

FIBRE PLUS



A healthy colon goes a long way to ensuring the health of the whole body. Modern dietary habits make it increasingly difficult to maintain that ideal state of health. The result is a high incidence of colon toxicity which may cause chronic constipation, diverticulitis, colon cancer, haemorrhoids and many other uncomfortable and debilitating problems.

The most common dietary deficiency leading to a toxic colon, is the lack of sufficient fibre resulting from eating refined and processed foods in preference to foods naturally high in fibre.

Fibre Plus combines Psyllium with a carefully chosen bouquet of herbs and phyto-nutrients which may gently penetrate and cleanse the pockets of putrifying matter while healing and soothing the colon wall. The reduction in transit time that a regular intake of fibre ensures, contributes significantly to colon health.

Ingredients: Psyllium, Fructose, Hibiscus flower, Black Walnut husks, FOS, Pectin, Alfalfa, Nature identical flavour, Cascara sagrada,

Licorice root, Glutamine, Rose hip, Slippery elm, Irish moss, Mullein powder, Oat straw, Passion flower, Pumpkin seed, Ascorbic acid, Ginger root.

Description and function of Ingredients

Psyllium

Bulk laxative. Used for its large yield of mucus.
Soothing substance to protect damaged and inflamed tissue.

Fructose

Natural sweetener; metabolized in the liver and consequently does not effect insulin levels of blood; Mild laxative.

Hibiscus flower

Gentle laxative with diuretic effect. Used in conjunction with psyllium to protect the kidneys and urinary tract.

Black Walnut Husks

Mild laxative, causing neither nausea, irritation or pain. Has high tannin content which is primarily responsible for destroying internal parasites.

F O S – (fructo oligo saccharides) Pre-biotic

Serves as a nutrient source for beneficial bacteria that naturally inhabit the colon. Increases the number of beneficial bacteria relative to harmful putritive species, thereby restoring the balance and function of the colon. May aid functioning of the liver by removing toxic ammonia.

Pectin

Soluble fibre, increases excretion of lipids, cholesterol, and bile acids into the large intestine for removal from the body.

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Alfalfa

Helps the body to assimilate nutrients. Helps to increase appetite and vitality. Reduces water retention and acts as a stimulant for digestion and bowel action.

Flavour

A nature identical flavour, added to enhance the aroma and taste of the fibre formulation

Cascara Sagrada (Laxative)

Widely accepted as a mild and effective treatment for chronic constipation, contains anthraquinones that increase peristalsis of the large intestine and helps to restore tone.

Licorice

Licorice root acts as a mild laxative and diuretic. It also has anti-inflammatory properties as well as being anti- microbial and anti-viral.

Glutamine

Important fuel for rapidly dividing cells, such as the intestinal cells lining the walls of the digestive tract. Retains the integrity of the digestive tract and helps to prevent leaky gut syndrome.

Rosehip

High concentration of Vitamin C and bioflavonoids for strengthening the intestinal wall, also has astringent properties making it useful for the treatment of diarrhoea and bleeding bowels.

Slippery Elm

Its mucilage properties, and high nutrient values have a healing and soothing action especially in the case of irritation of the mucous membranes of the stomach and intestines.

Oat straw

Rich in minerals, it relieves irritation of the mucous membranes, specially that of the intestinal tract. May act as a nerve tonic and anti-depressant.

Pumpkin Seed

Used to treat internal parasites, mild acting but effective, high in zinc and essential fatty acids; Diuretic

Irish Moss

High content of essential nutrients. Soothing.

Mullein

Has soothing and astringent properties, that are useful in the treatment of diarrhea, and for the strengthening of the bowels. Used to treat bleeding, especially related to the pain and irritation of hemorrhoids.

Passion Flower

Effective in relieving anxiety, insomnia and related nervous disorders.

Ginger

Calming. It has a soothing and mildly stimulating effect on the stomach. Useful for any kind of stomach discomfort from nausea to indigestion, from simple stomach acheto ulcers. Activates peristalsis and increases tonus of the intestinal muscles. Also enhances the effect of the other ingredients.

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