

LEAKY PLUS

180g
Powder

Food Supplement DIETARY FIBRE BLEND

Leaky gut syndrome is a condition where undigested proteins like gluten, toxins and microbes can pass into the bloodstream.

When these particles enter the bloodstream, it will cause system-wide inflammation and can initiate an immune response in the body. Over time, if leaky gut is not healed, it can lead to food sensitivities, arthritis, inflammatory bowel disease, skin issues like eczema, hypothyroidism, adrenal fatigue, depression, anxiety, ADHD, nutrient malabsorption and autoimmune disease.

LEAKY PLUS is a food supplement that contains psyllium husks, sugar beet fibre, bacteria, prebiotics (FOS), glucomannan fibre, L-glutamine, fennel seeds, peppermint leaf and ginger root which is ideal for long term use as a bowel cleanser and detoxifier, cell wall repair agent and an overall colon maintenance formula.

It is specially formulated to contribute to an increase in faecal bulk, as well as encourage regular bowel movements, better digestion of foods, re-population of beneficial bowel bacteria, stable blood sugar levels and appetite control.



SUITABLE FOR VEGANS



PRODUCT INFORMATION

Each 5 g blend provides:

Dietary Fibre - **3.5g**

Glucomannan Powder - **1.05g**

Sugar Beet Fibre - **0.33g**

NO ADDED: artificial colours, flavourings, preservatives, dairy products, gluten, lactose, soya, sugar, wheat and yeast.

Ingredients: Psyllium Husk powder (Plantago ovata); Glucomannan; Sugar Beet; L-Glutamine; Inulin (Fructo-Oligosaccharides); Fennel Seed; Peppermint Leaf; Ginger Root; Bacteria blend: Lactobacillus Acidophilus, Bifidobacterium Bifidum; Sweetener: Stevia Leaf Extract (Steviol glycosides).

Directions: 1 serving = 5g (1 heaped teaspoon)

Add 1 to 2 teaspoon of powder (5 g to 10 g) to a small amount of water or juice (1/4 of a glass). Take 1 to 3 times daily.

CAUTION:

- Do not exceed the recommended daily intake.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- Consult your doctor before taking supplements or changing your diet.
- Taking without water can cause choking. Try to use a minimum of 250 ml liquid per 1 heaped teaspoon.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**

BENEFITS

- ✓ Bowel wall cleanser and bulking agent
- ✓ Increased peristalsis and healthy digestion
- ✓ Gut wall repair and protection
- ✓ Immune system support
- ✓ Healthy balance of gut microflora
- ✓ Appetite control
- ✓ Increased satiety
- ✓ Natural weight loss



ABOUT THE INGREDIENTS

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.

PSYLLIUM HUSK: Psyllium husk is rich in soluble fibre and is therefore an ideal dietary supplement for anyone who wishes to maintain regular and healthy bowels. It is a retention fibre, which gives bulk to stools by absorbing water - as much as 20 times its own weight! This gives the bowel wall something to work on and lets it push matter through quickly via peristalsis. Fibre also stimulates natural bacteria in the bowel. Traditionally, most fibre in the average diet comes from wheat bran, but for people with food intolerances / allergies and sensitive cell walls, the rough wheat bran can cause irritation and sometimes make matters worse. When water is added to psyllium husks, a soft gel is formed, which helps unwanted waste-matter and toxins in the colon to be 'swept' through smoothly and efficiently, with no straining or discomfort.

GLUCOMANNAN: Glucomannan is a water-soluble polysaccharide that is classed as a form of soluble dietary fibre and is usually derived from konjac root. As such, it is widely used for the treatment of constipation, because it can decrease digestive transit time and is viewed as a "bulk-forming laxative".

L-GLUTAMINE: L-Glutamine is an important amino acid, required by the human body for many repair and maintenance functions such as: maintaining the tissue integrity of the digestive system, providing fuel to the brain, supporting the immune system, helping to maintain and repair muscle tissue, synthesising protein, providing a primary fuel source for enterocytes (the cells lining the inside of the small intestine).

The digestive system wall lining is constantly being eroded and irritated by, for example, food particles, parasites, medication and yeast. Over time, small holes can develop, thereby permitting potentially harmful substances to enter the bloodstream and access other parts of the body. This is commonly referred to as "leaky gut syndrome". L-Glutamine feeds the gut wall cells, enabling constant replacement and repair and protecting against damage.

FRUCTO-OLIGOSACCHARIDES (FOS): These are non-digestible carbohydrates or sugars that occur naturally throughout the plant kingdom in vegetables such as artichokes, asparagus, salsify, leeks, onions, garlic and chicory. As they are nondigestible, they pass through the human digestive tract virtually unchanged. When the FOS reach the colon, they are used by friendly bacteria (known as bifidobacteria or bifidus) for growth and multiplication. These probiotics in the digestive tract are required for the complete digestion and absorption of nutrients, detoxification and elimination processes and help to boost the immune system.

ABOUT THE INGREDIENTS

As FOS feed these probiotics, they are known as prebiotics. Studies in the USA and Japan have shown they also help to suppress the production of intestinal putrefactive substances and have a beneficial effect on cholesterol levels, along with the absorption action of psyllium.

FENNEL SEED: A gentle warming agent for delicate stomachs, fennel is also a carminative, aromatic and anti-spasmodic. A natural digestive and gut-soother, it helps to reduce wind and regulate bowel movements.

PEPPERMINT LEAF: A well-known digestive agent, peppermint is also a carminative, anti-spasmodic, anti-septic, peripheral vasodilator and enzyme activator. A source of magnesium and potassium, it also helps to soothe the gut lining, promote gut function and regular bowel movements and reduce wind.

GINGER ROOT: Ginger's actions include anti-inflammatory, carminative, anti-spasmodic, expectorant, vasodilator, circulatory stimulant and anti-cholesterol. It also stimulates the secretion of stomach juice, bile and lessens wind.

BACTERIA CULTURES: These are the "friendly bacteria" that work for the body and help it to function properly in many ways. Health-food advocates have long recommended using probiotics to help maintain a favourable balance of "good" versus "bad" bacteria in the digestive system and colon.

We all have these bacteria inside us and they are continually competing with each other for dominance. The delicate balance can be upset by many factors, such as a course of antibiotics, contaminated food and even stress. If this imbalance isn't corrected, many common bowel ailments can result.

For example, loose bowel, constipation or even a *Candida albicans* yeast infection. Studies have confirmed that *Lactobacillus* Bacteria and FOS are even more effective when taken together - known as the synbiotic effect.

