



plexus

## BIO CLEANSE

When you want to nurture your body's natural processes, sometimes you need to enhance your diet with complementary medicines. Bio Cleanse helps support your body's natural cleansing and detoxification process so you can feel your best!

## YOUR BODY DESERVES THE RIGHT NUTRITION.

Eating a balanced diet is an important part of your daily life, and complementing your diet with supportive ingredients, like those found in Bio Cleanse, can help provide nutritional support.

## HOW DOES BIO CLEANSE WORK?

Bio Cleanse is a great addition to your daily routine. This gut health complementary medicine supports your body's natural cleansing process, helps promote a healthy immune system with vitamin C and enhances your diet with antioxidants to help reduce free radical damage.

## BIO CLEANSE PRIMARY BENEFITS AND FEATURES

- Supports the body's natural cleansing and detoxification process
- Helps reduce free radical damage to body cells
- Supports a healthy immune system
- Source of vitamin C
- Antioxidants from hesperidin
- Vegan
- Non-GMO
- Gluten free
- No artificial colours

## KEY INGREDIENTS

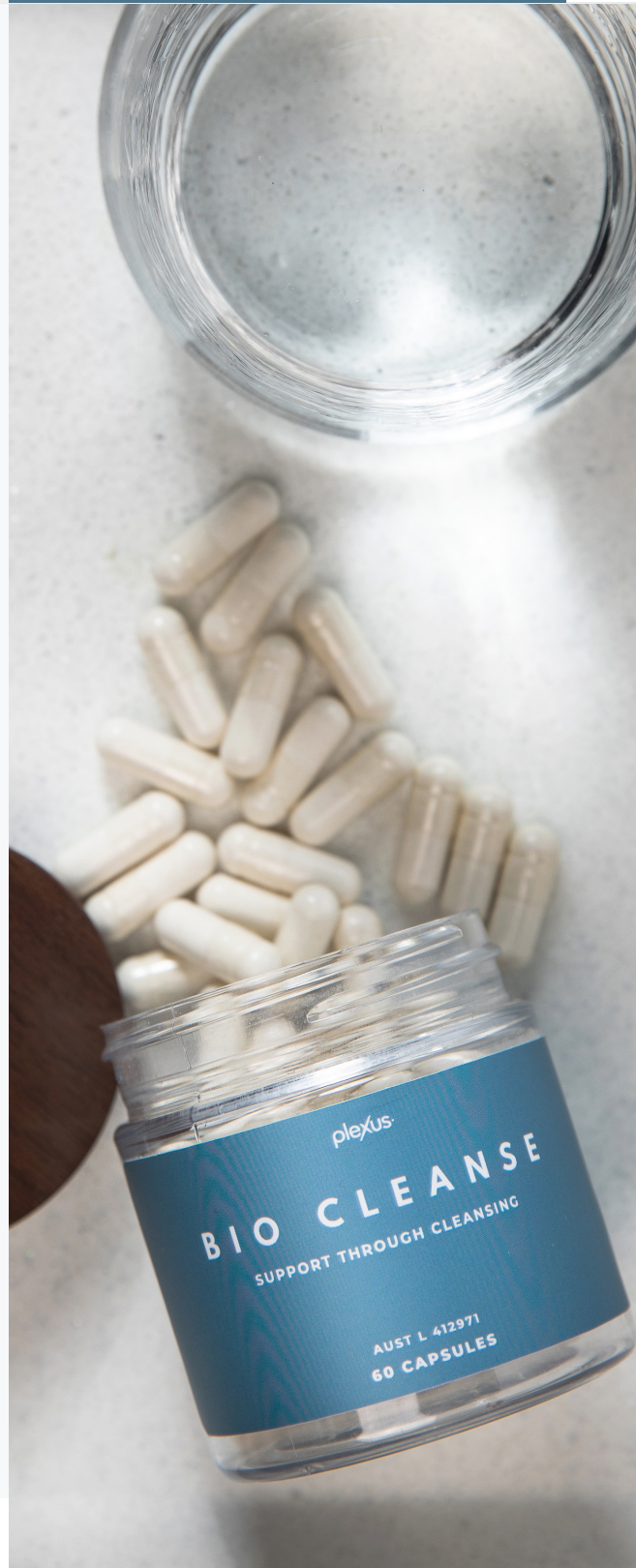
- Vitamin C (as ascorbic acid)
- Hesperidin

## WHO CAN USE BIO CLEANSE?

Bio Cleanse is intended for adults who want to support their body's natural cleansing process while supplementing their diet with vitamin C and antioxidants.

## WHAT IS BIO CLEANSE?

Bio Cleanse is a gut health complementary medicine designed to support your daily routine. This innovative, multi-benefit supplement supports your body's natural cleansing and detoxification process. With the added support of vitamin C and antioxidants, Bio Cleanse is the perfect addition to your daily routine.



# FAQ

## WHAT IS BIO CLEANSE?

Bio Cleanse is a complementary medicine designed to support your daily routine. This innovative, multi-benefit supplement supports your body's natural cleansing and detoxification process. With the added support of vitamin C and antioxidants, Bio Cleanse is the perfect addition to your daily routine.

## CAN I TAKE BIO CLEANSE WITH OTHER PRODUCTS?

Yes, definitely. We suggest pairing Bio Cleanse with one of our most popular combinations, ProBioFit® and Slim. All 3 together make up the TriPlex system.

## WHEN IS THE BEST TIME TO TAKE BIO CLEANSE?

We recommend taking two capsules of Bio Cleanse with 240 mL of water either in the morning or before bed. If used as part of TriPlex, we recommend taking in the morning.

## HOW MANY BIO CLEANSE CAPSULES CAN I TAKE IN A DAY?

We recommend taking two capsules of Bio Cleanse a day with 240 mL of water. As with all products, you should take Bio Cleanse as directed. It is not recommended to take more than the suggested daily serving.

## HOW MUCH WATER SHOULD I DRINK WITH BIO CLEANSE?

We recommend 240 mL of water.

## CAN I TAKE BIO CLEANSE WHILE PREGNANT OR BREASTFEEDING?

Do not use Bio Cleanse if pregnant or breastfeeding.

## CAN BIO CLEANSE BE USED BY INDIVIDUALS UNDER THE AGE OF 18?

Bio Cleanse is not recommended for use by individuals under 18 because the product was formulated according to the nutritional needs of adults.

## WHAT ARE SOME OF THE FEATURES OF BIO CLEANSE?

Bio Cleanse is vegan and gluten free, and it contains no artificial colours.

## CAN I TAKE BIO CLEANSE WITH MY MEDICATION(S)?

If you are currently taking medication, please consult your physician prior to using Bio Cleanse.



# INGREDIENT GLOSSARY

## VITAMIN C (AS ASCORBIC ACID)

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in the human body. These include energy production, antioxidant, maintenance of connective tissue (tendons, cartilage, ligaments and blood vessel), skin, muscle, and bone health, minor wound healing, brain and nerve function, immune health, and assisting the absorption of iron.

## MAGNESIUM (AS MAGNESIUM HYDROXIDE)

Magnesium is an essential mineral that promotes protein synthesis, healthy muscles, and healthy bones. Magnesium Hydroxide is an alkali mineral form of magnesium that promotes regularity and eases bowel movements by naturally helping to retain more water in the colon.

## SODIUM BICARBONATE

Sodium Bicarbonate is an alkali salt of sodium. The body naturally produces sodium bicarbonate to neutralize the acidic contents of the stomach entering the small intestine.

## BIOFLAVONOID COMPLEX ORANGE PEEL AND LEMON PEEL

Citrus fruit peels are abundant sources of antioxidant polyhydroxyl-flavonoids including hesperidin, neohesperidin, and naringin as well as unique polymethoxyflavones like nobiletin, tangeretin, and sinesetin.

## QUINCE (WHOLE FRUIT)

The fruit of the plant *Cydonia oblonga* M, that has an apple/ pear hybrid shape and a very firm texture, usually eaten cooked. Quince fruit is abundant in phytonutrient antioxidants, particularly caffeoylquinic acids.

## HYPROMELLOSE (VEGETARIAN CAPSULE)

Hypromellose is used as a plant-based alternative encapsulating agent for animal-derived gelatin. It is made from common cellulose.

## RICE FLOUR

Rice Flour is made from rice hulls that are sterilized and ground into fine powder. Rice Flour is used as an excipient to ensure consistent capsule fill weight.

### Each capsule contains active ingredients:

Ascorbic acid	75 mg
Hesperidin	25 mg

**Other Ingredients:** Magnesium hydroxide, sodium bicarbonate, hypromellose, and rice flour.

