



Intestinal Cleanser

DESCRIPTION

Intestinal Cleanser, available exclusively from Medical Wellness Associates, contains significant amounts of dietary fiber from psyllium husk, designed to ensure healthy gastrointestinal and bowel function.

FUNCTIONS

Dietary fiber is defined as complex carbohydrates that are resistant to the action of digestive enzymes, and therefore pass through the intestinal tract, unabsorbed. Dietary fiber includes substances such as cellulose, hemicellulose (xylans, galactans and mannans), pectins, gums, and lignin.

Dietary fiber has many nutritional benefits for the health of the gastrointestinal tract. Insoluble dietary fiber, such as cellulose and many hemicelluloses, are not efficiently fermented in the colon. As a result, they provide fecal bulk, bind water, and help soften stools. Soluble dietary fiber, such as pectin, many gums, and some hemicelluloses, are fermented in the colon to varying degrees. This results in lower colonic pH (acidity) and the production of short chain fatty acids, which are important for the intestinal microflora and the health of the mucosal cells. Short chain fatty acids also have a role in facilitating colonic water absorption.

Many insoluble and soluble fiber types bind dietary cholesterol and bile acids in the intestine, and therefore play an important nutritional role in the enterohepatic circulation of cholesterol and cholesterol metabolism in general.

Most types of dietary fiber, when hydrated, contribute substantially to the volume of stomach contents and help provide a feeling of fullness.

The dietary fiber offered by the psyllium husks provides many nutritional benefits for the health and detoxifying properties of the gastrointestinal tract.

INDICATIONS

Intestinal Cleanser may be a useful dietary supplement for individuals wishing to support healthy gastrointestinal function.

FORMULA (#57402)

1 Tablespoon (approximately 10 g) Contains:

Total Carbohydrates	9 g
Dietary Fiber	9 g
Psyllium (husk)	10 g

SUGGESTED USE

Take 1 tablespoon of powder 30 minutes before bed or as directed by physician. Add to 4 to 6 ounces of unsweetened fruit juice or water. Mix well, drink immediately. This product may gel quickly.

SIDE EFFECTS

Warning: Do not use when abdominal pain, nausea or vomiting are present.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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Moreno LA, Tresaco B, Bueno G, Fleta J, Rodriguez G, Garagorri JM, Bueno M. Psyllium fibre and the metabolic control of obese children and adolescents. *J Physiol Biochem.* 2003 Sep;59(3):235-42.

Vergara-Jimenez M, Furr H, Fernandez ML. Pectin and psyllium decrease the susceptibility of LDL to oxidation in guinea pigs. *J Nutr Biochem.* 1999 Feb;10(2):118-24.

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

Medical Wellness Associates
6402 Route 30
Jeannette, PA 15644
1-800-834-4325
www.vitamincoach.com