

## 30-Day Cleanse

For more than a decade, DrNatura®'s flagship product has been the Colonix® Advanced Internal Cleansing Program, otherwise known as the Colonix® Cleansing Kit. The kit includes 3 products: Colonix® Intestinal Cleanser, a daily fiber supplement; Paranil®, for liver support; and KleriTea®, a gentle laxative herbal tea. This program includes detailed instructions on how to use the 3 products together to provide optimal cleansing.\*



## Benefits

- Supports healthy colon and liver functions.\*
- Promotes regularity and digestive health.\*
- 3 easy steps for 30-day / 60-day / 90-day cleansing routines.\*
- Supports digestion, by relieving from gas, bloating and occasional constipation.\*
- Provides powerful antioxidants.\*
- Great for first time cleansers.\*

## Suggested Use

### Days 1-5

#### Morning:

Take 2 Paranil® capsules on an empty stomach. Next, approximately 30 minutes after, mix 1/2 scoop of Colonix® Intestinal Cleanser with 8oz of juice or water. Drink your fiber mix quickly, or it will become too thick. Follow it with another 8oz glass of water.

#### Evening:

Before bed, steep a bag of KleriTea® in hot water for 1-2 minutes before drinking. After 5 days, drink tea every other day or less frequently.

**IMPORTANT:** Drink eight glasses of pure water throughout the day.

### Days 6-30

#### Morning:

Take 4 Paranil® capsules on an empty stomach. Next, approximately 30 minutes after, mix 1 scoop of Colonix® Intestinal Cleanser with 8oz of juice or water. Drink your fiber mix quickly, or it will become too thick. Follow it with another 8oz glass of water.

#### Evening:

Every other day (or less frequently) before bed, steep a bag of KleriTea® in hot water for 2-6 minutes before drinking.

**IMPORTANT:** Drink eight glasses of pure water throughout the day.

### Days 31 - 60 (or 90)

Take a five-day break from the Paranil® and KleriTea® as you start your second month of cleansing. Continue the Colonix® Intestinal Cleanser only, and on day 6 resume taking the Paranil® capsules daily, drinking the tea every other day or less frequently.

**IMPORTANT:** Drink eight glasses of pure water throughout the day.



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\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Main Ingredients

### COLONIX® INTESTINAL CLEANSER®

#### Supplement Facts

Serving Size: 1 scoop (12g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	9 g	3%*
Dietary Fiber	8 g	29%*
Protein	<1 g	1%*
Sodium	10 mg	<1%
Psyllium husks	9,330 mg	†
Flax seed	720 mg	†
Fennel seed	477.6 mg	†
Papaya fruit	240 mg	†
Slippery elm bark	120 mg	†
Chinese rhubarb root	120 mg	†
Grapefruit pectin fruit	120 mg	†
Marshmallow root	120 mg	†
Alfalfa leaf	60 mg	†
Guar gum	60 mg	†
Peppermint leaf	60 mg	†
Uva ursi leaf	60 mg	†
Stevia leaf extract	30 mg	†
Licorice root	5 mg	†
Aloe vera gel 200:1 concentrate	2.4 mg	†

† Daily Value (DV) not established.

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Maltodextrin, natural banana flavor and silica.

### PARANIL®

#### Supplement Facts

Serving Size 2 Capsules 4 Capsules  
Servings per Container 55 28 approx.

	Amount Per Serving	Amount Per Serving
Milk Thistle Seed Extract	200 mg*	400 mg*
Turmeric Root	40 mg*	80 mg*
Garlic Bulb	30 mg*	60 mg*
Fenugreek Seed	20 mg*	40 mg*
Proprietary Blend	610 mg*	1220 mg*

Artichoke leaf extract, grapefruit seed 4:1 extract, pau d'arco bark, pumpkin seed, myrrh gum, hyssop aerial parts, elecampane root, gentian root, prickly ash bark, yellow dock root and false unicorn root

\*Daily value not established.

Other ingredients: Hypromellose, magnesium stearate, medium chain triglycerides (caprylic/capric acid) and silicon dioxide.

### KLERITEA®

#### Nutrition Facts

30 servings per container  
Serving size 1 Bag (2 g)

Amount Per Serving	Calories	% Daily Value*
	<b>0</b>	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 0g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugars 0g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 0g		<b>0%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Senna leaf, Buckthorn Bark, Fennel Seed, Chamomile Flower, Peppermint Leaf, Cinnamon Bark, Ginger Root, Milk Thistle Seed, Rose Hip Fruit, Uva Ursi Leaf, Natural Passionflower Flavor, and Natural Citrus Flavor.

## Cautions

**WARNING:** DrNatura® products should not be used by pregnant or nursing women, by children (except children's products), or by anyone with a serious medical condition. Do not use DrNatura® products if you are allergic to any of the ingredients. If you are taking any medications, consult with a healthcare professional before using DrNatura® products.

**CHOKING:** Taking Colonix® Intestinal Cleanser without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

**NOTICE:** Colonix® Intestinal Cleanser contains chinese rhubarb. Read and follow the directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because chinese rhubarb 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.

**KleriTea® Contains** Senna Leaf and Buckthorn Bark. Read and follow directions carefully. Senna and is designed for short-term and occasional use only. Long-term continuous use is not recommended. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna Leaf and Buckthorn Bark 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 medications, or have a medical condition.