

- All-natural colon cleansing formula
- Supports bowel health
- Promotes bowel contractions
- Prebiotics nourish good bacteria in the colon\*

It is no secret that a diet rich in fiber offers a multitude of health benefits. In addition to promoting great health, increasing the fiber in your diet can help you lose weight and maintain your ideal weight for life.\* Brenda Watson created the Fiber35 Diet to help you achieve your weight loss goal by using a proven formula that focuses on consuming 35 grams of fiber every day.

Good bowel function is essential to maintaining a healthy body weight and cleansing and detoxifying the entire body. The Fiber35 Diet ColonFit supports healthy bowel function with a unique blend of all-natural ingredients. ColonFit is a gentle, lubricating, non-cramping colon cleanse formula that promotes healthy bowel elimination while cleansing and detoxifying the colon.\*

The easy-to-swallow vegetable capsules contain aloe vera leaf and buckthorn, which together stimulate bowel movements without causing irritation or cramping. Magnesium hydroxide retains water in the bowel to prevent occasional constipation and maintain 2 to 3 healthy daily bowel movements.\*

ColonFit also includes acacia, a natural soluble fiber and prebiotic. Prebiotics are fiber sources that nourish the beneficial bacteria in the intestine. An increase in the good bacteria population helps to maintain healthy colon function and reduce gas and bloating. Okra (also a prebiotic) helps to lubricate the colon and ease elimination. Triphala, a popular Indian ayurvedic formula, strengthens bowel contractions and tones the muscles of the colon. The combination of these ingredients helps to cleanse and detoxify the colon while supporting bowel health and strength.\*



### ColonFit

#### Supplement Facts

Serving Size: 2 capsules		Servings per Container: 30
		Amount Per Serving % DV**
Magnesium (Magnesium Hydroxide)	200 mg	50%
Aloe Vera Leaf Powder	200 mg	†
Alder Buckthorn Powder	150 mg	†
Acacia Fiber	100 mg	†
Okra Powder	50 mg	†
Triphala (Blend of Amalaki, Bibhitaki and Haritaki)	50 mg	†

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

Other Ingredients: Vegetable capsule (fiber and water).

**Directions:** Take two capsules at night.

