

DETOXNER® DETOX YOUR BODY

DETOXNER® DETOX

- Purifies your bowels
- Restores healthy intestinal flora
- Neutralizes harmful microbes
- Stimulates bowel activity
- Natural and effective

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1. WHAT IS DETOXNER® DETOX USED FOR?

We all lead busy lives, to the point where most of us sometimes feel tired and stressed. What we eat and drink may not always be the healthiest choice. These factors negatively impact on our intestinal system. It may not be the easiest subject to talk about, but a well-balanced bowel system is important to our health and our sense of well-being. As part of the digestive system, the bowel has two major functions:

- to digest food and absorb nutrients, (but also some medicines), into the blood stream
- to expel waste products and toxins

Your intestines contain billions of bacteria, both useful and harmful. Normally, this intestinal flora is well-balanced. But a busy lifestyle may disturb the balance and upset your bowels: bowel movements become irregular, your intestinal activity is affected and so is the moisture level and manoeuvrability of your stool. The result? Your energy level drops and you feel weakened.

2. WHAT IS DETOXNER® DETOX?

DETOXNER® is a high-quality, bio-active product that rapidly optimizes your bowel function and adjusts disturbances effectively. It has a strong purifying and cleansing effect, supporting your metabolism. You may notice the effect of DETOXNER® DETOX in as little as one day.

DETOXNER® DETOX is based on the patented 2QR-complex, a bio-active compound derived from plants. 2QR-complex is unique in its ability to selectively neutralize harmful bacteria. Its prebiotic ingredients act as 'power food' for the useful bacteria, supporting their development and growth. As a result, DETOXNER® DETOX restores balance to the intestinal flora, adjusting and optimizing the bowel function. This unique effect is absolutely natural and harmless.

DETOXNER® DETOX also stimulates the uptake of valuable nutrients, with a special combination of fibres, (Psyllium and Inulin), that regulate bowel movements and the moisture level of your stool. These plant fibres also stimulate the activity of your intestines and improve stool consistency.

3. WHAT DOES DETOXNER® DETOX CONTAIN?

One box of DETOXNER® DETOX contains 5 sachets, (DETOXNER®-mix), and 20 effervescent tablets, (DETOXNER®-drink). The DETOXNER®-mix powder contains a high-grade mix of 2QR-complex*, Fructo-oligosaccharides, Psyllium and Inulin. The DETOXNER®-drink tablets contain 2QR-complex*, Fructo-oligosaccharides and Inulin. * The 2QR-complex is a patented ingredient that consists of natural polysaccharides, (galactoarabinan, polyglucuronic acid crosspolymer).

4. WHEN DO I USE DETOXNER® DETOX?

DETOXNER® DETOX is a natural product. We do recommend that you do not use DETOXNER® DETOX for more than 30 consecutive days, in order to allow the intestinal flora and bowel system to settle into its renewed, natural balance without the support of DETOXNER® DETOX.

5-DAY PROGRAMME	1-DAY BOOST
<ul style="list-style-type: none"> • Irregular and/or busy lifestyle • Poor eating and drinking habits • Stress, affecting your bowels • Disturbed intestinal balance, (e.g.: due to foreign food when travelling) • Regular bowel discomforts, (e.g.: due to Irritable Bowel Syndrome) 	<ul style="list-style-type: none"> • The day after a heavy meal • The day after eating something that did not agree with you • The day after drinking too much alcohol • In case of (incidental) irregular stool • Every time you simply want to give your bowel system some extra support

5. WHAT IS THE EFFECT OF DETOXNER® DETOX?

The effects of DETOXNER® DETOX can be noticed on the first day of use:

- DETOXNER® DETOX activates the bowel movements, (peristalsis)
- DETOXNER® DETOX corrects and optimizes the natural microflora
- DETOXNER® DETOX regulates the moisture balance and the stool
- DETOXNER® DETOX supports the uptake of nutrients

There are several indicators of these effects when you use DETOXNER® DETOX. Not all indicators are pleasant. They are however linked to the purifying effect of the bowel system and are merely temporary, (for the duration of the programme).



Increased flatulence, (windiness), during the first days of use



Increased frequency of bowel movements



Positive change in consistency of the stool



Different smell of the stool

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6. HOW DO I USE DETOXNER® DETOX?

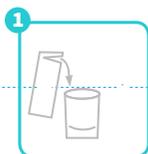
DETOXNER® DETOX is a 5-day programme. On five consecutive days, you start your day with one glass of DETOXNER®-mix on an empty stomach. Over the course of each day, you also drink 4 DETOXNER®-drinks: early morning, (after your glass of DETOXNER®-mix), and with breakfast, lunch and dinner.

To get the most out of your 5-day programme:

- Drink plenty of water, (1.5 litres per day)
- Make sure you have enough physical activity
- Avoid alcohol, coffee and meat
- Eat light meals

You can also occasionally use DETOXNER® DETOX as a one-day boost to your system: 1 sachet and 4 tablets. Please note: for optimal bowel function it is important to drink plenty of water (1.5 litres a day) and to make sure you have enough physical activity. This is especially important during the 5-day DETOXNER® DETOX programme. We also recommend you avoid alcohol, coffee and meat during the programme.

DETOXNER®-mix



1 Empty the contents of one sachet into a glass

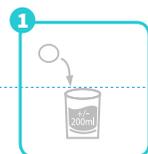


2 Fill up the glass with water or fruit juice and stir well



3 Consume straight away, followed by an extra glass of water or fruit juice

DETOXNER®-drink



1 Dissolve one tablet in a glass of water and stir well



2 Consume straight away

7. ARE THERE POSSIBLE SIDE EFFECTS?

- Constipation may occur if you do not add enough water to the powder and/or tablet. The fibres in DETOXNER® DETOX will blend with the contents of your bowels and have the capacity to absorb water. Adding sufficient water maintains the moisture level. Drinking plenty of water, (1.5 litres a day), will help restore and retain the moisture balance.
- Your abdomen may feel 'full'. This will naturally subside.
- Some people experience a slight headache. This too will subside

In case of persistent complaints, consult your physician.

8. WHEN DO I NOT USE DETOXNER® DETOX

- If you are hypersensitive to any of the ingredients
- If you are lactose intolerant
- If you experience sudden abdominal pain
- If you experience vague abdominal pain or if there is any risk of bowel perforation
- If you suffer from acute inflammatory bowel disease (such as ulcerative colitis or Crohn's)
- If you suffer from intestinal obstruction
- If you have undergone bowel surgery
- If you are under 16

Interference with medication

A minimal period of 2 hours between taking DETOXNER® DETOX, (Mix or Drink), and medication is advised. DETOXNER® DETOX may alter the intestinal passage time and can affect the uptake of medicines and other substances.

Note to people with diabetes

Talk to your physician before taking fibre supplements, as your dose of diabetes medication may need to be adjusted. Patients with diabetes may need to adapt their medication because DETOXNER® DETOX may influence the uptake of glucose

Pregnancy and lactation

No contraindications are known, however it is advisable for pregnant and breastfeeding women to consult a physician before taking DETOXNER® DETOX.

9. Storage

Store at room temperature, (10-25°C), in the original packaging which protects the ingredients from humidity and light. Do not use after the expiration date, which is stated on the box and sachets. DETOXNER® DETOX out of the sight and reach of children.

10. Contents

- 5 sachets, (9 g)
- 20 effervescent tablets, (4.2 g)
- Instructions for use

11. Contact Details

Distributor

TheOTCLab B.V.
Koniginneweg 152
1075 EE Amsterdam, The Netherlands

Manufacture

Pyour B.V.
Delftechpark 55
2628 XJ Delft, The Netherlands

All enquiries about the product should be sent to the distributor. For more information about DETOXNER® DETOX, please visit www.detoxner.com DETOXNER® DETOX is a medical device.



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