

NUTRICLEANSE™

Product Education
www.newspirit.com



HIGH FIBER, NUTRITIONAL SUPPORT FOR COLON HEALTH

Many health professionals agree that most, if not all, major diseases start in the colon. As we look back through a half century of Medical History, we find that the so-called killer diseases of the day were the result of infectious diseases such as diphtheria, measles, polio, tuberculosis, pneumonia, hepatitis and many varieties of chronic sepsis. No longer are these the major health hazards.

The current major killer diseases are noninfectious rather than infectious, with coronary heart disease (CHD), diverticular disease of the colon (DD), large bowel cancer, lung tumors, gallstones, varicose veins, obesity and diabetes listed as today's most troubling health problems.

All of these diseases have been related to diets which are characteristic of economically developed countries. These countries have moved to a diet low in starch and fiber and high in fat, sugar and highly refined foods. As an example, in third world countries, some 70% of the body's energy is provided by starch carbohydrates, food retaining its natural complement of fiber. In these countries, fat provides only 10 -15% of the energy and protein and is mostly of vegetable origin. In affluent societies, however, a little over 40% of the body's energy is derived from carbohydrates and approximately half of this is from sugar.

Fiber in the diet influences every stage of food consumption and digestion. The removal of fiber from food reduces the necessity for chewing and, thus, increases the rate of energy uptake. The sense of satiety relative to energy consumption is reduced and, along with it, the predisposition to over-nutrition with resultant obesity. The energy from fiber rich foods is absorbed from the bowel more slowly. Some studies have cited this reduced rate of energy absorption as a protection against diabetes.

AT A GLANCE

BENEFITS

- 2.5 grams of cleansing fiber per capsule.
- 8 grams of fiber per serving of NutriCleanse™ Powder.
- Promotes healthy elimination.
- Helps maintain regularity.
- Easily increases dietary fiber and adds key nutrients to support the body's natural elimination process.
- Supports the body's natural detoxification process.

Depending on the source of fiber, this is achieved by holding water in the lumen of the gut or increasing the bacteria mass which constitutes a major portion of the stool bulk. The average stool output in third world countries is three times that of western affluent countries (300-500 grams as compared to 80 - 120 grams).

A deficiency of fiber in the diet is the major cause of constipation, increased stool weight and shortening of intestinal transit time. It has been shown that fiber alters fecal pH and influences the metabolism of both cholesterol and bile acids, which have been implemented in the cause of both gall stones and Coronary Heart Disease (CHD).

Some specific diseases related to dietary fiber deficiency include diseases attributed in part to reduced volume and increased viscosity of large bowel content.

DIVERTICULAR DISEASE

Reduced volume & increased density of feces in the large bowel causes increased effort on the part of the muscles in the gut wall when propelling intestinal content forward. This pressure increase is largely responsible for protrusions forced through the wall of the gut's lining membrane (diverticula).

LARGE BOWEL CANCER

It is generally accepted that dietary factors, primarily excessive fat intake, are responsible for colorectal cancer. Fiber increases bulk. This dilutes carcinogens, no matter what their cause. Fiber reduces the duration of a toxin's contact with the bowel mucous by increasing its speed of onward movement through the gut. It binds various toxic substances, rendering them innocuous.

HEMORRHOIDS

It appears, even though there are other possible factors, that the shearing force caused by the passage of hard fecal mass through the anal canal is the major cause of hemorrhoids.

OBESITY

Foods rich in fiber have a low energy-satiety rate. They require more chewing and, thus, prolong the time spent eating. Consequently, a sense of satiety is achieved before excessive energy consumption. This, alone, reduces the development of obesity.

DIABETES

Fiber in the diet reduces the energy consumed and slows digestion. It also increases the viscosity of the contents of the upper intestine. This reduces the rate of energy absorption, which, in turn, helps avoid an excessive demand for insulin output. The presence of fiber is considered a major protective factor against the development of diabetes.

CORONARY HEART DISEASE

Studies have confirmed that consuming certain fibers can assist in lowering of serum cholesterol levels within the body. This can lessen the likelihood of certain kinds of coronary heart disease for some people. Some researchers are studying the possibility that fiber can bind both fat and cholesterol in the foods we consume and make it less available to the body.

The very best of diets can be no better than the very worst if the body's sewage system, the colon, is clogged with a collection of waste and corruption.

KEY INGREDIENT INFORMATION

PLANTAGO PSYLLIUM SEED (BLONDE)

Sometimes referred to as "colon's broom", Plantago Blonde is a fabulous crude fiber that has twice the bulking capacity of bran. This non-digestible fiber helps scrub the convolutions in the intestinal tract, loosening and cleaning putrefying toxins, while acting as an intestinal lubricant. Because of its content of mucilage, it is used as a demulcent. It absorbs and retains water and, therefore, creates a natural "laxative effect."†

GUAR GUM

A dietary fiber from ground endosperms of the seeds of Cyamopsis Psoroliodes. Guar is a digestive fiber used throughout the food industry as a thickening agent. It helps regulate the rate of absorption of nutrients, including sugar, spreading it over a longer period of time. The result is a slower rise in blood sugar levels and a less rapid subsequent drop.†

APPLE PECTIN

A dietary fiber found in fruits. Amazing properties of Apple Pectin include the absorption of many different destructive elements from the intestinal tract.

CHLORELLA

A single cell member of the Chlorophycene (green algae) family. Its nutritive value, high plant protein and chlorophyll content make it one of the world's best foods. NutriCleanse™ contains a special broken cell wall chlorella which has been shown to increase its digestibility and bioavailability. †

ALOE VERA

Truly nature's aid to digestion. Aloe Vera is loaded with enzymes, minerals and vitamins!

BLACK WALNUT

Associated with killing and expelling parasites. Assists in the elimination of toxins.

BETA CAROTENE

Beta Carotene and a large number of similar compounds known as carotenoids are one of the hottest topics in nutritional science, cancer research and life extension studies. The carotenoids are yellow/orange pigment, deriving their name from carrots. They are found in all photosynthetic plants and bacteria where they play a function in protecting the plant's cell against damage from the highly reactive by-products of the photosynthetic process. Animals are unable to synthesize carotene and must derive them from plant food sources. The best sources are dark green vegetables (spinach, broccoli, turnip greens) and yellow/orange foods such as carrots, yams, squash, pumpkins, etc. Beta Carotene is converted to two Vitamin A molecules by the intestinal mucosa. Vitamin A is essential for growth and development, vision, reproduction, immunity and maintains the integrity of all epithelial tissues such as teeth, skin, hair and the mucous membranes of the digestive and respiratory tract. The National Cancer Institute has stated that high levels of Beta Carotene in the diet can reduce the risk of lung cancer by more than 40%. (A U.S. Department of Agriculture survey suggested that nearly half of all Americans get less than the recommended daily allowance of Vitamin A (5000 I.U.) in their normal diet).†

WORMWOOD

Also known as Green Ginger, this herb's use dates back to 1520 b.c. in ancient Egypt. It was highly prized as anti-parasitic. It is often used as a bitter digestive aid, with the powerful ability to fight off intestinal invaders such as pinworms and roundworms. It promotes the secretion of bile and other digestive juices. Bile being alkaline or basic in nature helps in the decomposition of breaking down of foods. In addition, it helps neutralize excess acids thereby helping reduce prolonged acidity and acidosis.†

PAPAIN

The protein digesting enzyme from the papaya. Papain helps break down protein into a digestible state. For an extra boost of papain, we suggest mixing Aloe/Papaya Juice with NutriCleanse™. This nutritious juice contains calcium, phosphorus and potassium and is rich in Vitamin A!†

CAPSICUM (CAYENNE)

Capsicum helps aid circulation in cold extremities and is very useful in inflammations, stomach and bowel disorders, fevers and pleurisy. It also helps relieve the body of excessive mucous.†

CASCARA-SAGRADA

One of the best herbs for chronic constipation. It is not habit forming. It increases secretions of the liver (bile), is a good intestinal tonic and promotes peristaltic activity of the bowel. †

KEY INGREDIENT INFORMATION

SENNA POD

A very useful herb for cleansing the system during fasting. Has a natural laxative effect that increases the intestinal peristaltic movements.†

ROSEHIPS (ROSA SPECIES)

High in Vitamin C, Rosehips are used to strengthen circulation and act as a respiratory aid which activates membranous and urinary secretions.†

GARLIC (ALLIUM SATIVUM)

Often referred to as the king of the vegetables, Garlic is nature's antibiotic. It has a rejuvenation effect on all body functions, stimulating the lymphatic system to throw off waste materials.†

ACIDOPHILUS

The type of probiotic bacteria is normally found in a healthy intestinal tract. It helps maintain a balance of friendly bacteria that aids in digestion and promotes proper elimination of wastes. A healthy digestive tract also results in improved adsorption of nutrients.†

CHLOROPHYLL

An excellent blood cleanser that helps build blood hemoglobin levels, strengthens the immune system, and assists in the oxygenation of the bloodstream. Particularly important for people who live in cities and are exposed to smog and smoke (American Journal of Surgery), it breaks down poisonous carbon dioxide, serves as an infection fighter, and acts as a natural deodorizer. Some say it is the richest land source of trace minerals.†

NutriCleanse™ contains no sugar, yeast, dairy, wheat, corn, soy, artificial flavoring or colorings or preservatives.

BENEFITS OF NUTRICLEANSE™

- A great fiber product (soluble & insoluble fiber)
- Swells (up to 50 times), in liquids giving it a colon sweeping action.
- Designed as a nutritional fiber, with key ingredients to enhance cleansing and detoxification of the intestines.
- Ingredients rich in natural enzymes and nutrients to cleanse, soothe, and freshen the bowel.
- Powerful antioxidants and natural anti-inflammatory ingredients.
- Fiber and herbs to relieve constipation and improve peristaltic movements
- May help prevent diverticular disease
- May help prevent polyps in the bowel
- May help relieve constipation
- Natural high fiber diets are protective against development of diabetes

New Spirit Naturals High Fiber NutriCleanse™

Your good health depends on a daily source of natural dietary fiber. Adequate fiber insures normal regularity and speeds the elimination of harmful wastes from the body.† NutriCleanse™ capsules provides a simple solution. Just two servings daily provides 5 grams of soluble, non irritating fiber (psyllium seed), along with important probiotics and herbs to assist complete, natural elimination.†

Directions: Begin with 1 serving daily, (morning or evening). Follow immediately with a minimum of 8 oz. of purified water or other liquid. Gradually increase to 2 or 3 servings per day as needed. To curb appetite, take 4 capsules before each meal. For best results, drink 8 oz. of liquid prior to taking NutriCleanse™ and follow with an additional 8 oz of liquid.

NOTICE: This product contains Cascara Sagrada (Rhamnus purshiana) bark and Aloe Vera (Aloe barbadensis) gel. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada and aloe vera may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.



†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.



NEW SPIRIT
NATURALS

HIGH FIBER

NutriCleanse
CAPSULES

with Probiotics & Aloe Vera

DIETARY SUPPLEMENT | 180 CAPSULES (750mg)

Supplement Facts

Serving size: 4 capsules
Servings per bottle: 45

	Amt. Per Serving	%DV*
Calories	1g	<1%
Calories from fat	0	0
Total Fat	0g	0%
Total Carbohydrates	.1g	<1%
Dietary Fiber	2.4g	10%
Sugars	0g	0%
Sodium	4mg	<1%
Protein	0g	0%
Proprietary Blend	3g	***

Proprietary Blend
 Psyllium Husk (Plantago psyllium) seeds, Guar Gum (Cyamopsis Tetragonolobus) endosperm, Chlorella (Chlorella Vulgaris), Capsicum (Capsicum Annum) fruit, Senna Pod (Cassia Acutifolia) leaf, Garlic (Allium Sativum) fruit, Rosehips (Rosa Canina) fruit, Dunaliella Powder (Dunaliella salina), Wormwood (Artemisia absinthium), Aloe Vera (Aloe Barbadensis) leaf, Cascara Sagrada (Rhamnus purshiana) Powder, Lactobacillus Acidophilus (Lactose Free)

Vitamin A**	Vitamin C**	Calcium**	Iron**
* Percent Daily Values (DV) are based on a 2,000 calorie diet.			#5000C V2
** Not a significant source of nutrients.			MADE IN THE U.S.A.
*** Daily Value has not been established.			GMP

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†These statements have not been evaluated by the FDA. Information contained in this bulletin is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. In all cases, it is recommended that you consult with your healthcare professional before initiating a supplement program†