

BUILD
RESTORE
ACTIVATE
VITALIZE
ENERGIZE

B.R.A.V.E.

5-DAY DETOX

Detox + Cleanse Dietary Supplement

B.R.A.V.E. 5-Day Detox is formulated to support detoxification, removal of toxins, support digestive health, support healthy bowel movements, support healthy gut bacteria, and help boost immune health.



*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.*



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Integrated formulas to optimize your overall health & wellness.

SUGGESTED USE: TAKE TWO (2) SOFT GELS THREE TIMES PER DAY, WITH 12 OZ. OF WATER, FOR 5 DAYS.

SPECIFICATIONS

- Soft Gel
- NET WT. 30 Capsules

CAUTION:

Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	200 mg	15%
Proprietary Blend	500 mg	**

Oat (Avena sativa)(straw), Alfalfa (Medicago sativa)(herb), Psyllium (Plantago ovata)(husk), Rhubarb (Rheum palmatum)(root), Gentian (Gentiana scabra Bge)(root), Aloe Vera (Aloe barbadensis)(leaf), Cascara Sagrada (Rhamnus purshiana)(bark), Goldenseal (Hydrastis canadensis)(root), Buckthorn (Rhamnus cathartica)(bark), Bentonite, Lactobacillus acidophilus

** Daily Value (DV) not established



KEY INGREDIENTS

INGREDIENT	BENEFITS
Calcium Carbonate	<ul style="list-style-type: none"> • Calcium carbonate supports the relief of heartburn, acid indigestion, and upset stomach. • Supports bone health, muscle function, and cardiovascular health (36,37). • Regulates processes of bone resorption, mineralization, and fracture repair (36,37). • Increases the effect of physical exercise on bone mineral acquisition in the period preceding puberty (36,37). • Prevents the development of preeclampsia (36,37).
Oat Seed	<ul style="list-style-type: none"> • May support antioxidant function and cardiovascular health (185).
Alfalfa Leaf	<ul style="list-style-type: none"> • Supports immune, digestive, and energy levels. • The high antioxidant capacity allows for free radical scavenging of reactive oxygen species.
Psyllium Husk	<ul style="list-style-type: none"> • Supports healthy digestion, gut microbiome, healthy bowel movements, blood sugar regulation, and natural appetite suppressant (269). • Increases stool water significant changes in the microbiota in constipated patients (269). • Reduces constipation via reduction of the bacterial genus associated with hard stools (<i>Christensenella</i>) (269).
Lactobacillus Acidophilus	<ul style="list-style-type: none"> • Supports athletic performance, enhanced gut microbiome, increased muscle mass, immune health, reduced cortisol levels, digestive health, cognitive function, and improved allergy symptoms (103,104, 107, 108, 109). • Supports 70% of a gut-immunological axis (gut immune system) via enhanced mucosal immune response (toll-like receptors), and upregulation of genetic markers associated with macrophage (gut-immune cell) activity (108, 109). • Supports digestive and immune health via decreased irritable bowl symptoms, suppression of helicobacter pylori growth (pathogenic bacteria), reduced histamine (reduced allergic response), and reduced gut inflammation (103,104, 107, 108, 109). • Supports athletic performance via reduction of respiratory tract infections, reduced muscle damage, improved body composition, reduction lactate induced exercise (muscle burn), and body composition (108). • Supports gut-brain axis via increased neural, endocrine (hormonal), and anti-inflammatory modulation of the hypothalamic-pituitary-adrenal (HPA) axis (108). • Reduces inflammation via activation of Toll-like receptors (TLRs) and downregulates the expression of nuclear factor (NF)-κB and pro-inflammatory cytokines (inflammation markers) (109).

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INGREDIENT	BENEFITS
Rhubarb Root	<ul style="list-style-type: none"> • Supports immune health, antioxidant function, reduces inflammation, and may combat carcinogenesis (277,278). • Combats carcinogenesis via inhibition of angiogenesis (blood vessel formation of tumors) (278). • Reduces inflammation via reduction of inflammatory cytokines, increased reactive oxygen species scavenging ability (277,278).
Gentian Root	<ul style="list-style-type: none"> • Supports immune and cardiovascular health, and anti-inflammatory support (279). • Supports cardiovascular health via reduced anti-atherosclerotic activities (279). • Combats atherosclerosis by reducing endothelial inflammation, and smooth muscle cell inflammation (279).
Aloe Vera Leaf	<ul style="list-style-type: none"> • Supports digestive, cardiovascular, and metabolic health (270). • Supports reduction in total and low-density lipoprotein cholesterol (LDL-C) levels, glucose, and H1AC (270). • Supports cardiovascular health via reduced the levels of fasting blood glucose, HbA1c, triglycerides, total cholesterol, LDL cholesterol, and increased HDL cholesterol (271). • Increases glucose absorption via high molecular weight enhancing glucose transport (271). • Reduces serum concentrations of cholesterol via reducing absorption of cholesterol from the gut (271).
Cascara Sagrada	<ul style="list-style-type: none"> • Supports digestive health and regular bowel movements.
Goldenseal root	<ul style="list-style-type: none"> • Supports digestive health, antibacterial activity, and antioxidant support (201, 202). • Supports antioxidant function via levels of berberine (alkaloid) (201,202).
Buckthorn bark	<ul style="list-style-type: none"> • Supports healthy detoxification, healthy bowel movements, and digestive support (280).
Bentonite	<ul style="list-style-type: none"> • May support healthy detoxification.