, reduction of bad breath, reduction of internal gas, maintaining cholesterol levels by promoting normal absorption of dietary fats, suppression of candida yeast, and suppression of a number of intestinal disorders. \*

**\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure or prevent any disease.**

**Body Dynamics**

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