

# Fibre System Plus™

COMPLETE GASTROINTESTINAL CLEANSING PROGRAM

4Life®

## Total Body Cleanse

The Digestive System, specifically the intestinal tract, 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. When you don't drink enough water every day, your body takes the water it needs from sources within the body, such as the colon. This can cause a disruption in the natural digestion and elimination process. 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. Each herbal ingredient has a specific function within the digestive system.
- 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.\*
- 4Life recommends Tea4Life™ to maintain the gastrointestinal cleanse provided by Fibre System Plus.



**DIRECTIONS:** For a total body cleanse, 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.

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

**NOTICE:** This product contains cascara sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools or abdominal pain. 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

Amount Per Serving	%DV*
Calories	5
Total Carbohydrates	1 g <1%†
Dietary Fiber	1 g 2%†
Psyllium ( <i>Plantago afra</i> )(seed)	600 mg **
Black Walnut ( <i>Juglans regia</i> )(hulls)	400 mg **
Cranberry (fruit)	250 mg **
Cascara Sagrada (bark)	100 mg **
Ginger (root)	100 mg **
Apple (fruit)	100 mg **
Gentian (root)	85 mg **
Alder Buckthorn (bark)	75 mg **
Slippery Elm (bark)	60 mg **
Licorice (root)	50 mg **
Sage (leaves)	50 mg **
Parsley (leaf)	50 mg **
Papain (from papaya fruit)	50 mg **
Bromelain (from pineapple fruit)	50 mg **
Prune (fruit)	50 mg **
Red Wheat Fiber (seed)	50 mg **
Marshmallow (root)	40 mg **
Hops (flower)	30 mg **
Frangula Extract (bark)	25 mg **
Irish Moss ( <i>Chondrus crispus</i> )(aerial parts)	25 mg **
Bee Pollen	25 mg **
English Chamomile (flower)	25 mg **
Pineapple (fruit)	20 mg **
Papaya (fruit)	20 mg **
Hawaiian Spirulina Pacifica	10 mg **
Goldenseal (root)	10 mg **

†Percent Daily Values are based on a 2,000 calorie diet.

\* Reference Daily Intake (RDI)

\*\*Daily Value (DV) not established

Other Ingredients: gelatin capsule, rice bran, xanthan gum, locust bean gum, magnesium stearate. [KO](#)

Ingredients for individual capsules can be reviewed on our website at [www.4life.com](http://www.4life.com).

## Ordering Information

Item # 7180 - 30 packets/box

Item # 7181 - 12 for the price of 11