



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

PRO CLEANSE

Pro Cleanse is a product designed to promote healthy bowel flora, regularity and general immunity. We clean the plaque from our teeth every day - why not clean our insides?

A proper intestinal flora and cleanliness is essential for the restoration of optimum health. Any imbalance of intestinal acidity and flora ensures the build-up of disease-producing micro-organisms including yeasts and fungi. A fully functioning bowel with appropriate acidity and flora levels prevents conditions such as wind, gas, irritable bowel syndrome, diverticulitis and bowel cancer.

A well-balanced intestinal flora has been shown to have an interactive function on the body's immune system and stimulates powerful defence cells such as lymphocytes, phagocytes and anti-viral chemicals like interferon. Bowel flora restoration and intestinal cleansing and harmony is the single most important factor in a health restorative programme.

Pro Cleanse contains Barley grass, alfalfa leaf, psyllium hulls, malt, wholegrain brown rice, barley, wheat, oats, rye, maize, millet, buckwheat, flax seed, alfalfa, mung beans, soy beans, linseeds, buckwheat, sunflower kernals, whey protein concentrate, malt, molasses, green ginger, lemon juice, Lactobacillus acidophilus, L. delbruekii, L. caseii, L. bulgaricus, L. caucasicus, L. fermenti, L. plantarum, L. brevis, L. helveicus, and L. leichmannii.

It also includes beneficial yeasts such as *sacharomyces cervisiae* and *S. boulardii* as well as enzymes and amino acids.

Some of the key ingredients in this formula are:

- **Barley Grass:** Barley grass is rich in all the essential amino acids, anti-oxidant vitamins, live enzymes, minerals and chlorophyll which helps to purify and detoxify the major body systems including the lungs, liver and colon.
- **Alfalfa Leaf:** Meaning "father of all foods" from Arabic. The Arabs considered alfalfa so nutritious it was regarded as a staple food. The rich chlorophyll content of the fine-powdered green leaves of this legume contain eight essential enzymes, all known vitamins and a variety of minerals in a balanced form including calcium, magnesium and phosphorus.
- **Psyllium Hulls:** Psyllium hulls is well known amongst herbalists as the best, safest, and most gentle laxative. It swells to around 10 times its size when mixed with sufficient water to become gelatinous. The herb's mucilage accounts for its use in treating both diarrhoea and constipation. This bulk-forming action increases stool volume and triggers natural peristalsis, the wave like contractions we recognise as "the urge". Psyllium's water-absorbing action decreases stool density and helps lubricate its passage. Clinical studies have demonstrated that psyllium reduces cholesterol by 5% and reduces the risk of heart attack. It helps protect intestinal damage from toxic food additives and absorbs bacteria and other toxins, soothes inflamed mucous membranes and moistens dryness. It has been used historically to treat diarrhoea, haemorrhoids, urinary problems and more recently, high blood pressure.
- **Slippery Elm:** Slippery elm has the ability to neutralise stomach acidity and to absorb foul gases. It aids in the digestion of milk and acts as a buffer against irritations and inflammations of the mucous membranes. It has the ability to remove catarrh (toxic mucus) with a stronger action than other herbs.

Pro Cleanse can be beneficial for a general feeling of cleanliness, for immunity, energy, lowering serum cholesterol and inhibiting the development intestinal tumours. Non-specific interactions with the immune system may assist in metabolising lactose and reducing lactose intolerance, improving the absorption of calcium, improving the synthesis of vitamins and the pre-digestion of proteins. The natural lactobacillus acidophilus bacteria inhibits growth of yeast and other pathogens in the lower bowel including the E. coli strains.

Typical Dose: One heaped teaspoon in 250mls water one to three times daily. Mix well and drink immediately. Can be flavoured with lemon and barley concentrate or grape juice if necessary.