



**Nutrican Nutritionals Ltd.**  
Quality Canadian Nutrition, Skin Care, and Innovation

## Super Natural Cleanse



## Super EFA



## AN EFFECTIVE CLEANSING & REPLENISHING PROGRAM

[www.nutrican.com](http://www.nutrican.com)

## Understanding Cleansing

### WHY DO WE GET SICK?

Our bodies are made up with about 100 trillion cells, which are regenerating at a rate of about 7 million per second. Each cell needs nutrients to maintain their metabolic function which runs through enzymes. With this metabolism, each cell also produces waste material. Our body needs to eliminate these waste materials efficiently and within 24 hours through various organs to prevent toxic buildup. Some of it is breathed out, some of it is eliminated through sweating or urination, but the bulk of these waste-by-products are eliminated through our colon.

However, with today's meat-based, high-fat, low-fiber diets, the average person's intestinal transit time is about 72 to 96 hours, meaning this waste begins a toxic build-up process that creates numerous problems for the colon and every other part of the body. Imagine the carcass of a dead animal in hot weather creating a bad stench after only a couple of days. This stench gives you a good idea of what meat does inside our 98.6-degree temperature of the body. Over the course of time, this affects the functioning of every other cell and organ. It poisons the blood, lymphatic system, nervous system and brain, while clogging up the heart, vascular system, lungs and sinuses.

Each time waste matter accumulates in the colon, which results in fermentation and putrefaction, a disturbance takes place both in the afflicted area of the colon and in its corresponding part of the anatomy. Examples of short-term afflictions resulting from the absorption toxic waste from the colon into the rest of the body include pimples, sore throats, colds, hay fever, sinus, eye and ear problems.

In addition, if our bodies are overloaded with toxins, other symptoms such as fatigue, poor concentration, headaches, skin blemishes, body odor, and bad breath are evident. There are prescription drugs that are designed to treat these symptoms, but they tend to drive toxins deeper, bringing the possibility that they may come back later as a more chronic ailment.

We are also exposed to synthetic, often toxic chemicals on daily basis. Industrial chemicals, pollutant run-offs, chlorine, pesticides, and other additives get trapped in our bodies from the air that we breathe, water that we drink, and food that we eat.

### HOW DO I START ON A CLEANSING PROGRAM?

Three unique products make up the Nutrican Cleansing Program which is designed to supplement a healthier lifestyle through proper exercise, nutrition and diet. Each product is designed with specific purposes to create a balance for proper health.

Here are **THREE KEY STEPS** to successfully implementing this program into your daily regimen:

#### IN THE MORNING: START THE DAY FRESH!

Just before breakfast, mix 15 mL of SUPER NATURAL CLEANSE to your favorite beverage or plain water, preferably on an empty stomach, and let it absorb into your system while you prepare a well balanced breakfast at the same time!

#### DURING THE DAY: "FATTEN UP"

Take one SUPER EFA gelcap with every meal. Be sure to drink a lot of filtered water throughout the day! Your body needs a lot of water of it to transport nutrients / toxic wastes, as well as help you digest and expend waste by-products.

#### AT NIGHT: LOAD UP ON FIBER!

Just before going to bed, eat a healthy bowl of fresh fruits or take a fiber supplement. This will help you gently go through a colon cleansing process.

## Super Natural Cleanse



### WHAT IS IT?

*Super Natural Cleanse is a special formulation that targets all six specific organ channels (colon, liver, kidneys, lungs, skin, and lymphatic system) to release toxins and other metabolic waste at the cellular level providing the body with an invigorating cleanse.*

### HOW DOES IT WORK?

SUPER NATURAL CLEANSE is a special blend of herbs interacting with each other to assist the body in the elimination of wastes & toxins. The concentration of herbs stimulate the vital organs to release and excrete metabolic waste-by-products which are transported out of the body through sweat, exhaling, urine, and feces, thus, the importance of a healthy colon and hydration. Detoxification is also an important component of any weight management program which many diets fail to mention, and thus render useless for many people.

One of the major components in SUPER NATURAL CLEANSE is *Chlorophyll*, which acts as a transport protein for metabolic waste-by-products and has been recently implicated as a strong anti-carcinogen. It is also a strong absorbent and therefore can act as an internal deodorant as well.

SUPER NATURAL CLEANSE also contains *Milk Thistle* which contain proven beneficial compounds that support healthy liver functions clearing toxins from our bloodstream. Other ingredients have been carefully selected for their pharmacological activities and supporting properties in targeting various organs.

### HOW DO I TAKE IT?

*Mix one Tablespoon with your favorite beverage (preferably on an empty stomach) just before breakfast*

### SAFETY, INTERACTIONS/CONTRAINDICATIONS

- Pregnant / Lactating women should not take the product
- Consult with your doctor if you are taking any form of medication for your liver or for hyperthyroidism
- Cleansing can be an unpleasant process in the beginning as your body rids itself of the toxins. You may experience dizziness, fatigue, and increase bowel movements initially

## Super EFA



### WHAT IS IT?

*SUPER EFA is a special and proprietary blend of Omega-3, Omega-6, Omega-9, and Soya Lecithin Essential Fatty Acids.*

### HOW DOES IT WORK?

SUPER EFA provides Omega-3 (alpha-linolenic acid) and Omega-6 (linoleic acid) fatty acids from both marine and plant sources which also helps the body produce a vitally important class of hormones called "prostaglandins". These hormone-like molecules help regulate inflammation, fluid balance, blood pressure, heart function, gastrointestinal function and secretion, kidney function, blood clotting, platelet aggregation, allergic response, etc.

Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA) are rapidly incorporated into lipids of the brain and retina. DHA and EPA are also essential for healthy growth and brain function in growing children and adults. EPA also decreases LDL or "bad" cholesterol, induces fat tolerance, and increases fibrinolysis.

Gamma-linoleic Acid (GLA) from Evening Primrose sources have been studied and has demonstrated to be beneficial in the treatment of certain diabetic diseases, inflammatory disorders, and symptoms associated with premenstrual syndrome.

Soya Lecithin provides vital building materials for healthy cell membranes. It also contains Medium Chain Triglycerides (MCTs) which are easy to digest and assimilate, and are an important source of energy without increasing fat deposition.

Vitamin E is added as an antioxidant and preservative. Lemon Oil is added so that the after-taste associated with the ingestion of essential oils is unnoticeable.

*What a great combination and blended in perfect balance!*

### HOW DO I TAKE IT?

*Take one softgel three times daily with your meals.*

### SAFETY, INTERACTIONS/CONTRAINDICATIONS

- People with allergic reactions to Flaxseed should not take SUPER EFA.
- Do not exceed the recommended dose.