

Please read enclosed leaflet carefully because it provides important information. BodyDetox24 is a dietary supplement sold in pharmacies and health food shops without prescription. According to Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 the labelling of a dietary supplement must not attribute to it the property of preventing, treating or curing a human disease, or refer to such properties.

BodyDetox24™ *lemon flavour*

Dietary supplement, supports body cleansing

Composition: one pouch provides 21,5 grams of powder to prepare suspension	1 pouch provides [g]:	2 pouches** provide [g]:
Complex of plant extracts:	13,50	27,00*
Lemon Fruit Extract (<i>Citrus limon</i>)	4,00	8,00
Papaya Fruit Extract (<i>Carica papaya</i>)	3,50	7,00
Pumpkin Seed Extract (<i>Cucurbita pepo</i>)	3,50	7,00
Flax Seed Extract (<i>Linum usitatissimum</i>)	1,30	2,60
Wheat Germ Extract (<i>Triticum vulgare</i>)	0,50	1,00
Carrot Root Extract (<i>Daucus carota</i>)	0,36	0,72
Oat Seed Extract (<i>Avena sativa</i>)	0,15	0,30
Sweet Potato Extract (<i>Ipomoea batatas</i>)	0,08	0,16
Chickpea Extract (<i>Cicer arietinum</i>)	0,06	0,12
Shiitake Mushroom Extract (<i>Lentinula edodes</i>)	0,02	0,04
Spinach Leaf Extract (<i>Spinacia oleracea</i>)	0,02	0,04
Angelica Root Extract (<i>Angelica sinensis</i>)	0,01	0,02
and also		
Xylitol (E 967) Natural Sweetener	4,00	8,00*
Apple Cider Vinegar Powder	1,50	4,00*
Citric Acid (E 330) Acidity Regulator	1,00	2,00*
Epson Salt (<i>Magnesium Sulphate</i>)	1,00	2,00†
Natural Lemon Flavour	0,20	0,40*
Pineapple Juice Powder	0,10	0,20*
Aloe Leaves Powder	0,10	0,20*
Silicon Dioxide (E 551) Anti-caking Agent	0,10	0,20*

** Amount calculated for portion of the product recommended for daily consumption 2 pouches, RDA - recommended daily allowance has not been established, † Magnesium (as magnesium sulphate) - 400 mg which is 100% RDA.

Suggested usage: five simple steps for effective body cleansing. The given hours are just an example. However, it is important to keep time gaps and to follow the time schedule while doing the body cleansing, so try to drink the body cleansing product at the specific time-gaps listed below.

① **In the evening between 18:00 and 20:00** mix powder from the first pouch of BodyDetox24 with a full glass (200 - 250 ml) of purified warm water and drink immediately. Please note: the BodyDetox24 powder is not fully water-soluble and forms a suspension.

② **Exactly 2 hours after having first pouch** of BodyDetox24, repeat by drinking another full pouch of BodyDetox24 powder mixed in 250 ml of purified warm water.

③ **Within 30 minutes of having the second drink go to bed.** Try going to bed by 10:30 pm in order to insure that the body gets proper rest. Just before going to bed, a glass of warm water should be consumed (200 - 250 ml). When going to bed, it is very important to lie on the back and try to remain still. Try to remain on the back and avoid tossing and turning throughout.

Next day:

④ **At 6 am or 7 am** repeat the same step as above. Drink one full pouch of BodyDetox24 powder mixed in a 250 ml glass of purified warm water.

⑤ **Exactly 2 hours after having your morning drink** repeat the process one more time.

Drink warm water for the rest of the day. In the afternoon, 4:00 pm to 6:00 pm, eat a very light dinner, with no fried food, meat, bread, alcohol or sweets. Try to follow a vegetarian diet: only fruits, vegetables and whole grains. Also drink plenty of pure water. It is best to stay on this same diet for 72 hours. Try to eat smaller portions of food and keep the total daily caloric intake to about 50% of normal for the entire 72-hour period.

Important notice: (1) The taste: BodyDetox24 has a strong bitter taste. This is because it contains substantial amount of Epson salt also called bitter salt and plenty of herbal extracts. All these ingredients have pungent bitter taste connately. If you cannot cope with that taste you may alleviate bitter taste by adding some lemon juice and if you wish also some amount of xylitol to sweeten. (2) Solubility: BodyDetox24, as stated above, contains plenty of herbal extracts that are barely soluble or insoluble at all. Because of this stir vigorously after adding BodyDetox24 powder into glass of water and drink it right away.

Additional remarks: On the day of cleansing, try to avoid heavy food and drink small amount of liquids throughout the entire day. Some purified warm water can be consumed. One can add some lemon or lime juice and dextrose (honey) or xylitol to improve the taste. Make sure that you are not drinking anything directly from the fridge - it must be of room temperature at least. Those people with low body mass and/or „sensitive“ stomach should start their body cleansing program with half of the pouch. During the cleansing frequent visits to the bathroom may occur for this reason; many people take time off work to begin the flush or conduct the process over the course of a weekend.

Properties and mode of action: BodyDetox24 supports body cleansing and stimulates elimination of accumulated toxins. It contains natural compounds of vegetable origin only.

Papaya extract has the capacity to increase glutathione level^[1]. Glutathione* is the most powerful body anti-oxidant, that can scavenge free radicals. The papaya extract itself also has strong anti-oxidant properties, that are able to protect from damage caused by released toxins^[2,3]. The scientific tests have shown that **pumpkin seed extract** increases anti-oxidant ability and reduces lipids peroxidation^[4], also **lemon extract** has positive impact on lipids and cholesterol metabolism and also increase cell glutathione level. Scientists believe that lemon extract can also support liver function^[5]. **Oat Seed Extract** is a natural source of β-glucan[†], that

supports bile secretion and cholesterol excretion^[6]. Secretion of bile is the main elimination path for toxins, cholesterol and lipid wastes. β-glucan also supports the immune system. **Angelica Extract** can activate Browicz-Kupffer cells[‡] in the liver, that play a role in cell waste elimination^[7]. Angelica extract also supports hepatocytes function – main liver cells^[8,9]. Scientific data show that consumption of **Shiitake mushroom** also supports liver function^[10,11].

Apple cider vinegar is a natural preparation that supports metabolism, slimming course and body cleansing. It provides mineral complex and natural acetic acid. It improves kidney and GI tract functions and regulates several biological processes helping to improve metabolism, reduce body weight and tiredness feeling. It increases oxygen level in blood and actively supports combustion of food.

Xylitol belongs to polyols, alcohols containing multiple hydroxyl groups, widely used as sweeteners. It is usually produced from a sugar maltose from grains of cereals (e.g. corn). It is a fully natural compound. One gram of xylitol provides many fewer calories as compared with sugar so it is recommended to people on weight reducing diets or aiming to keep optimal body weight.

Citric acid, called also citrus salt (*Sal Essentiale Citri*), is widely represented in plants, as acid or in a form of salt. It is present in many fruits, and particularly in lemon fruit extract. Moreover, citric acid is present in small quantities in all living species. Citric acid has antioxidant activity, forms complexes with heavy metals and alkaloids that accelerate their spontaneous oxidation (which can be used as antidote in case of alkaloid's intoxication). It also facilitates calcium absorption in digestive tract. It is also used as acidity regulator.

Magnesium sulphate (synonyms: bitter salt, **Epsom salt**) when applied orally works as laxative and cholagogue agent. It works in both small and large intestine. Salt attracts water and keeps it in the bowel lumen thereby increasing inter-intestinal pressure. It also softens the stools and increases bowel movement. It also stimulates cholecystokinin[§] release, which promotes bile, pancreatic juice and digestive enzymes secretion and stimulates contraction of gall bladder and bile release and at the same time relaxation of sphincter Oddi^{**}. Magnesium consumption has a positive effect on the reduction of the level of heavy metal in the body^[12,13,14] and increase of energetic level of cells.

Additional remarks: Not recommended for pregnant women and children. A person with serious illness should consult her/his doctor before use. Do not use in case of allergy to the product ingredients. The product should be stored out of the reach of young children and at room temperature. Dietary supplement cannot be used as a substitute for a varied diet. Product suitable for vegans and vegetarians. The expiry date is on the box close to the bar code.

Manufactured in EU for **Phytomedica Poland Co. Ltd.**, 31/35 Ogrodowa Street, 00-893 Warsaw, Phone: +48 22 651 75 40, info@phytomedica.co.uk, phytomedica.co.uk

Available packages: Boxes containing 4 pouches.

References:

- Nakamura Y, Morimitsu Y, Uzu T. et al. A glutathione S-transferase inducer from papaya: rapid screening, identification and structure-activity relationship of isothiocyanates. 2000 Sep 1;157(2):193-200.
- Marotta F, Weksler M, Naito Y. et al. Nutraceutical supplementation: effect of a fermented papaya preparation on redox status and DNA damage in healthy elderly individuals. Ann N Y Acad Sci. 2006 May;1067:400-7.
- Mehdipour S, Yasa N, Dehghan G, Khorasani R, Mohammadrad A, Rahimi R, Abdollahi M. Antioxidant potentials of Iranian Carica papaya juice in vitro and in vivo are comparable to alpha-tocopherol. Phytother Res. 2006 Jul;20(7):591-4.
- Nkosi CZ, Opoku AR, Terblanche SE. Antioxidative effects of pumpkin seed (Cucurbita pepo). Phytother Res. 2006 Nov;20(11):935-40.
- Bolkent S, Yanardag R, Karabulut-Bulan O. et al. Protective role of Melissa officinalis. J Ethnopharmacol. 2005 Jul 14;99(3):391-8.
- Andersson M, Ellegård L, Andersson H. Oat bran stimulates bile acid synthesis. Am J Clin Nutr. 2002 Nov;76(5):1111-6.
- Wang J, Xia XY, Peng RX, Chen X. Activation of the immunologic function. Yao Xue Xue Bao. 2004 Mar;29(3):168-71.
- Ye YN, Liu ES, Li Y, So HL, Cho CC, Sheng HP, Lee SS, Cho CH. Protective effect of polysaccharides-enriched fraction. Life Sci. 2001 Jun 29;69(6):637-46.
- Shang P, Qian AR, Yang TH. et al. Experimental study. World J Gastroenterol. 2003 Sep;9(9):1963-7.
- Akamatsu S, Watanabe A, Tamesada M, Nakamura R, Hayashi S, Kodama D, Kawase M, Yagi K. Hepatoprotective effect of extracts from Lentinus edodes mycelia on dimethylnitrosamine-induced liver injury. Biol Pharm Bull. 2004 Dec;27(12):1957-60.
- Okamoto T, Kodoi R, Nonaka Y, Fukuda I, Hashimoto T, Kanazawa K, Mizuno M, Ashida H. Lentinan from shiitake mushroom (Lentinus edodes) suppresses expression of cytochrome. Biofactors. 2004;21(1-4):407-9.
- Hidaka M, Nagata M, Kawano Y, Sekiya H, Kai H, Yamasaki K, Okumura M, Arimori K. Inhibitory effects of fruit juices. Biosci Biotechnol Biochem. 2008 Feb;72(2):406-11. Epub 2008 Feb 7.
- Bulat ZP, Djukic-Cosic D, Malcevic Z. et al. Zinc or Magnesium Supplementation Modulates. Biol Trace Elem Res. 2008 Apr 17.
- Todorovic T, Vujanovic D, Dozic I, Petkovic-Curcin A. Calcium and magnesium content. Magnes Res. 2008 Mar;21(1):43-50.

Preparation date: *March 2014*

* Glutathione (γ-glutamyl-cysteinyl-glycine) - is a tripeptide that contains an unusual peptide linkage between the amine group of cysteine and the carboxyl group of the glutamate side-chain. It is an antioxidant, preventing damage to important cellular components caused by reactive oxygen species such as free radicals and peroxides. Glutathione has multiple functions. It is the major endogenous antioxidant produced by the cells, participating directly in the neutralization of free radicals and reactive oxygen compounds, as well as maintaining exogenous antioxidants such as vitamins C and E in their reduced (active) forms. Regulation of the nitric oxide cycle, which is critical for life but can be problematic if unregulated. Through direct conjugation, it detoxifies many foreign compounds and carcinogens, both organic and inorganic. This includes heavy metals such as mercury, lead, and arsenic. It is essential for the immune system to exert its full potential. It plays a fundamental role in numerous metabolic and biochemical reactions such as DNA synthesis and repair, protein synthesis, prostaglandin synthesis, amino acid transport, and enzyme activation.

† β-glucan - occurs most commonly as cellulose in plants, the bran of cereal grains. Oat seed is main source of water soluble and biologically most active isomer of β-glucan. It helps to reduce blood cholesterol and to balance the glucose peaks, so reducing risk of diabetes type 2. β-glucans are known as "biological response modifiers" because of their ability to activate the immune system.

‡ Browicz-Kupffer cells are specialized macrophages located in the liver lining the walls of the sinusoids that form part of the reticuloendothelial system (RES). Kupffera cells constitute approx. 15-20 % of all liver cells. Kupffera cell can phagocytose cancer cells, antibody-antigen complexes, waste of erythrocytes, other blood cells, their fragments, bacteria, play a role in regulation of blood coagulation process and take part in immune processes.

§ Cholecystokinin (known earlier as pankreozymin) – is a peptide tissue hormone of GI tract. It is secreted by mucus cells of duodenum and small intestine. The main role of cholecystokinin is stimulation of bile and pancreatic juice secretion. The stimuli to increase cholecystokinin secretion are mainly products formed from fat digestion. Cholecystokinin also reduces hunger sensation.

** Oddi sphincter regulates amount of bile and pancreatic juice that can come into duodenum. It is named after the Italian anatomist Ruggero Oddi, who first described it.