



Liquid Cleanse

Stock#3193-1 (16 fl. oz.)

Liquid Cleanse is a gentle, yet effective colon cleanser that is the perfect alternative to capsules, tablets or gritty fiber drinks. Liquid Cleanse contains herbs that help soften stools and increase the peristaltic action of the colon to improve intestinal detoxification. Liquid Cleanse also provides herbs and nutrients that help soothe inflammatory bowel conditions, relieve intestinal gas and abdominal bloating, and improve liver and gallbladder function. Each serving of Liquid Cleanse contains:

Aloe vera has been approved for use by the German Commission E for occasional constipation and for conditions that require a soft stool, such as anal fissures or hemorrhoids and after rectal surgery. Taken internally, aloe vera increases peristalsis and colonic motility to improve bowel detoxification. Aloe has also been widely used by patients with inflammatory bowel disease. A double-blind, randomized, placebo-controlled trial of patients with mildly to moderately active ulcerative colitis found that clinical remission and improvement occurred in 47% of patients given aloe vera, compared with only 14% of those taking placebo. Internal use of aloe vera is not recommended for children, pregnant or nursing women, and patients with kidney or cardiac disease due to the potential for hypokalemia (abnormally low serum potassium levels) and potential disturbance of cardiac rhythm. Internal use of aloe vera may increase the effects of anti-arrhythmics, cardiac glycosides, loop diuretics, other potassium-wasting drugs, steroids and thiazides; thus, concurrent use should be avoided.¹⁻⁴

Red raspberry fruit concentrate is a rich source of anthocyanins, vitamin C and various phenolic compounds, which protect the body's tissues against oxidative stress and associated pathologies (diseases) such as cancer, coronary heart disease and inflammation. Raspberries have also been found to significantly inhibit both the mutation of breast and cervical cancer cells in vitro, as well as the proliferation of human liver cancer cells.⁵⁻⁸

Senna is a well-known and effective laxative agent that has been used to relieve constipation and cleanse the bowel in preparation for diagnostic or surgical colorectal procedures. Senna has also been used to help expel intestinal worms. Senna is approved for use for constipation by both the German Commission E and the World Health Organization. Senna increases peristaltic activity in the lower bowel and helps soften stools, which makes it particularly useful for those suffering from hemorrhoids or anal fissures. Although senna passes into the breast milk of breast-feeding women, a laxative effect upon nursing infants has not been observed. Senna should not be used if taking calcium channel blockers, calmodulin antagonists or indomethacin. Senna is contraindicated in patients with hemorrhoids, intestinal obstruction, prolapses and acute inflammatory gastrointestinal conditions (i.e. Crohn's disease, ulcerative colitis, appendicitis or abdominal pain of unknown origin), and in children under 12 years of age.^{4,9-12}

Cinnamon is used in Japanese herbal medicine to energize the kidneys and warm the "gate of vitality" at the kidneys, which relieves frequent urination, impotence, cold kidneys, weak back and aversion to cold. Cinnamon is also one of the most important circulatory herbs in Chinese herbal medicine and is used to stimulate the circulation of blood and promote urination and perspiration. Cinnamon is recommended for abdominal cramps and pain, arthritic and rheumatic conditions, cold extremities, diarrhea, edema (fluid retention), fatigue, lower back pain, muscle spasms and numbness. Cinnamon also demonstrates antibacterial activity against *Bacillus cereus*, *Escherichia coli*, *Salmonella infantis* and *Staphylococcus aureus*, all of which can cause food poisoning.¹³⁻¹⁸

Trace Minerals - The effect of trace minerals on human well-being is enormous. Certain trace minerals are considered essential in very small amounts to maintain health and ensure proper functioning of the body. Increasing evidence supports the role of trace minerals in the maintenance of immune function and their causal role in secondary immunodeficiency. In addition, trace minerals are involved in normal skeletal metabolism and the nutritional prevention of osteoporosis. Furthermore, vitamins, trace minerals and a variety of other phytochemicals with antioxidant properties have chemopreventive potential against cancer development.¹⁹⁻²³

Barberry is primarily regarded as an effective liver cleanser and tonic, due to its ability to stimulate the flow of bile and enhance liver function. Barberry has been used in the treatment of gallbladder disease and gallstones, as well as digestive disorders, colitis (inflammation of the colon), constipation (in large doses), diarrhea, gastritis (inflammation of the stomach lining), gastrointestinal infections, jaundice (a liver disorder that causes yellowing of the skin and the whites of the eyes), peptic ulcers and ulcerative bowel conditions. The medicinal value of barberry is believed to be due to its high content of isoquinoline alkaloids, including berberine. Barberry is not recommended during pregnancy, due to a possible stimulant action on the uterus.^{2,4,24,25}

Xanthan gum is produced from the fermentation of corn sugar and is used as a thickener, emulsifier and stabilizer in foods such as dairy products and salad dressings.²⁶

Fennel seed is approved by the German Commission E for digestive disorders such as bloating, dyspepsia (indigestion), feelings of fullness and flatulence (intestinal gas), as well as mild, spastic (cramping) gastrointestinal complaints such as spastic colon (also known as irritable bowel syndrome). Fennel seed increases bile production and regulates the peristaltic functions of the gastrointestinal tract, thereby enhancing gastric motility to reduce the emptying time of the stomach. In higher concentrations, fennel seed acts as an antispasmodic (a substance that relaxes muscle spasms) to relieve cramp-like pains in the gastrointestinal tract. The volatile oil in fennel seed is responsible for the herb's ability to reduce intestinal spasms and cramping, and has also been shown to inhibit the growth of *Salmonella enteritidis*, which can cause food poisoning.^{4,11-13,25,27-29}

Cornsilk is noted primarily for its diuretic effects and has been used in the treatment of bedwetting, cystitis (bladder inflammation), edema, prostatitis (prostate inflammation), urethritis (inflammation of the urethra), and for acute or chronic inflammation of the urinary system. Cornsilk also appears to stimulate bile flow and has been used in Chinese medicine in the treatment of liver and gallbladder disorders, including jaundice.^{12,13,30,31}

Ginger contains various compounds that act as digestive stimulants, enhancing gall bladder activity and encouraging the production of digestive fluids and saliva. Ginger also improves gastric motility (movement through the digestive tract), while exerting antispasmodic effects to reduce intestinal cramping. Thus, ginger is approved by the German Commission E for dyspepsia and is widely used for the treatment of various gastrointestinal problems, including abdominal discomfort and bloating, diarrhea and nausea stemming from motion sickness and hyperemesis gravidarum (morning sickness). In addition, ginger root extracts have been shown to inhibit the growth of *Helicobacter pylori* in vitro and prevent the occurrence of gastric ulcers induced by aspirin and non-steroidal anti-inflammatory drugs in rats. Ginger also helps reduce cholesterol levels and stimulates immune system function.^{11-15,27,32-38}

Bitter orange is used in Traditional Chinese Medicine to break up and move stagnant energy within the body. Indications for such use include indigestion with flatulence, epigastric or abdominal pain and bloating, constipation, and "blocked" feelings in the chest or abdomen. Research has confirmed that bitter orange acts as a carminative—a substance that prevents the formation of and relieves intestinal gas and abdominal bloating. Bitter orange also improves blood circulation through the heart and cerebral (brain) tissue.^{11,13-15}

Dandelion root contains an abundance of bitter substances that increase gastric and salivary juice secretions and stimulate the release of bile from the gallbladder and liver. Dandelion is classified as a liver tonic because it increases the production and flow of bile to the gallbladder (a choleric effect) and directly stimulates contraction of the gallbladder, thus causing the release of stored bile (a cholagogue effect). Results from animal and human studies have shown improvement with the use of dandelion root in gallstones, jaundice, liver congestion, hepatitis (inflammation of the liver) and bile duct inflammation. In one study, dandelion root was used successfully to treat chronic, nonspecific colitis, providing relief from abdominal pain, constipation and diarrhea. Dandelion root is approved by the German Commission E for dyspepsia and bile flow problems.^{4,11,12,27,39}

Capsicum stimulates production of digestive and mucosal fluids, which helps improve digestion, soothes inflammation, enhances the removal of toxins from the body, and relieves gastrointestinal problems. Studies show that capsicum also helps reduce the risk of developing atherosclerosis (narrowing and hardening of the arteries) by decreasing serum cholesterol and triglyceride levels.^{2,4,11,12,25,27,32,40}

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