Unique Properties

Patient One C-Cleanse combines a number of natural ingredients known for their beneficial effect on colon health. GI-regularity and function are critical to physiological balance and overall well-being. The colon is one of the body’s primary organs involved in detoxification and elimination, and a clean colon is the body’s first line of defense against illness. Daily consumption of processed foods, beverages and pharmaceuticals can result in a wide array of chemicals for the body to convert to harmless byproducts for elimination. For some, this can stress the digestive system and result in complaints including intestinal upset, bloating, fatigue, achy joints, acne and more.

C-Cleanse is a powerful colon cleansing combination of both soluble and insoluble fiber shown to support colon health and promote regularity of bowel movements. Soluble fiber helps slow the rate of digestion, promoting satiety, nutrient absorption, healthy glycemic control and digestive health. It enhances satiety by absorbing water and adding bulk in the digestive tract. Insoluble fiber does not absorb or dissolve in water and as such it passes through the GI tract relatively intact, moving along the passage of food and waste through the gut.

C-Cleanse can be paired with Patient One L-Detox capsules for a complete detoxification program. L-Detox helps to release toxins from the liver, while C-Cleanse provides an effective means to flush unhealthy toxins from the body via elimination. More frequent bowel movements are important when performing a detox or cleanse.

Nutritional Support for:
Colon health, GI regularity, and healthy cleansing and detoxification

Patient Benefits

- Promotes bowel regularity
- Maintains healthy intestinal function
- Supports digestion, assimilation and elimination
- Aids the body in detoxification
- Ideal complement to Patient One L-Detox 13 Formula

This powder is unflavored and can be mixed with water or the beverage of your choice. It supplies 10 grams of dietary fiber per serving.

Key Ingredients

The body’s digestion, assimilation, and elimination of metabolic fuel and waste influence health at the cellular level. Toxins that enter the body must be detoxified and their metabolites must exit the body through elimination. The colon plays a major role in this process by expelling the remnants of toxic molecules. If these harmful remnants are not eliminated, they can recirculate throughout the body. The fiber supplied by C-Cleanse acts to help transport toxins from the body.

Rice bran is an excellent source of insoluble fiber. Regular consumption of insoluble fiber is important for healthy digestive function as it promotes a natural laxative effect by adding bulk to the diet, helping to prevent constipation.

Psyllium husk is a source of both soluble and insoluble fiber that has long been used as a bulking and lubricating agent for the digestive system. Psyllium is a partially fermented dietary fiber from Plantago ovata that increases stool weight and promotes laxation by its presence in stool and by increasing the moisture content of stool. The unfermented gel isolated from psyllium acts as an emollient and lubricant that allows for gentle ease of passage and softness of stool.

An added benefit of psyllium husk is its ability to lower serum total and LDL cholesterol concentrations. Psyllium also promotes a feeling of fullness that aids in healthy weight management.
Inulin provides a good, soluble prebiotic fiber source for support of healthy gut flora. Inulin has been shown in numerous studies to promote the growth of beneficial microorganisms, allowing them to crowd out detrimental organisms such as E. coli.

Apple pectin and prune powder provide additional sources of soluble fiber. With apple pectin’s ability to form a gel, it can bind water and toxins together, bulking the stool and carrying toxins out of the body. Prune powder is an excellent source of high pectin fiber. It also stimulates peristalsis and the elimination of waste.

**RESEARCH / REFERENCES**


Anderson JW. Dietary fibre, complex carbohydrate and coronary artery disease. Can J Cardiol 1995;11(suppl):55G-62G.


Other Ingredients: Steviosides extract

This product is UNFLAVORED

FREE OF: milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, and artificial sweeteners, flavors and colors. Free of ingredients derived from GMOs.

**Suggested Use:** Shake or briskly stir 1 level scoop of C-Cleanse powder into 8 ounces of chilled water, juice, or other beverage, or as directed by a qualified health professional. Drink immediately. Follow with extra water and stay hydrated throughout the day.

Do not use if seal under cap is broken or missing. KEEP OUT OF REACH OF CHILDREN. Keep tightly closed. Store in a cool, dry place and avoid excessive heat.

**CAUTION:** If you are pregnant, nursing, or taking any medications, consult your doctor before use. Discontinue use and consult doctor if any adverse reactions occur.