



# Colo-Vada Plus®

## 14-Day Total Body Cleanse



Holistic Health  
Refined with  
Research

True to our heritage, we provide solutions that sustain and advance natural health and wellness. We combine the best of nature with responsible, smart science to deliver exclusive products with effective results. With over 25 years of research experience, RBC Life understands and improves the strength of nature so we can deliver it to you.

item #1193

### Key benefits:

- Helps cleanse internal residue & toxins\*
- Improves regularity\*
- Revitalizes overall health\*

### What is it?

The Colo-Vada Plus is a highly effective 14-day total-body cleanse system. This best-selling product has helped millions of people detox and cleanse their bodies and regain their health.\*

### What is it formulated to do?

The Colo-Vada Plus cleanse system has been expertly formulated to help achieve radiant health through cleansing and detoxification. Ridding the body of accumulated toxins and restoring proper digestive function is imperative for health.\*

### Who may benefit?

Most people can benefit from a semi-annual or seasonal cleanse to rid the body of harmful toxins and accumulated waste products.\*

### How is it used?

The Colo-Vada system is conveniently pre-packaged for easy and hassle-free cleansing.

- Phase 1 packets are used for 7 days.
- Phase 2 packets and the enclosed powder drinks are used for 4 days.
- Phase 3 packets are taken for 3 days to restore proper digestion.

### Why we need to cleanse

Everyday our bodies accumulate pollutants and waste material that must be eliminated to remain healthy. Many health professionals now believe that almost all disease processes begin with a toxic colon. Just as we take out our garbage on a regular basis, we must learn to cleanse our bodies to fully regain health and vitality.

The colon plays a vital role in maintaining health, yet it is often overlooked and undernourished. Our bodies are constantly detoxifying and attempting to eliminate waste material. The function of the colon is to rid our system of unusable food products and environmental contaminants, along with dead cells and other metabolic waste. This toxic mixture accumulates in the colon, and it must be eliminated quickly and completely. If the body is unable to rid itself of these pollutants, free-radical production increases and all systems of the body may be harmed. However, through cleansing, the colon can begin to restore itself to proper functioning. This leads to enhanced digestion, improved absorption of nutrients, regular elimination and increased energy.\*



FROM RBC LIFE SCIENCES®

- See Over -

### Phase one: seven days

During this preparation phase, the Colo-Vada system provides two daily packets of nutrients and herbs to activate the detoxification and elimination processes. Toxins, heavy metals and other contaminants are drawn from the cells throughout the body and brought into the colon.\*

### Phase two: four days

This is the colon-cleansing phase designed to eliminate accumulated toxic waste and parasites. Convenient packets of powder are included in your program, and you simply mix one packet with juice or water four times a day. This powder acts like a sponge as it expands in the system, absorbing toxins and hardened material from the intestinal wall. The waste can then pass easily and safely from the body. This phase is most effective if you consume only the powder drinks and supplements provided by the Colo-Vada system. Drink only water, unsweetened juices and herbal teas. Avoiding solid food as much as possible allows the powder mixture to loosen material without interference. The powder will expand and you should not feel hungry. Steamed vegetables can be eaten if desired.\*

### Phase three: three days

The final phase will reintroduce solid food while restoring the digestive system and its intestinal flora. Solid food is gradually re-introduced, starting with vegetables and then small amounts of protein foods. Acidophilus and digestive enzymes are provided to re-establish the health of your digestive system.\*

This program is most effective when completed twice a year. A high-fiber diet including ample fresh fruits and vegetables, healthy fats and plenty of water will help maintain a healthy elimination system. It is recommended that you include Digestion Formula, Microhydrin® Plus™, Artichoke Liver Cleanse and TRUAloe™ for optimum intestinal health.

Order from your RBC Life Independent Associate:

### Supplement Facts

Serving Size: 1 Packet Servings per container:	PHASE 1		PHASE 2		PHASE 3	
	14		8 (Packet 2) & 16 (Powder)		6	
Amount Per Serving		% DV		% DV		% DV
Vitamin A (retinyl acetate)	3,300 IU	66%	3,300 IU	66%	3,300 IU	66%
Vitamin C (ascorbic acid)	680 mg	1133%	680 mg	1133%	680 mg	1133%
Vitamin D (cholecalciferol)	133 IU	33%	133 IU	33%	133 IU	33%
Vitamin E (d-alpha tocopheryl acetate)	20 IU	67%	20 IU	67%	20 IU	67%
Thiamine (thiamine hydrochloride)	4.2 mg	280%	4.2 mg	280%	4.2 mg	280%
Riboflavin	4.8 mg	282%	4.8 mg	282%	4.8 mg	282%
Niacin (niacin, niacinamide)	10 mg	50%	10 mg	50%	10 mg	50%
Vitamin B6 (pyridoxine hydrochloride)	3 mg	150%	3 mg	150%	3 mg	150%
Folic Acid	70 mcg	18%	70 mcg	18%	70 mcg	18%
Vitamin B12 (cyanocobalamin)	3 mcg	50%	3 mcg	50%	3 mcg	50%
Biotin (d-biotin)	20 mcg	7%	20 mcg	7%	20 mcg	7%
Pantothenic Acid (d-calcium pantothenate)	15 mg	150%	15 mg	150%	15 mg	150%
Calcium (calcium carbonate, dicalcium phosphate, calcium caprylate)	553 mg	55%	360 mg	36%	167 mg	17%
Iron (ferrous fumarate)	2.5 mg	14%	2.5 mg	14%	2.5 mg	14%
Phosphorous (dicalcium phosphate)	23 mg	2%	23 mg	2%	23 mg	2%
Iodine (kelp, potassium iodide)	30 mcg	20%	30 mcg	20%	30 mcg	20%
Magnesium (magnesium oxide)	67 mg	17%	67 mg	17%	67 mg	17%
Zinc (zinc gluconate)	2.5 mg	17%	2.5 mg	17%	2.5 mg	17%
Selenium (selenium amino acid chelate)	17 mcg	24%	17 mcg	24%	17 mcg	24%
Copper (copper gluconate)	.33 mg	17%	.33 mg	17%	.33 mg	17%
Manganese (manganese gluconate)	2.5 mg	125%	2.5 mg	125%	2.5 mg	125%

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Amount Per Serving		% DV		% DV		% DV
Chromium (chromium amino acid chelate)	17 mcg	14%	17 mcg	14%	17 mcg	14%
Molybdenum (sodium molybdate)	17 mcg	23%	17 mcg	23%	17 mcg	23%
Potassium (potassium chloride)	5 mg	<1%	5 mg	<1%	5 mg	<1%
Choline Bitartrate	10 mg	†	10 mg	†	10 mg	†
Inositol	10 mg	†	10 mg	†	10 mg	†
PABA	5 mg	†	5 mg	†	5 mg	†
Cayenne Pepper (fruit)	5 mg	†	5 mg	†	5 mg	†
Chamomile powder (fruit)	5 mg	†	5 mg	†	5 mg	†
Licorice powder (root)	5 mg	†	5 mg	†	5 mg	†
Rice Bran	5 mg	†	5 mg	†	5 mg	†
Rose Hips (hops)	5 mg	†	5 mg	†	5 mg	†
Uva Ursi (leaf)	4 mg	†	4 mg	†	4 mg	†
Lactobacillus acidophilus	25 million CFU	†	25 million CFU	†	50 million CFU	†
Bifidobacterium lactis	250 million CFU	†	250 million CFU	†	500 million CFU	†
Pectin	50 mg	†	50 mg	†	50 mg	†
Citrus bioflavonoids	30 mg	†	30 mg	†	30 mg	†
Rose hips extract (4:1)	10 mg	†	10 mg	†	10 mg	†
Alfalfa leaf powder	1,036 mg	†	1,036 mg	†	1,036 mg	†
Cascara Sagrada bark powder	487.5 mg	†	487.5 mg	†	487.5 mg	†
Garlic powder	200 mg	†	100 mg	†		
Red Clover powder (flower)	150 mg	†	75 mg	†		

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Amount Per Serving		% DV		% DV		% DV
Fenugreek powder (seed)	150 mg	†	75 mg	†		
Quassia powder (bark)	150 mg	†	75 mg	†		
Mullein (leaf)	100 mg	†	50 mg	†		
Yucca powder (root)	50 mg	†	25 mg	†		
Red Sage powder (root)	50 mg	†	25 mg	†		
Black Walnut powder (leaf)	975 mg	†	487.5 mg	†		
Psyllium husk powder			6.90 g	†		
Kaolin			4.04 g	†		
Citrus bioflavonoid powder			.50 g	†		
Prune powder			.10 g	†		
Amylase					3,400 DU	†
Glucosylase					4.5 AGU	†
Protease 4.5					12,500 HUT	†
Protease 3.0					10.7 SAPU	†
Invertase					50 SU	†
Malt Diastase					405 DP	†
Papain					250,000 FCC PU	†
Lipase AN					72 LU	†
Cellulase					200 CU	†
Alpha-Galactosidase					140 GalU	†
Bromelain					128,000 FCC PU	†
Lactase					250 ALU	†

### OTHER INGREDIENTS

Phase 1	Phase 2	Phase 3
<b>Packets:</b> Calcium carbonate, microcrystalline cellulose, dicalcium phosphate, tablet coating & water, stearic acid, silicon dioxide, croscarmellose sodium, acacia powder, hydroxy propyl cellulose, non fat milk, magnesium stearate, vegetable oil (hydrogenated), potassium citrate, potassium carbonate, silica, purified water, magnesium sulfate, citric acid, sunflower seed oil, gelatin and water.	<b>Packets:</b> Calcium carbonate, microcrystalline cellulose, dicalcium phosphate, tablet coating & water, stearic acid, croscarmellose sodium, silicon dioxide, acacia powder, non fat milk, magnesium stearate, hydroxy propyl cellulose, vegetable oil (hydrogenated), potassium citrate, potassium carbonate, silica, purified water, magnesium sulfate, citric acid, sunflower seed oil, gelatin and water. <b>Powder:</b> Banana flavor, lecithin, glycerihiza.	<b>Packets:</b> Microcrystalline cellulose, calcium carbonate, dicalcium phosphate, tablet coating & water, beet root powder, non fat milk, stearic acid, croscarmellose sodium, silicon dioxide, acacia powder, magnesium stearate, vegetable oil (hydrogenated), potassium citrate, potassium carbonate, hydroxy propyl cellulose, silica, purified water, magnesium sulfate, citric acid, sunflower seed oil, gelatin and water.

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