



# ParaCleanse

Comprehensive Support for Digestive Health\*

ParaCleanse is a unique dietary supplement formulated with a blend of botanical nutrients and enzymes specifically chosen for their beneficial effects on gastrointestinal health.\* This comprehensive approach targets various aspects of digestive wellness by working synergistically to support optimal gastrointestinal function and a healthy gut microbiome.\* Read on to discover how each nutrient in ParaCleanse contributes to its overall effectiveness in supporting digestive health.\*

## How ParaCleanse Works

### Nopal Cactus Aerial Parts (*Opuntia spp.*)

Nopal cactus, rich in bioactive compounds like betalains and indicaxanthin, plays a significant role in supporting healthy oxidative stress and promoting healthy inflammatory markers, which are crucial for maintaining a healthy gastrointestinal lining.\*<sup>1</sup> Its high content of soluble fiber, including pectin and mucilage, supports metabolic health by supporting healthy glucose and lipid profiles, contributing to gut health through glycemic support and efficient fecal excretion.\*<sup>2</sup>

Inulin, a soluble fiber in nopal, acts as a prebiotic, enhancing beneficial microbiota proliferation essential for promoting healthy intestinal homeostasis and gut barrier function.\*<sup>1,2</sup> Additionally, the insoluble polysaccharide fibers in nopal exhibit prebiotic properties, fostering a healthy gut microbiome by promoting the growth of beneficial gut bacteria.\*<sup>1,2</sup>

### Noni Fruit (*Morinda citrifolia*)

Noni fruit, known for its phytochemicals like iridoid glycosides, flavonoids, and fatty acids, also exhibits antioxidant properties and promotes healthy inflammatory markers, critical for supporting a balanced gut microbiota and healthy immune responses.\*<sup>3</sup> Its compound scopoletin helps support healthy gut lining integrity.\*<sup>4</sup> The fruit's interaction with the gut-brain axis helps promote healthy inflammatory markers in the digestive system, while its polysaccharides and oligosaccharides exert prebiotic-like effects.\*<sup>4</sup> These components encourage the growth of beneficial bifidobacteria and lactobacilli, fostering mucosal immunity and enhancing microbial diversity for overall gut health.\*<sup>5</sup>

### Turmeric Root (*Curcuma longa*)

Turmeric root, primarily known for its active constituent curcumin, offers potent antioxidant effects for gut health, promoting healthy inflammatory markers and supporting healthy oxidative stress response within the gastrointestinal lumen.\*<sup>6,7</sup>



Form: 90 Capsules

Serving Size: 3 Capsules

Ingredients	Amount	%DV
Proprietary Blend:	1,545 mg	*
Nopal Cactus (aerial; <i>Opuntia spp.</i> ), Noni (fruit; <i>Morinda citrifolia</i> ), Turmeric (root; <i>Curcuma longa</i> ), Green Tea Extract (leaf; <i>Camellia sinensis</i> ) (standardized to 50% polyphenols), Fo-Ti (root; <i>Polygonum multiorum</i> ), Selfheal Extract (whole herb; <i>Prunella vulgaris</i> ), Rhubarb (root; <i>Rheum officinale</i> ), Enzyme Blend (amylase, protease, lipase, cellulase, lactase, maltase).		

### Other Ingredients:

Hypromellose, vegetable magnesium stearate.

### Directions:

Take three capsules daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Curcumin positively influences gut health by promoting diverse gut microbiota, supporting a healthy mucosal barrier, and aiding in healthy immune responses.\*<sup>6,7</sup> Additionally, curcumin stimulates bile production, which is crucial for fat digestion and healthy digestive processes.\*<sup>6,7</sup> It also promotes bile secretion, facilitating lipid emulsification and digestion while supporting healthy hepatic metabolism and detoxification processes interconnected with intestinal health.\*<sup>6,7</sup>

### **Green Tea Leaf Extract (*Camellia sinensis* standardized to 50% polyphenols)**

Green tea, rich in polyphenols such as catechins and epigallocatechin gallate (EGCG), offers strong antioxidant properties that support a healthy digestive tract by promoting balanced oxidative stress response and healthy inflammatory markers.\*<sup>8</sup> EGCG is instrumental in maintaining a healthy integrity of the mucosal lining of the gastrointestinal tract and support balanced gut ecosystem.\*<sup>8</sup> Furthermore, green tea polyphenols aid in the proliferation of beneficial microbial species and play a role in supporting balanced gastrointestinal hormones, which are key to satiety and digestion.\*<sup>9</sup>

### **Fo-Ti Root (*Polygonum multiflorum*)**

Fo-Ti root, containing anthraquinones, phospholipids, and tannins, contributes to gut health through its antioxidant effects and promotion of healthy inflammatory markers.\*<sup>10</sup> These compounds are traditionally recognized for promoting bowel movements and intestinal motility due to their laxative properties.\*<sup>10</sup> Additionally, Fo-Ti root may exhibit hepatoprotective effects, indirectly benefiting gut health by supporting liver functions in metabolism and detoxification.\*<sup>11</sup> The bioactive constituent emodin in Fo-Ti root positively influences healthy enterohepatic circulation and the gut-liver axis which is vital for digestive health and endobiotic detoxification pathways.\*<sup>11</sup>

### **Selfheal Whole Herb Extract (*Prunella vulgaris*)**

Selfheal, with its bioactive triterpenoids and phenolic acids, promotes both innate and adaptive immune responses in the gastrointestinal tract by supporting a healthy mucosal barrier.\*<sup>12,13</sup> These components also aid in maintaining healthy inflammatory markers through interactions with the cyclooxygenase-2 enzyme and cytokine signaling pathways.\*<sup>12,13</sup> Additionally, Selfheal traditional use in supporting digestive function implies its efficacy in supporting healthy gut lining integrity and promoting overall gut homeostasis.\*<sup>12,13</sup>

### **Rhubarb Root (*Rheum officinale*)**

Rhubarb, known for its anthraquinone glycosides, promotes healthy bowel movements by stimulating the myenteric plexus, thus promoting colonic motility and water secretion into the intestines.\*<sup>14,15</sup> These anthraquinones also exert a prebiotic-like effect, encouraging the growth of beneficial bifidobacteria and lactobacilli.\* Additionally, the astringent properties of Rhubarb, attributed to its tannin content, support healthy intestinal mucosa and contribute to a balanced gut flora.\*<sup>14,15</sup>

### **Enzyme Blend (Amylase, Protease, Lipase, Cellulase, Lactase, Maltase)**

ParaCleanse incorporates a comprehensive blend of digestive enzymes: amylase to catalyze the hydrolysis of starch into oligosaccharides, protease to facilitate proteolysis into peptide fragments, and lipase to aid in lipolysis of triglycerides into fatty acids and glycerol. This enzymatic activity enhances the biochemical breakdown of macronutrients and is strategically aimed at optimizing digestive function, promoting efficient nutrient uptake in the gastrointestinal tract.\*<sup>16</sup>

### **ParaCleanse Supplementation**

Each of the individual nutrients in ParaCleanse provides many health benefits, but with their complementary mechanisms of action, together they promote optimal nutritional support and efficacy for comprehensive gastrointestinal health.\*

Supplementation with ParaCleanse may also include these additional benefits:

- Support for healthy detoxification\*
- Promotes healthy liver function\*
- Promotes immune health\*
- Promotes healthy gastrointestinal tract function\*
- Promotes a balanced gut microbiome\*
- Supports healthy inflammatory markers\*

#### **References:**

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