

COLON DETOX

YOU'RE FULL OF CRAP, LITERALLY!

A healthy colon is essential for overall wellness, yet many people unknowingly carry excess waste and toxins in their digestive tract. Poor diet, environmental toxins, and sluggish digestion can lead to buildup in the colon, which may contribute to bloating, low energy, digestive discomfort, and brain fog. Over time, these accumulated toxins can strain the body's detox system, affecting digestion, nutrient absorption, and overall vitality.*



A colon detox helps flush out waste, supports gut health, and promotes regularity, allowing the body to function more efficiently. By cleansing the digestive tract, a colon detox may reduce bloating, improve energy levels, enhance mental clarity, and support immune health. If you experience symptoms like abdominal discomfort, irregular digestion, or fatigue, it may be time to reset your system and restore balance from the inside out.*

Signs & Symptoms of Digestive Issues

Constipation: Straining, incomplete bowel movements.*

Diarrhea: Frequent, loose, or watery stools.*

Bloating & Gas: Fullness, tightness, or excess gas.*

Abdominal Pain: Cramping, discomfort, or tenderness.*

Nausea & Vomiting: Feeling sick or throwing up.*

Fatigue: Unusual tiredness or low energy.*

Weight Changes: Unexplained gain or loss.*

Skin Issues: Acne, greasy, or pale skin.*

Bad Breath/Body Odor: Persistent, despite good hygiene.*

Poor Concentration: Difficulty focusing or remembering.*

What's Inside & How It Works

GUT CHECK

Our unique blend of matcha, MicrobiomeX®, and fulvic minerals supports gut health and digestion.*

COLON SUPPORT

Our unique blend of herbs supports digestion, regularity, and overall colon health.*



HOLY BASIL TEA

Supports stress relief, mental balance, and immune health, while promoting digestion and overall well-being.*

CASTOR SEED OIL

Supports digestion and detoxification while moisturizing skin and promoting hair growth.*

EASE ESSENTIAL OIL BLEND

Proprietary blend that supports digestion, relieves nausea, and promotes gut comfort.*

COLON DETOX



Gut Check is a unique blend of ceremonial grade matcha, MicrobiomeX®, and fulvic minerals designed to support gut health. It promotes digestion, balances the microbiome, enhances nutrient absorption, and provides natural energy and antioxidant support.*

→ 3 Day Colon Detox (can be done monthly)

Mix 1 scoop (½ teaspoon) with 2 ounces of cool water and stir with a whisk or electric frother until a smooth froth forms **two times daily**, before breakfast and lunch, for 3 consecutive days.*

→ Daily Colon Detox Support

Mix 1 scoop (½ teaspoon) with 2 ounces of cool water and stir with a whisk or electric frother until a smooth froth forms, **once daily**, before breakfast.*



Colon Support is a proprietary blend of herbs formulated to benefit normal colon function, reduce inflammation, promote healthy digestion, and support gentle regularity, without unpleasant after-effects.*

→ 3 Day Colon Detox (can be done monthly)

Add 325mg (1/8 tsp. or approximately 20 drops) in 8 or more ounces of spring water or juice **three times daily**, before meals, for 3 consecutive days.*

→ Daily Colon Detox Support

Add 325mg (1/8 tsp. or approximately 20 drops) in 8 or more ounces of spring water or juice **once daily**, before dinner.*



Castor Seed Oil & Ease Essential Oil Blend work together to support colon cleansing through gentle detoxification. When used in a castor oil wrap, they help stimulate digestion, promote elimination, reduce inflammation, and soothe the digestive tract, aiding in overall gut balance and relief.*

→ 3 Day Colon Detox (can be done monthly)

Soak a cotton or flannel cloth in Castor Seed Oil, adding 2-3 drops of Ease for digestion. Place on your abdomen, cover with plastic wrap, and apply heat with a heating pad or hot water bottle. Relax for 30-60 minutes as the oils stimulate digestion, detoxify, and support elimination. Use **twice daily**, for 3 consecutive days, for regularity, gut balance, and toxin removal.*

→ Daily Colon Detox Support

Soak a cotton or flannel cloth in Castor Seed Oil, adding 2-3 drops of Ease for digestion. Place on your abdomen, cover with plastic wrap, and apply heat with a heating pad or hot water bottle. Relax for 30-60 minutes as the oils stimulate digestion, detoxify, and support elimination. Use **2-3 times per week, once daily**, at bedtime, for regularity, gut balance, and toxin removal.*

Note: • Ease can be taken internally. Refer to the PIP below.

• Our Castor Seed Oil is Food Grade. Refer to Medical Care Professional for internal use.



Holy Basil Tea is a soothing herbal blend known for its adaptogenic properties, helping the body manage stress while supporting digestion, immunity, and overall well-being. Rich in antioxidants, it promotes balance, mental clarity, and natural detoxification.*

→ 3 Day Colon Detox (can be done monthly)

Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, **two times daily**, before breakfast and lunch, for 3 consecutive days.*

→ Daily Colon Detox Support

Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, **once daily**, before breakfast.*

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Gut Check

matcha probiotic hydration

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PRODUCT INFORMATION PAGE

Gut Check blends ceremonial grade matcha, MicrobiomeX®, and fulvic minerals to support gut health and overall wellness. Rich in antioxidants and nutrients, matcha has been cherished for centuries in traditional Japanese tea ceremonies for its numerous health benefits, while MicrobiomeX® promotes a balanced microbiome. Enjoy it hot, cold, in smoothies, or even baked goods for a delicious, nourishing boost.*

DIRECTIONS

- Mix 1 scoop (½ teaspoon) with 2 ounces of cool water and stir with a whisk or electric frother until a smooth froth forms. Add hot or cold water to taste for tea, or add milk for a latte, and enjoy. May be sweetened to taste with preferred sweetener. Refrigerate after opening for maximum freshness.*



MEDICINAL CONSTITUENTS

- **Catechins:** Powerful antioxidants found in tea, particularly green tea, that support overall health and digestion. They help reduce inflammation, combat oxidative stress, and promote a balanced gut microbiome. In the colon, catechins may aid in preventing harmful bacterial overgrowth, supporting healthy digestion, and reducing the risk of digestive discomfort. Their anti-inflammatory properties also contribute to overall colon health and may help protect against certain gastrointestinal issues.*
- **Flavonoids:** Potent plant-based antioxidants that support overall health, particularly in the digestive system. They help reduce inflammation, combat oxidative stress, and promote a healthy gut microbiome. In the colon, flavonoids may aid digestion, support regularity, and protect against harmful free radicals that contribute to digestive discomfort. Their anti-inflammatory and immune-boosting properties also play a role in maintaining optimal colon health and overall well-being.*
- **Fructans:** A type of prebiotic fiber found in foods like onions, garlic, leeks, and bananas, known for their powerful benefits to gut health. They nourish beneficial gut bacteria, promoting a balanced microbiome and improving digestion. Fructans also enhance nutrient absorption, support immune function, and may help regulate blood sugar levels. Additionally, they contribute to overall colon health by increasing stool bulk and promoting regularity, making them an essential component of a healthy diet.*

Clinical studies for Gut Check ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10529306/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8698834/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8401650/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7554000/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6364418/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11397174/>

INGREDIENTS

Organic Camellia sinensis (Matcha Green Tea) Powder, Organic Cocos nucifera (Coconut Water) Powder, Organic Blue Agave Inulin (Agave Tequilana) Powder, Organic Luo han guo (Monk Fruit) Powder, MicrobiomeX® Citrus Flavonoid Extract (Citrus sp.)(Whole Fruit), Fulvic Mineral Powder Concentrate

MicrobiomeX

MicrobiomeX® is a registered trademark of BioActor B.V., used under license.

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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Colon Support

herbal extract

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PRODUCT INFORMATION PAGE

Colon health is key to efficient waste removal, digestion, and nutrient absorption, yet often overlooked. Our Colon Support Extract is a proprietary herbal blend designed to support healthy colon function, reduce inflammation, and promote gentle regularity - without harsh effects. By nourishing and balancing the digestive system, this natural formula helps keep your body running smoothly and feeling its best.*

DIRECTIONS

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*

MEDICINAL CONSTITUENTS

- **Sesquiterpenes:** Powerful anti-inflammatory and immune-boosting compounds known for their digestive, detoxifying, and pain-relieving properties. They help soothe the gut, support liver function, and combat harmful invaders, making ginger a key ally for digestion, immunity, and overall wellness.*
- **Anthraquinones:** Found in plants like Aloe, Senna, and Rhubarb, anthraquinones are known for their strong cleansing and parasite-fighting properties. These powerful compounds help flush out unwanted invaders, support digestion, and promote detoxification. Studies show that anthraquinones can disrupt parasites' ability to survive, making them a key ingredient in natural cleansing and gut health support.*
- **Anthracenes:** Natural compounds found in plants like aloe, rhubarb, and senna, known for their powerful detoxifying and digestive benefits. They help stimulate bowel movements, support liver function, and promote gentle cleansing, making them essential for gut health and toxin removal. With their mild laxative and antimicrobial properties, anthracenes aid in maintaining a healthy digestive system and overall well-being.*
- **(E)-anethole:** This key compound in anise, fennel, and star anise, is known for its digestive, anti-inflammatory, and antimicrobial properties. It helps soothe the gut, reduce bloating, and support healthy digestion, while also acting as a natural detoxifier by aiding liver function and flushing out toxins. With its antioxidant and immune-boosting benefits, (E)-anethole promotes overall wellness and balance in the body.*

Clinical studies for Colon Support ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7019938/>
- <https://pubmed.ncbi.nlm.nih.gov/31331547/>
- <https://pubmed.ncbi.nlm.nih.gov/36716659/>
- <https://pubmed.ncbi.nlm.nih.gov/34502424/>
- <https://pubmed.ncbi.nlm.nih.gov/20750684/>
- <https://pubmed.ncbi.nlm.nih.gov/20750858/>
- <https://pubmed.ncbi.nlm.nih.gov/35802574/>
- <https://pubmed.ncbi.nlm.nih.gov/38068725/>

INGREDIENTS

Organic Zingiber officinale (Ginger) Root, Organic Rheum rhabarbarum (Rhubarb) Root, Frangula purshiana (Cascara Sagrada) Bark, Organic Foeniculum vulgare (Fennel) Seed, Organic Rubus idaeus (Raspberry) Leaf, Organic Capsicum annuum (Cayenne), Lobelia erinus (Lobelia) Leaf, Organic Hydrastis canadensis (Goldenseal) Root, Berberis vulgaris L. (Barberry) Bark, Water, Organic Sugar Cane Alcohol (30%)

CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.*
- Do not use if you have or develop diarrhea, loose stools, or abdominal pain, as Rhubarb Root and Cascara Sagrada Bark may worsen these conditions.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Store away from sunlight, at room temperature, with the lid securely tightened.*

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Castor Seed Oil

cold pressed & unrefined

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PRODUCT INFORMATION PAGE

Our cold-pressed, unrefined, hexane-free Castor Seed Oil is a versatile self-care essential packed with Vitamin E, omegas, polyphenols, and ricinoleic acid to nourish skin, hair, lashes, and brows while reducing inflammation. Used for centuries in wellness and beauty, it also supports digestion, immune health, and relaxation. This 100% pure, food-grade oil can be applied topically, used as a natural moisturizer, or incorporated into a castor oil pack for deep therapeutic benefits.*



DIRECTIONS

- Apply to rough or dry areas of the skin as needed.*
- Apply a small amount to hair or eyebrows, leave overnight, and rinse thoroughly in the morning.*
- Use as a soothing massage oil or combine with other natural ingredients to create castor oil packs, face and hair masks, exfoliant scrubs, nail and cuticle treatments, and more.*
- **To Use As A Castor Seed Pack:** Saturate a 2 to 4 inch thickness of soft flannel cloth with Castor Seed Oil. Place cloth over desired area on body and cover with plastic wrap or wax paper. Apply heat with hot water bottle or heating pad on low. Leave in place at least one hour, or overnight if necessary.*

MEDICINAL CONSTITUENTS

- **Ricinoleic Acid:** The key compound in castor oil, ricinoleic acid is known for its anti-inflammatory, antimicrobial, and moisturizing properties. It helps soothe skin, support wound healing, and promote hair growth, while also acting as a natural laxative to aid digestion. With its ability to reduce pain, support detoxification, and balance gut health, ricinoleic acid is a powerful ingredient for overall wellness and self-care.*
- **Triglycerides:** Essential fats that serve as the body's primary energy source, supporting cell function, metabolism, and overall vitality. Found in foods like coconut oil, avocado, and fish, they help absorb fat-soluble vitamins, protect organs, and maintain healthy skin. Balanced triglyceride levels are crucial for heart health, brain function, and sustained energy, making them a key component of overall wellness.*

Clinical studies for Castor Seed Oil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11855838/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3384204/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC1781768/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10196668/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8453457/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10951224/>

INGREDIENTS

100% pure *Ricinus communis* (Castor Seed Oil), food grade, cold pressed, and unrefined

CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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Ease

digestive blend

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PRODUCT INFORMATION PAGE

Ease is a powerful essential oil blend designed to support digestive health and natural relief from indigestion, nausea, stomach cramps, and food-related discomfort. Its carefully selected oils soothe the stomach, ease bloating and gas, and slow rapid digestion, allowing the body to absorb more nutrients and process rich foods with ease. By calming and strengthening the digestive system, Ease helps restore balance and comfort, making it an essential ally for overall gut wellness.*



DIRECTIONS

- **Topical Use:** Apply 2 drops neat (undiluted) to the digestive organs reflex points of the feet, hands, and back.*
- **Topical Use:** Dilute with carrier oil and massage clockwise over the colon area of the abdomen.*
- **Topical Use:** Mix 6 drops with 2 quarts of hot or cold water, soak a towel in the water, and apply to the desired location. Cover with a dry towel and heating pad or ice pack.*
- **Internal Use:** Put 2 drops in a veggie capsule filled with a carrier oil and take as needed.*
- **Internal Use:** Apply 2 drops on the back of the hand and lick it off.*
- **Internal Use:** Stir 2 drops into up to 8 ounces of water and drink.*

MEDICINAL CONSTITUENTS

- **Cinnamaldehyde:** The active compound in cinnamon, cinnamaldehyde is known for its powerful antimicrobial, anti-inflammatory, and digestive benefits. It helps stimulate digestion, reduce bloating, and support gut health by promoting enzyme activity and easing discomfort. With its natural ability to combat harmful bacteria and balance blood sugar levels, cinnamaldehyde is a key ingredient for optimal digestive wellness and overall health.*
- **Polyphenols:** Powerful plant compounds known for their antioxidant, anti-inflammatory, and gut-supporting benefits. They help nourish beneficial gut bacteria, reduce inflammation, and support digestion by promoting a balanced microbiome. Found in foods like berries, green tea, and dark chocolate, polyphenols also aid in detoxification, enhance nutrient absorption, and protect against digestive issues, making them essential for gut health and wellness.*
- **Menthol:** The active compound in peppermint, known for its cooling, soothing, and digestive-supporting properties. It helps relax the digestive tract, reduce bloating, and relieve gas and cramping, making it a natural remedy for indigestion and IBS symptoms. With its antimicrobial and anti-inflammatory benefits, menthol also supports gut health, relieves nausea, and promotes overall digestive comfort.*

Clinical studies for Ease ingredients:

- | | |
|---|---|
| • https://pmc.ncbi.nlm.nih.gov/articles/PMC9914695/ | • https://pubmed.ncbi.nlm.nih.gov/23612703/ |
| • https://pubmed.ncbi.nlm.nih.gov/36940448/ | • https://pmc.ncbi.nlm.nih.gov/articles/PMC5814329/ |
| • https://pmc.ncbi.nlm.nih.gov/articles/PMC6341159/ | • https://pubmed.ncbi.nlm.nih.gov/36994979/ |

INGREDIENTS

Cinnamomum zeylanicum (Cinnamon Bark), *Zingiber officinale* (Ginger Root), *Mentha piperita* (Peppermint), *Rosemarinus officinalis ct. cineole* (Rosemary ct. 1,8 cineole), *Melaleuca alternifolia* (Tea Tree), *Cupressus sempervirens* (Cypress), *Cymbopogon martinii* (Palmarosa)

CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.
- If you are under a doctor's care, consult your healthcare provider prior to use.
- Dilution for healthy individuals ages 10 and over is 60 drops per 1 ounce of carrier oil.*
- Keep out of reach of children and pets.
- Store away from sunlight, at room temperature, with the lid securely tightened.*

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Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

HBNaturals
PRODUCT INFORMATION PAGE

Holy Basil (Tulsi) Tea is a revitalizing blend of Holy Basil, Marshmallow Root, Blessed Thistle, Senna Leaf, Papaya, and Ginger Root, designed to support digestion, immunity, and overall well-being. Holy Basil manages stress, while Papaya and Ginger Root aid digestion and reduce inflammation. Blessed Thistle supports liver function, and Senna Leaf provides gentle detoxification. Packed with antioxidants, this tea helps balance blood sugar, combat oxidative stress, and promote vitality in every sip.*



DIRECTIONS

- Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, once or twice daily, or as directed by your healthcare professional.*

MEDICINAL CONSTITUENTS

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.*
- **Caryophyllene:** A sesquiterpene hydrocarbon found in Holy Basil leaf oil that contributes to its calming and anti-inflammatory properties, supporting stress relief and overall wellness.*
- **Phenolic compounds:** Holy Basil's fresh leaves and stems are rich in antioxidants such as cirsilineol, circimaritin, isothymusin, apigenin, and rosmarinic acid, which help protect the body from oxidative stress and support overall health.*
- **Cnicin:** The main compound in Blessed Thistle, cnicin, gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.*
- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.*

Clinical studies for Holy Basil (Tulsi) Tea ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>
- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>
- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

INGREDIENTS

Ocimum tenuiflorum (Holy Basil), *Althaea officinalis* (Marshmallow) Root, *Cnicus benedictus* (Blessed Thistle), *Cassia angustifolia* (Senna) Leaf, *Carica papaya* (Papaya) Fruit Extract, *Zingiber officinale* (Ginger) Root

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- Holy Basil (Tulsi) Tea may modify glucose regulation.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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