Ingredients in Cleanse

1. Psyllium Husk Fiber

Psyllium Husk Fiber has no nutritive value other than as a source of fiber. United States Food and Drugs Adminisration acknowledged Psyllium Husk's role in lowering blood cholesterol levels.

2. Oil Palm Trunk Fiber

Oil Palm Trunk Fiber is a relatively new ingredient that is showing strong promise in its ability to promote glucose metabolism and manage healthy cholesterol levels in individuals with Type 2 Diabetes. Additionally, it has unique antioxidant properties due to its unusually high in-vitro Oxygen Radical Absorbance Capacity (ORAC) value.

3. Mixed Vegetable Powder

Mixed Vegetable Powder contains spinach, celery, cabbage, pea, wheat grass, etc. All these vegetables are the food for "friendly" bacteria in our colon.

4. Fructo-Oilgosaccharides

Fructo-Oligosaccharides (FOS) are extracted from fruits and vegetables like bananas, onions, chicory root, garlic, asparagus, barley, wheat, and tomatoes.

5. Guar Gum

Guar Gum, also called guaran, is primarily the ground endosperm of the seeds from Cyamopsis Tetragonolobus. Guar Gum is a water soluble bulk forming laxative, and as such, it is claimed to be effective in promoting regular bowel movement and relieve constipation and chronic functional bowel ailments.

6. Apple Pectin

Apple Pectin is a water-soluble fiber, which is helpful in removing cholesterol from intestines and delaying glucose absorption. It is also known to be effective in causing regression and prevention of gallstones.

7. Citric Acid

Citric Acid occurs in relatively large quantities in citrus fruits. More than a flavor enhancer, citric acid is an integral part of the Krebs (citric acid) cycle involving the metabolic conversions of carbohydrates, fats, and proteins in most living organisms.

8. Chlorophyll

Chlorophyll is a green photosynthetic pigment found in most plants, algae and cyanobacteria. Because chlorophyll has a cell structure that is similar to haemoglobin in human blood, research has shown that chlorophyll aids blood formations.

Dr. Fia-Fia:
Cleanse binds toxic wastes and remove it through digestion canal.

Cleanse contains natural ingredients.
As we all know that the food we eat does not contain enough fiber, this could cause many disturbances to our digestive system. This disturbed digestive system can result in many illnesses and complications like Colon Cancer. If the wastes in the colon are not passed out after a long period of time, those wastes will be re-absorbed by our body and cause problems to our body, such as acne, etc.

Cleanse contains fibers that absorb cholesterol and bind toxins in the digestion canal so the bad effect from the food we eat can be caught and passed out together with excretion.

Cleanse contains superior fibers you need for your health. I recommend it !
-Dr. Fia Fia-

• Testimonies

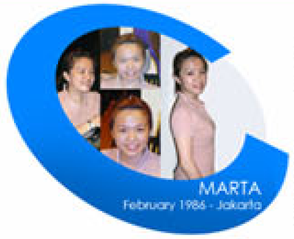
CLEANSE
Natural Plant and Fruit Fibers

I lost about 30kg only 12 months after consuming *Cleanse*, now I am 90kg.

My friends want what I got from *Cleanse*: Sexy Body! Before, I was 'XL', now I am 'S' (S for Sexy).

With *Cleanse*, my constipation is gone and I feel so free!

Defecation with *Cleanse* is just normal, no stomache, or diarrhea.



3 months after taking *Cleanse*, my typhoid fever is history.

There is a period of time when I always come down with typhoid fever, at least once a year.

CLEANSE

Natural Plant and Fruit Fibers
For Effective Cleansing and Protection of the Colon

POM SI. 084 227 101

www.crestwellness.com

Cleanse

Cleanse is a product containing high content of fibres required by our body on a daily basis. It has the perfect combination of both the soluble and insoluble fibers, which allow for the easy removal of solid toxic waste from our colon, helping our digestive system to function more efficiently.
As cleanse is made from fibres, it does not have any side effects.

2 Types of Fiber

[Soluble Fiber]

Is a kind of fiber that helps bind the toxic wastes together for removal through excretion. With less wastes in the cleaner colon, the absorption capabilities of our digestive tracts are increased.

The soluble fibers also serve a purpose of absorbing toxins from accumulated wastes in the colon, thereby reducing the re-absorption of toxins by the digestive tracts.

[Insoluble Fiber]

Is a kind of fiber that acts like a broom to clean out those wastes that are stuck to the colon walls. It also helps make the excrement sparse and not so sticky by providing the pockets in the excrement.

In addition, insoluble fibers also help the pro-biotics and pre-biotics to function more efficiently.

Further information :

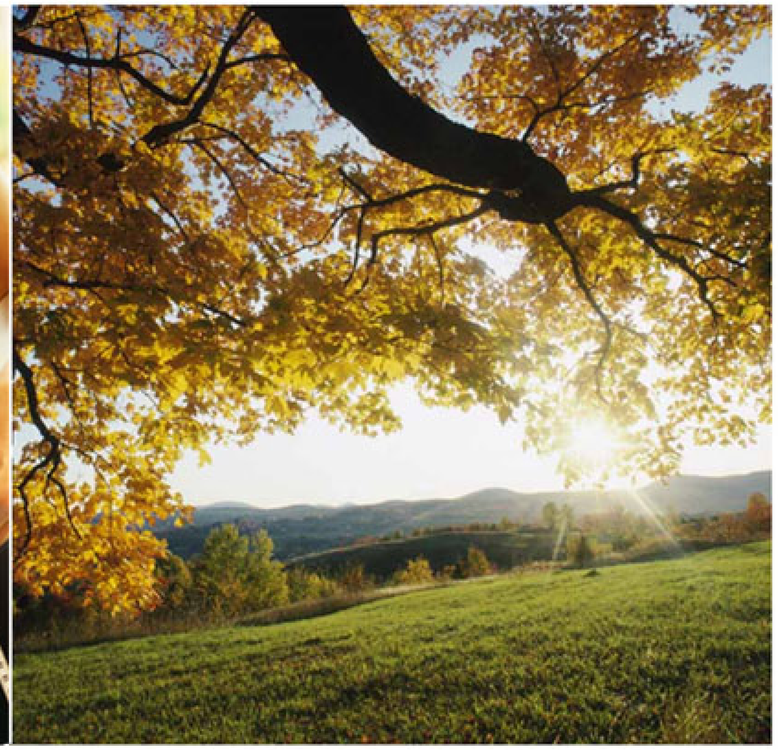
www.crestwellness.com

What is Inside Our Body is Toxic If Not Removed

All the toxins that have accumulated within our body, from the air we breathe, pollutants in the environment (dust, smoke, chemical, sunlight) to stress and the food we eat make detoxification as important as taking a bath or brushing our tooth everyday.

Our alimentary canal, starting from the gullet, to the stomach, small intestine, colon, to the rectum is about 6 times our height. Our colon itself is about 1.6 m long. And it is made up of many creases which are called "Villi" or "Villous". This is where most solid toxic wastes would have collected.

90% of illnesses originate from our colon which holds so much toxic waste.



So it is important for us to cleanse our colon to remove all these toxins. Today's health and medical practitioners would point to the unbalanced diet (e.g too much meat, too much fat etc.), as a contributing factor to unhealthy colons, as more wastes accumulated than passed out. The accumulation of these toxins within our colon will cause the colon to be constricted, and worse, affect the nutrient absorption capabilites of the digestive tracts.
Such accumulation of toxins will also cause our body to be acidic and toxic, leading to illnesses.

Cleanse

Healthy Inside. Beautiful Outside.