

# Body Rejuvenation Program

Helps cleanse, detoxify, and revitalize  
your intestinal system in 4 weeks for  
a fresh start to your health!

**Tested in Our  
ISO 17025–Accredited  
Laboratory**



3405, F.X.-Tessier Street, Vaudreuil-Dorion  
(Quebec) Canada J7V 5V5  
1 800 268-9486 • [newrootsherbal.com](http://newrootsherbal.com)



The **Body Rejuvenation Program** is a unique blend of proven specialty formulas, chosen for their cleansing and revitalizing qualities. These four essential products effectively remove toxins through an internal body cleansing. This allows your body to begin concentrating its energy towards healing and achieving good health.



## The Importance of Body Rejuvenation

Vitamins, exercise, and diet can help rid the body of toxins, but they do not stop the buildup of putrefying toxic matter in the colon. A toxin-laden colon contributes to a polluted body environment, leaving the body more susceptible to diseases. This affects the liver, kidneys, spleen, lungs, skin, reproductive organs, and the entire lymphatic system.

*We absorb toxic substances from air and water pollution as well as from many of our daily foods.*

## Maintain a Healthy Colon

Many North American adults have some degree of diverticulosis, which is the existence of herniated pouches of the internal lining of the colon. These pouches (diverticuli) can more easily become infected and lead to diverticulitis in an environment with stagnant fecal residue. A diet rich in nonsoluble fiber (roughage) and an annual Body Rejuvenation Program treatment by New Roots Herbal may improve the health of your intestines. Nutrient absorption and vitamin synthesis will also be more efficient in a healthy intestinal environment.

With better nutrient absorption and vitamin synthesis, you will maximize the nutritional value and energy of your food and natural supplements.



# The **Body Rejuvenation Program** contains:



## **Prolax**

**Prolax** contains herbs that are known to aid in eliminating constipation. It is prepared in a special 100% natural base of homeopathic nutrients.



## **Fiber Ultra Rich – Plantago + F.O.S.**

This enriched psyllium fiber powder formula gently removes toxins and waste from your entire gastrointestinal tract. The cleansing properties of **Fiber Ultra** are due to the swelling of psyllium husks when they come in contact with the digestive tract. This fiber absorbs old, undigested matter that is attached to the intestinal walls.



## **Springlife**

**Springlife** is a very effective, 100% herbal formula designed to dissolve the hardened, dry toxic waste impacted upon your intestinal wall structure, eliminating trapped substances. It also promotes a thinning of the lymph fluids. **Springlife** contains chickweed, Irish moss, cloves, plantain, rosemary, bayberry bark, and corn silk extract.



## **Pancreatin**

This powerful digestive enzyme is unsurpassed when it comes to attacking and dissolving hard putrefactive materials impacted upon your colon. It helps the digestive system break down these materials for ease of elimination.

*We highly recommend taking New Roots Herbal's **Acidophilus Ultra** when following the BODY REJUVENATION PROGRAM (sold separately, in your health-food store's refrigerated section).*

Taking any extra supplemental fibre may leave your colon exposed to a *Candida* yeast infection. Always take **Acidophilus Ultra** when taking extra supplemental fiber, as it will help protect you from getting a *Candida* infection... and more!



## Acidophilus Ultra

**Acidophilus Ultra** contains 11 special complementary probiotic cultures working together. Each has a distinct beneficial activity at different sites along your intestines. **Acidophilus Ultra** cleans, protects, aids in protein digestion, stimulates the immune system, and completely replenishes your gastrointestinal system.

Probiotics (the beneficial healthy microorganisms in your system) are destroyed by antibiotics, oral contraceptives, chlorinated water, smoking, alcohol, poor diet, and stress. These probiotics are essential for maintaining bulky, well-lubricated stools, which your body eliminates quickly and easily; reducing flatulence (gas) and bloating; improving digestion; and greatly improving your blood quality.

Stomach acids can destroy up to 99% of probiotics before they reach your small intestine when taken on an empty stomach, and between 30–80% when taken with food. Our unique GPS™ enteric coating protects the capsules completely from stomach acids to ensure all 11 billion beneficial cells reach your intestines alive. On an empty stomach or with meals, you get 100% of the benefits you paid for.

**Acidophilus Ultra is an important part of the program. It is not included in the kit. It is available in your health-food store's refrigerated section.**

## Additional Notes

- Drink plenty of liquids during this program.
- It is normal to experience a feeling of “fullness” for the first 10 days. This will stop as your body adapts to the program.

# The Body Rejuvenation Program

Suggested use: (Take before morning and evening meals)

## WEEK 1:

Take each morning & each evening

DAYS 1–3

- 2 **Acidophilus Ultra**
- 3 **Prolax**

DAYS 4–7

- 2 **Acidophilus Ultra**
- 3 **Prolax**
- 1 level teaspoon of **Fiber Ultra** mixed with 8 oz. of water or juice. Drink immediately. **Follow with an additional 8 oz. of water to avoid constipation.**
- If constipation occurs, take an additional 3 **Prolax** (9 total per day) and discontinue **Fiber Ultra** until blockage is cleared. Continue program afterwards.

## WEEK 2:

Take each morning & each evening

- 2 **Acidophilus Ultra**
- 1 **Springlife**
- 2 **Prolax**
- 2 level teaspoons of **Fiber Ultra** mixed with 8 oz. of water or juice. Drink immediately. **Follow with an additional 8 oz. of water to avoid constipation.**
- If constipation occurs, take an additional 5 **Prolax** (9 total per day) and discontinue **Fiber Ultra** until blockage is cleared. Continue program afterwards.

## WEEK 3–4:

Take each morning & each evening

- 2 **Acidophilus Ultra**
- 2 **Springlife**
- 4 **Pancreatin**
- 2 level teaspoons of **FiberUltra** in 8 oz. of water or juice. Drink immediately. **Follow with an additional 8 oz. of water to avoid constipation.**
- If constipation occurs, take up to 9 **Prolax** during the day and discontinue **Fiber Ultra** until blockage is cleared. Continue program afterwards.

After the program,  
we suggest:

## DAILY RENEWAL:

- Take once in the morning 1 level teaspoon of **FiberUltra** in 8 oz. of water or juice. Drink immediately. **Follow with an additional 8 oz. of water to avoid constipation.**
- Take once in the evening 2 **Acidophilus Ultra**
- If constipation occurs during DAILY RENEWAL, take 3 **Prolax** twice a day and discontinue **Fiber Ultra** until blockage is cleared. Then restart DAILY RENEWAL.







You are choosing a clean, fresh,  
healthy, happier start to your life!

For More Rejuvenation...

*This program may be continued for another 3 weeks\*.*

Should you want to extend the program, take the following three times daily for 21 days:

- 2 **Acidophilus Ultra**
- 3 **Springlife**
- 6 **Pancreatin**
- 2 level teaspoons of **Fiber Ultra** in 8 oz. of water, orange juice, apple juice, or other juice. Drink immediately. Follow with another 8 oz. of water or juice.

*\* All products can be purchased individually from your health food store.*

# The Body Rejuvenation Program:



2 bottles of **Prolax**  
60 capsules 510 mg



1 bottle of **Fiber Ultra Rich**  
- **Plantago + Inulin**  
340 g



1 bottle of **Springlife**  
100 tablets 1000 mg



1 bottle of **Pancreatin**  
120 enteric-coated  
capsules 325 mg



1 bottle of **Acidophilus Ultra**  
120 capsules  
(Sold separately, in  
your health-food store's  
refrigerated section)

## The Body Rejuvenation Program

Sold exclusively in fine health-food stores

1 800 268-9486 • [newrootsherbal.com/store](http://newrootsherbal.com/store)

### WARNING

DO NOT FOLLOW THIS PROGRAM DURING PREGNANCY or if you have any form of inflammatory bowel disease, such as Crohn's disease, regional ileitis, or ulcerative colitis. Should you experience intense discomfort at any time, discontinue the program immediately.

THE BODY REJUVENATION PROGRAM is a nutritional supplement, not a replacement for proper medical attention. This program is not intended as a treatment for any disease or condition. Consult a licensed health-care practitioner of your choice if you need direction on any health-care problem.

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides, and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- Gas Chromatograph/Mass Spectrometer
- UV/VIS Spectrophotometer
- Near-Infrared Spectroscope (FT-NIR)
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration