

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS:

To be allocated

### PROPRIETARY NAME AND DOSAGE FORM:

**Body Cleanse™** (capsules) – 2 Part System of Multi Cleanse™ and Multi Fibre™

### COMPOSITION (per capsule of Multi Cleanse™):

<b>Herbal Extracts Equivalent To Dry:</b>	
Silybum marianum Seed (Milk Thistle)	10 500mg
(Providing Silymarin)	120mg
Taraxacum officinale Root (Dandelion)	250mg
Arctium lappa Root (Burdock)	150mg
Glycyrrhiza glabra Root (Liquorice)	75mg
Trifolium pratense Flowering Herb (Red Clover)	75mg
Frangula purshiana Bark (Cascara Sagrada)	50mg
Curcuma longa Rhizome (Turmeric)	50mg
Rumex crispus Root (Yellow Dock)	50mg
<b>Other Ingredients</b>	
Ascorbic Acid (Vitamin C)	150mg
Chlorella vulgaris Whole Plant Dry (Chlorella)	200mg
Chondrus crispus Whole Plant Dry (Irish Moss)	35mg
Malus domestica (Apple) Fruit Fibre (Pectin)	50mg
Taurine	50mg
<b>Tableting Aids</b>	
Magnesium Stearate, Silicon Dioxide Colloidal	

### COMPOSITION (per capsule of Multi Fibre™):

<b>Vitamins &amp; Minerals</b>	
Linum usitatissimum Seed Powder (Flaxseed)	200mg
Psyllium plantago Husk (Psyllium)	200mg
Ulmus rubra Bark Powder (Slippery Elm)	100mg
Chlorella vulgaris Whole Plant Dry (Chlorella)	50mg
Beta vulgaris Juice Powder (Beetroot)	100mg
Malus domestica (Apple) Fruit Fibre (Pectin)	20mg
<b>Tableting Aids</b>	
Magnesium Stearate.	

This product is not suitable for vegans and vegetarians. (Sugar Free)

### PHARMACOLOGICAL CLASSIFICATION:

Category D (Complementary Medicine) – Combination Product.  
This medicine has not been evaluated by SAHPRA for its quality, safety and intended use.

### PHARMACOLOGICAL ACTION

#### PHARMACOKINETICS:

**Multi Cleanse™** is a combination of Silybum marianum (Milk Thistle), Taraxacum officinale (Dandelion), Articum lappa (Burdock), Glycyrrhiza glabra (Liquorice), Trifolium pratense (Red Clover), Frangula purshiana (Cascara Sagrada), Curcuma longa (Turmeric), Rumex crispus (Yellow Dock), Chlorella vulgaris (Chlorella), Chondrus crispus (Irish Moss), Malus domestica (Apple), Ascorbic acid and Taurine on which pharmacokinetic studies have not been conducted.

**Multi Fibre™** is a combination of Linum usitatissimum (Flaxseed), Psyllium plantago Husk (Psyllium), Ulmus rubra Bark (Slipper Elm), Chlorella vulgaris, Beta vulgaris (Beetroot), Malus domestica (Apple) on which pharmacokinetic studies have not been conducted.

#### PHARMACODYNAMICS:

**Multi Cleanse™** is a herbal combination which enhances the body's natural detoxification process.

Milk Thistle promotes healthy liver function by supporting the natural detoxification process and liver protection. It may also provide antioxidant and anti-inflammatory activity.

Taraxacum officinale (Dandelion) has shown to be beneficial against digestive complaints.

Arctium lappa (Burdock) has diuretic action.

Glycyrrhiza glabra (Liquorice) normalizes adrenal function, therefore; assisting with conditions associated with low cortisol levels. It may also assist with inflammatory conditions.

Trifolium pratense (Red Clover) has shown to have many benefits including assisting with indigestion.

Frangula purshiana (Cascara Sagrada) has mild laxative activity which assists with bowel function.

Curcuma longa (Turmeric) has broad anti-inflammatory activity by decreasing inflammatory pathways and several molecules involved in inflammation. It also acts as an antioxidant to promote healthy liver function.

Rumex crispus (Yellow Dock) has shown to be an laxative while providing anti-inflammatory and antibacterial activity.

Chlorella vulgaris is a good source of protein, fats, carbohydrates, fibre, chlorophyll, vitamins, and minerals.

Condrus crispus (Irish Moss) is beneficial against congestion and has anti-microbial activity.

Malus domestica (Apple) Fruit Fibre (Pectin) provides bulk to the stool which helps to normalize bowel function.

Taurine is an essential amino acid required in phase 1 and 2 detoxification pathways.

**Multi Fibre™** is a dietary supplement to help improve bowel health and aid the natural elimination process.

Flaxseed provides a rich source of fibre which has shown to decrease intestinal transit time, increased stool weight and promote more advantageous intestinal microflora.

Malus domestica (Apple) Fruit Fibre (Pectin) provides bulk to the stool which helps to normalize bowel function.

Chlorella vulgaris is a good source of protein, fats, carbohydrates, fibre, chlorophyll, vitamins, and minerals.

Ulmus rubra (Slippery Elm) acts as a stool softener while protecting the walls of the colon.

Psyllium plantago Husk adds bulk to the stool by increasing the amount of water. This allows the stool to be softer and easier to pass.

#### **INDICATIONS:**

**Body Cleanse™** is a dual part system which enhances the body's natural detoxification and elimination process.

#### **CONTRAINDICATIONS:**

This product should not be taken by individuals under the age of 16 years. Do not use if a known hypersensitivity or allergy exists towards any of the ingredients. If in doubt, consult your healthcare professional.

#### **WARNINGS AND SPECIAL PRECAUTIONS:**

Ensure an adequate water intake of 6-8 glasses of water or herbal tea per day. If constipated, taking this product may exacerbate an impacted bowel. Should your general health worsen, or if you experience any untoward effects while taking this medicine, including abdominal pain or extended constipation, please consult your doctor, pharmacist or healthcare professional for advice. Do not exceed the recommended daily dosage. Do not use after the expiry date.

#### **INTERACTIONS:**

Products containing herbal ingredients may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner. It is recommended to take Multi Fibre™ one hour after other medication to avoid decreased absorption.

#### **PREGNANCY AND BREASTFEEDING:**

If you are pregnant or breastfeeding, you are not recommended to take this product as the safety has not been established.

#### **DOSAGE AND DIRECTIONS FOR USE:**

Always tell your healthcare professional if you are taking any other medicine.

Adults:

7 Day Quick Cleanse: Multi-Cleanse™ - Take 3 capsules 3 times daily before food, or as professionally advised. Multi-Fibre™ - Take 4 capsules 3 times daily with water before food, or as professionally advised.

1 Month Maintenance Cleanse: Multi-Cleanse™ - Take 2 capsules daily before food, or as professionally advised. Multi-Fibre™ - Take 3 capsules daily in the morning with water before food, or as professionally advised.

#### **SIDE EFFECTS:**

##### Immune System Disorders:

Frequency unknown: Hypersensitivity reactions.

##### Gastrointestinal System Disorders:

Frequency unknown: Gastrointestinal disturbances.

#### **KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT:**

In the event of overdose, consult your healthcare professional or pharmacist. If neither is available, contact your nearest hospital or poison centre. Treatment is symptomatic and supportive.

#### **IDENTIFICATION:**

Multi-Cleanse™ - A brown to green powder in a clear, hard gelatine capsule. Multi-Fibre™ - A creamy light brown powder in a clear, hard gelatine capsule.

#### **PRESENTATION:**

Multi-Cleanse™ - 63 capsules in a white bottle with an induction seal and a plastic tamperproof lid. Multi-Fibre™ - 90 capsules in a white bottle with an induction seal and a plastic tamperproof lid.

#### **STORAGE INSTRUCTIONS:**

Store below 30°C in a dry place.

KEEP OUT OF REACH OF CHILDREN.

#### **REGISTRATION NUMBER:**

To be allocated.

#### **NAME AND BUSINESS ADDRESS OF APPLICANT:**

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#### **DATE OF PUBLICATION OF PROFESSIONAL INFORMATION:**

April 2020

**DATE OF REGISTRATION**

To be confirmed

**CATEGORY**

Category D (Complementary Medicine) – Combination Product.  
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Good Health Products Pty Ltd

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