

Live Healthy!

rbc life



## COLO-VADA PLUS<sup>®</sup>

14-Day Total Body Cleanse

Item #1193

### Directions:

The Colo-Vada system is conveniently pre-packaged for easy and hassle-free cleansing.

- Phase 1 packets are taken for 7 days.
- Phase 2 packets & Colo-Vada pouches are taken for 4 days.
- Phase 3 packets are taken for 3 days.

Please see second page  
for ingredients panel

### Key Benefits:

- Helps cleanse internal residue & toxins\*
- Improves regularity\*
- Revitalizes overall health\*

### What is it?

The Colo-Vada Plus is a highly effective 14-day total-body cleanse system. This best-selling product has helped millions of people detox and cleanse their bodies and regain their health.\*

### Why we need to cleanse

Everyday our bodies accumulate pollutants and waste material that must be eliminated to remain healthy. Many health professionals now believe that almost all health concerns begin with a toxic colon. Just as we take out our garbage on a regular basis, we must learn to cleanse our bodies to fully regain health and vitality.\*

Our bodies are constantly detoxifying and attempting to eliminate waste material. The function of the colon is to rid our system of unusable food products and environmental contaminants, along with dead cells and other metabolic waste. This toxic mixture accumulates in the colon, and it must be eliminated quickly and completely. If the body is unable to rid itself of these pollutants, free-radical production increases and all systems of the body may be harmed. However, through cleansing, the colon can begin to restore itself to proper functioning.\*

### Phase one: seven days

During this preparation phase, two daily packets of nutrients and herbs are taken to activate the detoxification and elimination processes.\*

### Phase two: four days

This phase is designed to eliminate accumulated toxic waste and parasites. Convenient packets of powder are mixed with juice or water four times a day. This powder acts like a sponge as it expands in the system, absorbing toxins and material from the intestinal wall. The waste can then pass easily and safely from the body. This phase is most effective if you consume only the powder drinks and supplements provided. Drink water, unsweetened juices and herbal teas. Avoiding solid food as much as possible allows the powder mixture to loosen material without interference. The powder will expand and you should not feel hungry. Steamed vegetables can be eaten if desired.\*

### Phase three: three days

The final phase will reintroduce solid food. Digestive enzymes are provided to re-establish the health of your digestive system.\*

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Supplement Facts						
Serving Size: 1 Packet (Phase 1 & 3) 1 Packet & 2 Pouches (Phase 2)						
Servings per container: 28						
	PHASE 1		PHASE 2		PHASE 3	
Amount Per Serving	% DV		% DV		% DV	
Vitamin A (as retinyl acetate)	990 mcg	110%	990 mcg	110%	990 mcg	110%
Vitamin C (as ascorbic acid)	680 mg	756%	680 mg	756%	680 mg	756%
Vitamin D (as cholecalciferol)	133 IU	17%	133 IU	17%	133 IU	17%
Vitamin E (as d-alpha tocopheryl acetate)	20 IU	98%	20 IU	98%	20 IU	98%
Thiamine (as thiamine hydrochloride)	4.2 mg	350%	4.2 mg	350%	4.2 mg	350%
Riboflavin	4.8 mg	369%	4.8 mg	369%	4.8 mg	369%
Niacin (as niacin, niacinamide)	10 mg	63%	10 mg	63%	10 mg	63%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	176%	3 mg	176%	3 mg	176%
Folic Acid	70 mcg	18%	70 mcg	18%	70 mcg	18%
Vitamin B12 (as cyanocobalamin)	3 mcg	125%	3 mcg	125%	3 mcg	125%
Biotin (as d-biotin)	20 mcg	67%	20 mcg	67%	20 mcg	67%
Pantothenic Acid (as calcium pantothenate)	15 mg	300%	15 mg	300%	15 mg	300%
Calcium (as calcium carbonate, dicalcium phosphate)	317 mg	24%	317 mg	24%	167 mg	24%
Iron (as ferrous fumarate)	2.5 mg	14%	2.5 mg	14%	2.5 mg	14%
Phosphorus (as dicalcium phosphate)	70 mg	6%	70 mg	6%	70 mg	6%
Iodine (as kelp, potassium iodide)	30 mcg	20%	30 mcg	20%	30 mcg	20%
Magnesium (as magnesium oxide)	67 mg	16%	67 mg	16%	67 mg	16%
Zinc (as zinc gluconate)	2.5 mg	23%	2.5 mg	23%	2.5 mg	23%
Selenium (as selenium amino acid chelate)	17 mcg	31%	17 mcg	31%	17 mcg	31%
Copper (as copper gluconate)	.33 mg	37%	.33 mg	37%	.33 mg	37%
Manganese (as manganese gluconate)	2.5 mg	109%	2.5 mg	109%	2.5 mg	109%
Chromium (as chromium amino acid chelate)	17 mcg	49%	17 mcg	49%	17 mcg	49%
Molybdenum (as sodium molybdate)	17 mcg	38%	17 mcg	38%	17 mcg	38%

Supplement Facts						
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Servings per container: 28						
	PHASE 1		PHASE 2		PHASE 3	
Amount Per Serving	% DV		% DV		% DV	
Potassium (as potassium chloride)	5 mg	<1%	5 mg	<1%	5 mg	<1%
Choline Bitartrate	10 mg	†	10 mg	†	10 mg	†
Inositol	10 mg	†	10 mg	†	10 mg	†
PABA	5 mg	†	5 mg	†	5 mg	†
Cayenne Pepper (fruit) powder (Capsicum annuum)	5 mg	†	5 mg	†	5 mg	†
Chamomile (flower) powder (Matricaria chamomilla)	5 mg	†	5 mg	†	5 mg	†
Licorice (root) extract (Glycyrrhiza glabra)	5 mg	†	5 mg	†	5 mg	†
Rice Bran (grain) (Oryza sativa)	5 mg	†	5 mg	†	5 mg	†
Rose Hips (hops) powder (Rosa canina)	15 mg	†	15 mg	†	15 mg	†
Citrus pectin	50 mg	†	50 mg	†	50 mg	†
Citrus bioflavonoids	30 mg	†	30 mg	†	30 mg	†
Rose hips extract (4:1) (Rosa canina)	10 mg	†	10 mg	†	10 mg	†
Alfalfa (leaf) powder (Medicago sativa)	500 mg	†	500 mg	†	500 mg	†
Alfalfa (leaf) juice concentrate (10:1), (Medicago sativa)	53.6 mg	†	53.6 mg	†	53.6 mg	†
Cascara Sagrada (bark) powder (Rhamnus purshianuss)	487.5 mg	†	487.5 mg	†	487.5 mg	†
Garlic (bulb) powder (Allium sativum)	160 mg	†	80 mg	†	80 mg	†
Red Clover (flower/herb) powder (Trifolium pratense)	120 mg	†	60 mg	†	60 mg	†
Burdock (root) powder (Arctium lappa)	280 mg	†	140 mg	†	140 mg	†
Ginger (root) powder (Zingiber officinale)	100 mg	†	50 mg	†	50 mg	†
Milk Thistle (seed) powder (Silybum marianum)	100 mg	†	50 mg	†	50 mg	†
Red Raspberry (leaf) (Rubus idaeus)	100 mg	†	50 mg	†	50 mg	†
Red Sage (herb) powder (Salvia officinalis)	100 mg	†	50 mg	†	50 mg	†
Black Walnut (leaf) powder (Juglans nigra)	975 mg	†	487.5 mg	†	487.5 mg	†

**OTHER INGREDIENTS**

PHASE 1	PHASE 2	PHASE 3
Calcium carbonate, microcrystalline cellulose, dicalcium phosphate, water, stearic acid (vegetable source), silicon dioxide, croscarmellose sodium, acacia powder, hydroxypropyl cellulose, magnesium stearate (vegetable source), gelatin capsule (gelatin and water), HydraCel® blend (potassium citrate, potassium carbonate, silica, purified water, magnesium sulfate, sunflower seed oil), vegetable oil (hydrogenated), micronized stearic acid, polyethylene glycol, carnauba wax.	Calcium carbonate, dicalcium phosphate, water, microcrystalline cellulose, lecithin powder (soy), stearic acid (vegetable source), silicon dioxide, croscarmellose sodium, acacia powder, gelatin capsule (gelatin and water), magnesium stearate (vegetable source), hydroxypropyl cellulose, HydraCel® blend (potassium citrate, potassium carbonate, silica, purified water, magnesium sulfate, sunflower seed oil), vegetable oil (hydrogenated), micronized stearic acid, polyethylene glycol, carnauba wax.	Calcium carbonate, microcrystalline cellulose, dicalcium phosphate, water, beet root fiber, gelatin capsule (gelatin and water), croscarmellose sodium, stearic acid (vegetable source), acacia powder, silicon dioxide, magnesium stearate (vegetable source), HydraCel® blend (potassium citrate, potassium carbonate, silica, purified water, magnesium sulfate, sunflower seed oil), vegetable oil (hydrogenated), hydroxypropyl cellulose, mineral oil, micronized stearic acid, polyethylene glycol, carnauba wax, vegetable capsule (hypromellose, water).

Supplement Facts						
Serving Size: 1 Packet (Phase 1 & 3) 1 Packet & 2 Pouches (Phase 2)						
Servings per container: 28						
	PHASE 1		PHASE 2		PHASE 3	
Amount Per Serving	% DV		% DV		% DV	
Psyllium (husk) powder			14.16 g	†		
Kaolin powder			8.33 g	†		
Citrus bioflavonoid powder			1,032 mg	†		
Lecithin			247.2 mg	†		
Prune powder			202 mg	†		
Glycyrrhiza powder			31.2 mg	†		
Amylase					3,400 DU	†
Glucoamylase					4.5 AGU	†
Protease 4.5					12,500 HUT	†
Protease 3.0					10.7 SAPU	†
Invertase					50 SU	†
Diastase					405 DP°	†
Papain (Carica papaya) (fruit) extract					250,000 FCCPU	†
Lipase					180 FIP	†
Cellulase					200 CU	†
Alpha-Galactosidase					140 GalU	†
Bromelain					128,000 FCCPU	†
Lactase					250 ALU	†

† Daily value not established  
\* Percent Daily Values are based on a 2,000 calorie diet.

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