

# Fibre System Plus™

## Complete Gastrointestinal Cleansing Program

## Total Body Cleanse

The Digestive System is responsible for the breakdown, absorption and elimination of all foods we take into our bodies. Digestion is an essential ongoing process and our overall health is directly influenced by the efficiency and ability of the intestinal tract to complete the digestive process. Maintaining a healthy gastrointestinal tract can promote healthy digestion and nutrient absorption, leading to increased energy and improved overall wellness.

Fibre System Plus from 4Life™ provides an exceptionally smooth, effective and complete gastrointestinal tract cleanse for gastrointestinal system support. Optimal gastrointestinal system health requires action at several levels. Fibre System Plus is a premier herbal combination that addresses each of these levels and supports healthy intestinal function and nutrient absorption.

## Key Points

- Spring Clean for the Intestinal Tract: Fibre System Plus provides a thorough ten-day cleanse that is recommended every six months to support a healthy digestive system. Conveniently packaged in six-capsule packets, Fibre System Plus can be carried with you wherever you go.
- Important First Step in Wellness Program: 4Life offers a wide variety of weight management and general maintenance products. The effectiveness of individual nutrients in the 4Life products can be enhanced by using Fibre System Plus to ensure an effectively cleansed intestinal system. Get the most benefit out of 4Life's products by performing a complete intestinal cleanse twice a year.

## Did you know?

The digestive system is a long tube that runs through the body, with different sections that perform specific functions, including digesting food, extracting nutrients for the body to use and expelling waste products.

The process of digestion is a tough job and your body needs plenty of water to get it done right. Drinking adequate amounts of water, about eight 8-ounce glasses a day, helps support the health of the entire digestive system.

## Technical Points

- Fibre System Plus combines 27 herbal extracts in convenient six capsule packets to provide thorough, and comfortable intestinal support and purification.
- Psyllium, apple and cranberry provide a bulking effect and also absorb and eliminate residues.\*
- Cascara, frangula, sage, ginger and prune promote healthy intestinal motility.\*
- Mucilages from Irish moss, marshmallow, slippery elm, locust bean and xanthan gum support the health of the entire digestive tract.\*
- Pineapple, papain and bromelain provide enzyme support for healthy digestion.\*
- Goldenseal, gentian and licorice support healthy mucus membranes of the stomach.\*
- Chamomile and hops support the nervous tissues of the stomach and intestines.\*
- Parsley supports normal kidney and bladder function.\*
- Spirulina and bee pollen provide balance to the entire formulation by providing easily absorbed micronutrients.\*

### Ordering Information

Item # 7180 - 30 packets/box  
Item # 7181 - 12 for the price of 11



Fibre System Plus™

**DIRECTIONS:** Take the contents of one packet one-half hour before meals three times daily for ten days. For best results, use Fibre System Plus™ twice per year.

**NOTICE:** This product contains Cascara Sagrada. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, abdominal pain or intestinal inflammation.** Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product.

## Supplement Facts

**Serving Size:** One (1) Packet  
**Servings Per Container:** 30

Amount Per Serving	%DV*
<b>Fiber Blend</b> 1390 mg †	
Psyllium ( <i>Plantago ovata</i> ) husk	
Rice ( <i>Oryza sativa</i> ) seed bran	
Apple ( <i>Malus domestica</i> ) fruit fiber	
Slippery Elm ( <i>Ulmus rubra</i> ) inner bark	
Prune ( <i>Prunus domestica</i> ) fruit	
Red Wheat ( <i>Triticum aestivum</i> ) seed bran	
Marshmallow ( <i>Althaea officinalis</i> ) root	
Locust ( <i>Ceratonia siliqua</i> ) bean gum	
Xanthan gum	
<b>Cleansing Blend</b> 745 mg †	
Black Walnut ( <i>Juglans nigra</i> ) hull	
Cascara Sagrada ( <i>Rhamnus purshiana</i> ) bark	
Buckthorn ( <i>Rhamnus frangula</i> ) bark	
Gentian ( <i>Gentiana lutea</i> ) root	
Licorice ( <i>Glycyrrhiza glabra</i> ) root	
Goldenseal ( <i>Hydrastis canadensis</i> ) root	
<b>Nutrition Blend</b> 550 mg †	
Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit	
Pineapple ( <i>Ananas comosus</i> ) fruit (Bromelain)	
Papaya ( <i>Carica papaya</i> ) fruit (Papain)	
Sage ( <i>Salvia officinalis</i> ) leaf	
Parsley ( <i>Petroselinum crispum</i> ) aerial part	
Irish Moss ( <i>Chondrus crispus</i> ) whole plant	
Bee Pollen	
Hawaiian Spirulina ( <i>Spirulina pacifica</i> )	
<b>Herbal Blend</b> 155 mg †	
Ginger ( <i>Zingiber officinale</i> ) root	
Hops ( <i>Humulus lupulus</i> ) flower	
Chamomile ( <i>Matricaria recutita</i> ) flower	

\* Daily Value † Daily Value not established  
Other Ingredients: Gelatin capsule, magnesium stearate.  
CONTAINS INGREDIENTS FROM WHEAT.