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**COLONIX® & TOXINOUT® PROGRAMS**  
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**CLEANSING GUIDE**



# Cleanse & Detoxify Naturally with DrNatura®

The DrNatura line of all-natural cleansing products is designed to support the body's own detoxification abilities to promote overall health & wellness.\*

Think of cleansing as an internal 'spring cleaning' for your body. Cleansing is a way to gently and effectively kick-start your body's natural detoxification abilities. Two of the most important organs in body detox are the liver and the colon.

## Why Cleanse the Colon?

Many people decide to colon cleanse because of their lifestyle, environment or diet. An annual cleanse can be a natural path to better choices in exercise and eating well.



*Pumpkin Seed in  
Paranil®*

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# COLONIX® Advanced Internal Cleansing Program

## Beautiful Inside. Happy Outside.

We spend a tremendous amount of time, money and effort each day keeping our outsides sparkling clean. Internal cleansing does the same for our insides, often acting as a catalyst for healthier, more inspired living.

## Over 2 Million Sold!

Since 1998, the Colonix® Advanced Internal Cleansing Program has been one of the most popular cleanses – with over 2 million programs sold worldwide. Powered by more than 40 herbs, this gentle, all natural cleanse:

- Cleanses the colon and detoxifies the body of accumulated build-up\*
- Supports a healthy liver\*
- Promotes regularity & digestive health\*
- Helps relieve poor digestion, including gas, bloating & occasional constipation\*

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Taking Colonix Intestinal Cleanser without enough liquid may cause choking. Do not use this product if you have difficulty swallowing.

KleriTea contains senna and is designed for short-term and occasional use only. Long-term continuous use is not recommended.



*Psyllium Husk in  
Colonix® Fiber*

# Colonix® Program Components



## COLONIX® Intestinal Cleanser 360 grams



A daily fiber containing a unique blend of 14 natural ingredients and herbs to cleanse the colon of accumulated build-up. The main cleansing ingredient, psyllium, is a natural bulking agent which yields 60 to 70 percent soluble fiber—eight times that of oat bran. Psyllium is also well studied and proven to reduce total cholesterol and "bad cholesterol."

The proprietary blend of herbs and dietary fiber in Colonix was carefully selected to work in tandem with the other two components of the Colonix Program to encourage the body's natural elimination process and support digestive wellness.\* Colonix fiber promotes regularity and helps relieve poor digestion, including gas, bloating and occasional constipation.\* Contains both soluble and insoluble fiber.

### Colonix® Program At-A-Glance



All-Natural



Dairy-Free



Vegetarian



Gluten-Free

## KLERITEA® Herbal Tea 30 tea bags



A soothing bedtime tea blended with 12 herbs, including peppermint, chamomile and senna leaf, a natural laxative.\*

KleriTea works by causing gentle contractions in the bowels, helping to move waste.

## PARANIL® Herbal Supplement 110 vegetarian capsules



Herbal supplement that contains a proprietary blend of 17 herbs used to support the liver and other organs.\*

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## WATER: The 4<sup>th</sup> component

Drink eight 8-oz glasses of water throughout the day.

You can't detoxify without water. You need to consume two liters of water to enable the fiber to act like a sponge and flush toxins out of the body.





## Colonix® Program

## Detailed Program Instructions

## Days 1 - 5

## Morning:

**2 Paranil capsules**

On an empty stomach, take two Paranil capsules with an 8 oz. glass of water.

**½ scoop of Colonix fiber**

Approximately 15 minutes after taking Paranil, mix one-half scoop of Colonix fiber in an 8 oz. glass of water or juice. Drink your fiber mix quickly, or it will become too thick. Follow it with an 8 oz. glass of water.

## Evening:

**1 cup of KleriTea**

Before bed, steep a bag of KleriTea in hot water for 1-2 minutes. During the first few days it's likely you will eliminate first thing in the morning, accompanied by slight cramping. KleriTea works by causing gentle contractions in the bowels, helping to move waste.

*NOTE: If you are taking medications, we recommend that you take them two hours before or after taking our products.*

## Days 6 - 30

## Morning:

**4 Paranil capsules**

On an empty stomach, take four Paranil capsules with an 8 oz. glass of water.

**1 scoop of Colonix fiber**

Approximately 15 minutes after taking Paranil, mix one scoop of Colonix fiber with the beverage of your choice. Drink quickly, and follow it with an 8 oz. glass of water.

## Evening:

**1 cup of KleriTea every other day or less frequently**

Before bed, steep a bag of KleriTea in hot water for 2-6 minutes. Some people have a strong urge in the morning just by steeping the tea for 1-2 minutes. Others may need 6 or even 10 minutes to achieve the same results. Use it every other day or less frequently.

## Days 31 - 60 (or 90)

Take a five-day break from the Paranil and KleriTea as you start your second month of cleansing. Continue the Colonix fiber only, and on Day 6 resume taking the Paranil capsules daily and drinking the tea every other day or less frequently.

This mini-break gives your body a rest after which the cleanse may be even more effective.

**Don't Forget!**

Juice, tea and other beverages do NOT substitute your daily eight glasses of water.



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# TOXINOUT® Program: A Cleanse's Best Ally

As the recommended follow-up to a Colonix cleanse, Toxinout® Program provides thorough antioxidant support through a complex of natural, effective herbs and green foods, amino acids, essential vitamins and minerals. This unique program also includes a multi-strain, dairy-free probiotic supplement. Toxinout® Program nourishes the entire body by:

- Replenishing important nutrients after cleansing\*
- Helping the body protect itself from free radical damage\*
- Supporting a healthy immune system and digestive system\*
- Promoting a healthy liver\*

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Do not use Toxinout if you have kidney disease.

DetoxiGreen contains soy and wheat derivatives. Do not use this product if you are allergic to soy or wheat products or have a medical condition that can be affected by consumption of soy, wheat, or wheat derivatives.



*Milk Thistle in  
Toxinout® supplement*

## Toxinout® Program Components

### TOXINOUT®

**Herbal Supplement**  
110 vegetarian capsules



Helps the body protect itself from free radicals, which cause cellular damage. This proprietary formula provides powerful antioxidant support through a combination of key amino acids and vitamins, along with milk thistle, which has been used in herbal medicine for thousands of years to promote a healthy liver.\*

### DETOXIGREEN®

**Super-Vitamin\***  
90 Veg Capsules



A potent blend of all 13 essential vitamins, plus green foods, minerals and enzymes. This hearty combination replenishes the nutrients necessary for good health and supports the immune system.\*

### FLORA PROTECT®

**Probiotics**  
60 Vcaps®



Helps balance the flora of the digestive system as it replenishes hard-working strains of 'good' bacteria. A healthy internal flora provides the foundation for a strong immune system and healthy digestion.\*



Vcaps® is a registered trademark of Capsugel

### Toxinout® Program At-A-Glance



**Vegetarian**



**Dairy-Free**

## Detailed Program Instructions

### Days 1 - 5

Lunch or Dinner:

#### 2 Toxinout + 3 DetoxiGreen capsules

Take two Toxinout capsules before lunch or dinner and three DetoxiGreen capsules during lunch or dinner. DetoxiGreen is best taken with meals for maximum absorption.

*NOTE: Take these capsules several hours after Colonix fiber if you're doing the full cleanse.*

Bedtime:

#### 2 Flora Protect capsules

Take two Flora Protect Probiotics with an 8 oz. glass of water an hour after your last meal or just before bed. Flora Protect capsules are coated with a special protective layer to ensure that the bacteria survive all the way to the colon.

### Days 6 - 30

Lunch or Dinner:

#### 4 Toxinout + 3 DetoxiGreen capsules

Take four capsules of Toxinout before lunch or dinner and three DetoxiGreen capsules during lunch or dinner.

Bedtime:

#### 2 Flora Protect capsules

Continue taking two Flora Protect Probiotics with an 8 oz. glass of water an hour after your last meal or before bed.

### Days 31 - 60 (or 90)

Continue taking four capsules of Toxinout, three capsules of DetoxiGreen and two capsules of Flora Protect until your supplies run out (60 or 90 days). You should run out of Toxinout first, but this should not concern you. DetoxiGreen and Flora Protect are recommended for daily, long-term use.

*NOTE: If you continue Toxinout® Program for longer than one month, you will run out of Toxinout® earlier than the other supplements. This is because you will be taking four a day in days 31 - 60.*

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## Supercharge Your Colonix® Cleanse with Toxinout® Program

Working together to cleanse the whole body and nourish the entire system.\*

The programs can be used simultaneously, but we recommend this combination only to those who cleanse regularly. For people beginning a first-time cleanse, we recommend using the Colonix Program alone for the first 30 days, preferably combined with Flora Protect Probiotics. After that, the Toxinout Program can be added in the second month of your cleanse.

### First-Time Cleansers:

Month 1	Colonix Program + Flora Protect
Month 2	Colonix + Toxinout Programs
Month 3	Colonix + Toxinout Programs
Maintenance	Continue Colonix Fiber + DetoxiGreen + Flora Protect

### Regular Cleansers:

Month 1	Colonix + Toxinout Programs
Month 2	Colonix + Toxinout Programs
Month 3 (Optional)	Colonix + Toxinout Programs
Maintenance	Continue Colonix Fiber + DetoxiGreen + Flora Protect



### Quick Schedule:

## Colonix® & Toxinout® Programs

Days	1-5	6-30	31-35	36-60	61-65	66-90
<b>Morning</b>	2 Paranil capsules	4 Paranil capsules	5-day break from Paranil and KleriTea.	4 Paranil capsules	5-day break from Paranil and KleriTea.	4 Paranil capsules
	1/2 scoop Colonix fiber	1 scoop Colonix fiber	Continue Colonix fiber, DetoxiGreen, Toxinout, and Flora Protect.	1 scoop Colonix fiber	Continue Colonix fiber, DetoxiGreen, Toxinout, and Flora Protect.	1 scoop Colonix fiber
<b>Day</b>	2 Toxinout capsules before lunch or dinner	4 Toxinout capsules before lunch or dinner		4 Toxinout capsules before lunch or dinner		4 Toxinout capsules before lunch or dinner
	3 DetoxiGreen capsules with lunch or dinner	3 DetoxiGreen capsules with lunch or dinner		3 DetoxiGreen capsules with lunch or dinner		3 DetoxiGreen capsules with lunch or dinner
<b>Evening</b>	2 Flora Protect capsules before bed	2 Flora Protect capsules before bed		2 Flora Protect capsules before bed		2 Flora Protect capsules before bed
	1 cup of KleriTea	1 cup of KleriTea*		1 cup of KleriTea*		1 cup of KleriTea*
<b>All Day</b>	Drink 8 glasses (2L) of pure water.					

\*Before bed every other day or less frequently.

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DetoxiGreen contains soy and wheat derivatives. Do not use this product if you are allergic to soy or wheat products or have a medical condition that can be affected by consumption of soy, wheat, or wheat derivatives.



## Detailed Program Instructions

### Days 1 - 5

#### Morning:

##### **2 Paranil capsules**

On an empty stomach, take two Paranil capsules with an 8 oz. glass of water.

##### **½ scoop of Colonix fiber**

Approximately 15 minutes after taking Paranil, mix one-half scoop of Colonix fiber in an 8 oz. glass of water or juice. Drink your fiber mix quickly, or it will become too thick. Follow it with an 8 oz. glass of water.



#### Day:

##### **2 Toxinout + 3 DetoxiGreen capsules**

Several hours after taking the Colonix fiber, take two Toxinout capsules before lunch or dinner and three DetoxiGreen capsules during lunch or dinner. DetoxiGreen is best taken with meals for maximum absorption.

#### Evening:

##### **2 Flora Protect + 1 cup of KleriTea**

Take two Flora Protect Probiotics with an 8 oz. glass of water an hour after your last meal or before bed. KleriTea may be taken at the same time: steep a tea bag in hot water for 1-2 minutes.

*NOTE: If you are taking medications, we recommend that you take them 2 hours before or after taking our products.*

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### Don't Forget: Water Is Key!

Start by drinking two 8 oz. glasses of water in the morning: one with Paranil and one following the Colonix fiber drink. Spread the other six glasses throughout the day.

## Detailed Program Instructions (*continued*)

### Days 6 - 30

#### Morning:

##### **4 Paranil capsules**

On an empty stomach, take four Paranil capsules with an 8 oz. glass of water.

##### **1 scoop of Colonix fiber**

Approximately 15 minutes after taking Paranil, mix one scoop of Colonix fiber in an 8 oz. glass of water or juice. Drink your fiber mix quickly, and follow it with an 8 oz. glass of water.

#### Day:

##### **4 Toxinout + 3 DetoxiGreen capsules**

Increase the amount of Toxinout to four capsules before lunch or dinner, and continue taking three capsules of DetoxiGreen with lunch or dinner.

#### Evening:

##### **2 Flora Protect + 1 cup of KleriTea**

Take two Flora Protect Probiotics with an 8 oz. glass of water an hour after your last meal or before bed. Steep a bag of KleriTea in hot water. If needed, increase steeping time of the KleriTea tea bag to 2-6 minutes. Use KleriTea every other day or less frequently.

### Days 31 - 60 (or 90)

Take a five-day break from Paranil and KleriTea as you start your second month of cleansing. Take a five-day break from the Paranil and KleriTea as you start your second month of cleansing. Continue the Colonix fiber only, and on Day 6 resume taking the Paranil capsules daily and drinking the tea every other day or less frequently.

This mini-break gives your body a rest after which the cleanse may be even more effective.

*Please note that you will run out of the Toxinout capsules a few days sooner than the other products. This is not a mistake—it's how the program was designed.*

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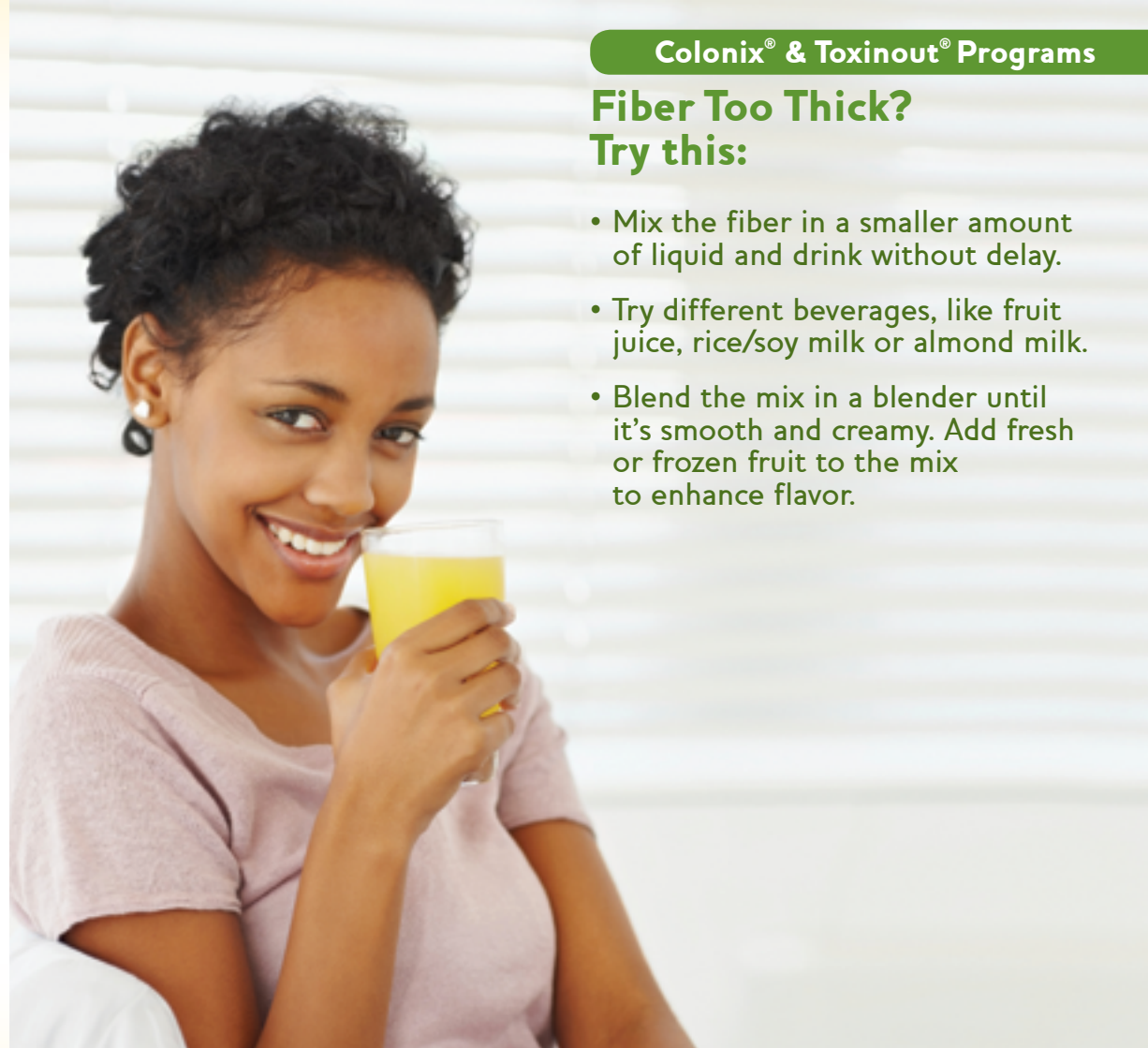
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## Fiber Too Thick? Try this:

- Mix the fiber in a smaller amount of liquid and drink without delay.
- Try different beverages, like fruit juice, rice/soy milk or almond milk.
- Blend the mix in a blender until it's smooth and creamy. Add fresh or frozen fruit to the mix to enhance flavor.



## Colonix® & Toxinout® Programs

# DrNatura Q & A

### How long do I have to do the cleanse?

We recommend cleansing for three months if it is your first time. However, completing one to two months of the program may be sufficient. After the initial cleanse, detoxify your body at regular intervals: once annually or every six months. For optimum results, cleanse with both the Colonix and Toxinout Programs for 30 or 60 days.

### When will I see results?

Everyone is different; however, it is important to follow the instructions for use carefully in order to achieve optimal results. Some customers notice a change in bowel habits shortly after beginning the program, while others may not experience changes for two to three weeks. However, if constipation persists for longer than one week, stop using the DrNatura products and consult a healthcare professional, as it may be a sign of a serious medical condition.

At times, people may expect immediate and dramatic results and may overlook subtle changes they may be experiencing. These changes may include one or more of the following:

- Going to the bathroom more frequently
- Stronger odor in stools
- Different colors and shapes in your stool

These are some of the signs that may indicate the program is working for you. Some people may observe one or more of these changes, and some people may experience other changes not listed

above. Keep in mind the cleanse works differently for different people depending upon factors such as lifestyle, diet, etc. Individual results vary.

### Are there any side effects to these programs?

Some people may experience side effects, even to natural products; however, be assured that DrNatura products have been used safely by hundreds of thousands of people throughout the past decade. Commonly reported side effects are gastrointestinal in nature and include abdominal cramping, bloating, constipation, diarrhea, and nausea. Most side effects are temporary; however, if you are concerned, we recommend that you stop taking the DrNatura products immediately and consult with a healthcare professional.

Some side effects, such as bloating and constipation, may be caused by not drinking enough water. Please be sure to drink the recommended eight 8 oz. glasses of water each day while on the program, and follow all instructions for use carefully in order to achieve optimal results.

### Why does the Colonix fiber contain maltodextrin? Is it Non-GMO?

The maltodextrin in Colonix is a very small amount (about 2% of the total weight of Colonix) and is used to help facilitate filling the canister in production, prevent caking and to help stabilize and maintain the texture of the fiber. The maltodextrin in Colonix is non-GMO.

It is not used as a sweetener. Stevia Leaf Extract is a natural sweetener used to sweeten Colonix.

### Will I be eliminating all day? I am afraid of eliminating at work.

While extremely effective at cleansing the colon, the Colonix Program is also very gentle; most customers report that they do not have to 'run to the restroom' or keep in close proximity to one. For the majority of people, the elimination happens during the first hour or two after waking up. If you want to 'play it safe,' however, and you work from Monday to Friday, you might consider beginning on a Saturday morning so you have the first couple of days to get used to the program at home.

KleriTea is designed to work 7 or 8 hours after drinking it, which is why you should take it at bedtime, so you will eliminate in the morning before you leave home.

### Why does DrNatura recommend using Flora Protect Probiotics while cleansing? Is Colonix harming the good bacteria in my body?

The reason we recommend Flora Protect with the Colonix Program is NOT because the Colonix Program may harm good bacteria in the colon, but because modern diet (sugar, caffeine, white bread), the use of antibiotics and certain other medications, and other factors may result in reduction of good bacteria in the GI tract.

Not only will Flora Protect maximize the effectiveness of the Colonix Program, it may also help address specific issues, such as improper digestion.\* While the Colonix Program is effective on its own, Flora Protect complements its effectiveness and can be taken over the long-term to maintain a healthy immune system and support good digestion.\*

### When should I start the Toxinout Program?

The Colonix Program and the Toxinout Program can be done together or completely independent of each other; however, using both programs together is only recommended for those who cleanse their bodies on a regular basis.

If you've never detoxified your body before, we recommend using only the Colonix Program for the first month, preferably combined with Flora Protect Probiotics. After that, the Colonix and Toxinout can be used together, or the Toxinout can be used on its own after completing 1-3 months of the Colonix Program.

### Is Colonix fiber gluten-free?

Yes.



# What Should I Eat While Cleansing?

Of course, each one of us is absolutely unique, and dietary needs vary from person to person. Getting a detailed nutritional profile from a trained Dietician, Nutritionist, or Nutritional Consultant is a great way to determine your particular nutrient requirements. But in general, there are several basic things to keep in mind about good nutrition practices and choices, and how they can supercharge your cleansing and detoxification experience. We've put together a guideline below to help. Bon appétit!

## Essential

- **Water:** drink plenty of good, clean water each day
- **Vegetables:** minimum of 5 servings daily
- **Fruits:** minimum of 2 servings daily
- **Grains/Starches:** 4-8 servings daily (choosing whole grains over refined)
- **Legumes:** 1-3 servings daily (beans, peas, lentils, peanuts, etc.)
- **Healthy Fats:** 3-9 servings daily (monounsaturated, polyunsaturated, omega-3s)
- **Herbs/Spices/Seasonings:** Experiment daily to benefit from the natural health promoting qualities of herbs

## Optional

- **Dairy:** No more than 1-3 servings of low-fat or non-fat each day; choose organic if possible
- **Eggs:** Average of 1 per day
- **Seafood:** 2-4 servings per week
- **Lean Meats:** No more than 1-3 servings per week (i.e., chicken, turkey, tenderloin, flank steak, etc.)
- **Alcohol/Sweets/Caffeinated beverages:** The fewer you take in, the better.



So, what would all of this look like if you were to put it into practice? Let's take a look:

Typical	Better	Best
Pancakes, waffles or French toast with syrup; coffee with cream and artificial sweetener	Pancakes, waffles or French toast with fresh fruit; coffee with cream and raw sugar or honey	Whole-grain pancakes, waffles or French toast with butter or nut butter and fresh fruit or honey; green tea with lemon and/or honey
Blueberry bagel with 2 tbsp cream cheese; chocolate milk	Blueberry bagel with 1 tbsp light cream cheese; orange juice or milk	Whole-wheat bagel with natural (no sugar added) peanut butter; milk or water
Cheeseburger, French fries and a soda	Grilled chicken sandwich, side salad with ranch dressing and a soda	Lean turkey burger with cheese on whole wheat bun, side salad with olive oil and balsamic vinegar, and water or sparkling water with lemon
Candy bar	Granola bar	Handful of mixed nuts with raisins and dried berries
Supreme or Meat Lover's pizza, breadsticks and chicken wings	Vegetarian pizza, small side salad	Large salad, slice of homemade veggie pizza on whole-wheat dough
Chili dog with fries	Hot dog with onions and relish, with baked chips	Veggie dog on whole wheat bun with ketchup, mustard, onions and relish, and a side salad
Soda or diet soda	Bottled, flavored iced tea	Sparkling water with citrus or berries
Ice cream	Low-fat ice cream or frozen yogurt	Organic, unsweetened plain yogurt over mixed berries



## WE'RE HERE TO HELP!

Our friendly staff is available to chat at 1-800-877-0414.



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