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HEALTH CENTER**
Natural Health Products & Remedies

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Oxygut

Magnesium based 'oxy' formula with sugar beet fibre

**CONTRIBUTES
TO FAECAL
BULK AND
NORMAL
BOWEL
FUNCTION**



**SUPPORTS
ELECTROLYTE
BALANCE,
MUSCLE
FUNCTION
AND MORE**

Oxygut is a powerful, yet gentle, non-habit forming colonics formula, with nutrients specifically selected to contribute to an increase in faecal bulk and normal bowel function.

It contains: magnesium peroxide, magnesium oxide, magnesium hydroxide, sugar beet fibre, ascorbic acid (Vitamin C), citric acid, citrus bioflavonoids, apple cider vinegar powder (a natural digestive) and fructo-oligosaccharides (FOS, a prebiotic) - ingredients designed to support the 'oxygenating' actions of the magnesium, as well as digestive regularity.

A natural approach to supporting bowel health and ideal as part of a cleanse and detox programme.

BENEFICIAL FOR...

Faecal bulk
Normal bowel function
Stool softening
Constipation relief
Colonic and arterial plaque softening and removal
The digestion and absorption of nutrients
Irritable Bowel Syndrome (IBS) symptoms

Oxygenating the colon
Eliminating harmful toxins
Parasitic / bacterial overgrowth
Proliferation of good bacteria

- Cleanse and detox
- Weight loss
- Yeasts and Candida albicans

CLEANSE
DETOXIFY
REVITALISE



ABOUT THE INGREDIENTS

Magnesium (peroxide, oxide and hydroxide)

Magnesium contributes to: a reduction of tiredness and fatigue, electrolyte balance, normal energy-yielding metabolism, normal functioning of the nervous system, normal muscle function, normal protein synthesis, normal psychological function, the maintenance of normal bones and teeth, and it has a role in the process of cell division.

Vitamin C and citrus bioflavonoids

The vitamin C and citrus bioflavonoids provide a 'coating' allowing the product to reach the stomach intact and, as the product enters the intestinal area, together they break down the magnesium compound. The magnesium is thus enabled to do its oxygenation job without resulting in bloating, cramping or that unpleasant sense of urgency.

Vitamin C also contributes to maintaining the normal function of the immune system during and after intense physical exercise (with a daily intake of 200mg in addition to the recommended daily intake of vitamin C). It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Bioflavonoids are natural substances found in plants, fruit, vegetables, nuts, bark and buckwheat. Citrus bioflavonoids, more particularly, help to protect capillaries, prevent bruising and intensify the effect of vitamin C in the body. In fact, bioflavonoids are essential for total vitamin C effectiveness.

They also have natural anti-viral, anti-inflammatory and anti-allergy properties. Certain bioflavonoids are beneficial for fighting infections and protecting against free radical damage, viruses, and colds.

Citric acid and ascorbic acid

These acids help to activate the benefits of the magnesium.

Fructo-oligosaccharides (FOS)

Fructo-oligosaccharides are prebiotics - non-digestible carbohydrates or sugars that occur naturally in a wide variety of foods throughout the plant kingdom.

FOS is extracted from the blue agave plant, as well as from fruits and vegetables including bananas, onions, chicory root, garlic, asparagus, jicama and leeks. Some grains and cereals, such as wheat and barley, also contain FOS. The Jerusalem artichoke and its relative yacón together with the blue agave plant have been found to have the highest concentrations of FOS of cultured plants.

As a source of dietary fibre, FOS helps to optimise gut movement, bulk in the stool and gut pH. Studies in the USA and Japan have also shown that FOS can help to suppress the production of intestinal putrefactive substances.

All inulin-type prebiotics, including FOS, stimulate the growth of friendly bacteria (most notably, the Bifidobacteria species). This is beneficial to health because, by providing 'food' for friendly bacteria, the latter are better able to do their job, including for example:

- enhancing the digestion and absorption of nutrients
- supporting the immune system
- supporting body detoxification and the elimination processes
- crowding out harmful bacteria and other micro-organisms.

Apple cider vinegar

Apple cider vinegar has been added to the Oxygut formula as a digestive and bowel cleansing aid, as well as to help raise acidity levels (in conjunction with the vitamin C and citrus bioflavonoids) in order to activate the magnesium. It is also a powerful detoxifying and purifying agent, which can break down mucus within the body. In so doing, it helps to improve the health and function of vital organs, such as the kidneys, bladder and liver. It also prevents excessively alkaline urine and promotes digestion, assimilation and elimination, all the while neutralising toxins and certain harmful bacteria in the bowel.

Sugar beet fibre

Sugar beet fibre has been included in this formula because it has been scientifically proven to contribute to an increase in faecal bulk in two ways: the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass. As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain a normal bowel function.

USAGE SUGGESTIONS

As well as generally being an ideal supplement to relieve constipation and support detoxification of the bowel, Oxygut is an ideal addition or follow-up to colonic hydrotherapy treatment.

Oxygut requires natural stomach acid or citric acid to activate the release of nascent oxygen from the salts of magnesium. As such, it works best when taken on an empty stomach with warm water and the juice of half a lemon, immediately upon arising or just before bedtime. This is needed for the faster liberation of oxygen, especially in the elderly and people with low stomach acidity levels.

Before taking this supplement, wait at least 1 - 2 hours before or after meals.

NB: No anti-acid products should be taken at the same time and no calcium supplements for at least 6 to 8 hours. To promote the cleansing processes and prevent the absorption of toxins, 1 glass of water should be drunk every 1 to 2 hours throughout the day.