

# PRODUCT DATA SHEET

To Order Intestinal Tone Click Here

Life Force International's **Intestinal Tone** is an excellent source of fiber, which is 100% psyllium of the highest grade available. Psyllium has been shown to be one of nature's best fibers and is considered an extraordinary source of both soluble and insoluble fiber. Our natural blend of 80% husks and 20% seeds provides a balanced mix of fibers, which are important and play different roles in supporting intestinal health. Intestinal Tone contains no chemical stimulants, sugar, salt, preservatives or artificial flavors.

The human body needs fiber, a major nutrient that is often lacking in the diet. <sup>1</sup> It is suggested that daily consumption should be at least 25 grams. <sup>2</sup> Highly refined foods, including sugar and white flour, have little or no fiber left in them. Over consumption of these food types make us susceptible to various intestinal problems. <sup>3, 4, 5, 6</sup> Studies show that more people seek relief from intestinal complaints than all other ailments combined. <sup>7, 8, 9</sup> Significantly, intestinal disorders are rare in parts of the world where traditional foods provide much more fiber than the modern Western-diet, which provides much less than the suggested 25 grams. <sup>10, 11</sup> This fact underscores the importance of taking good care of our gastrointestinal tract. Proper nutritional support for this vital body system is a major key to health.

## Ingredients:

100% Psyllium (Husks and Seeds)

## Potential Benefits From Ingredients That:

- Provide needed bulk, which aids in healthy elimination. <sup>1, 2</sup>
- Improve the absorption of nutrients. <sup>1</sup>
- Are enhanced by having the psyllium ground very fine, which increases the surface area.
- Provide 5 grams of fiber (4 grams is soluble) per serving:



## Nutrition Facts

Serving Size: 1 tsp. (6 g)  
Servings per container: 66

Amount per serving	
Calories	0
	%DV*
Total Fat	0 g 0%
Sodium	0 g 0%
Total Carbohydrate	5 g 2%
Dietary Fiber	5 g 20%
Sugars	0 g 0%
Protein	0 g 0%

\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your specific calorie needs.

## PRODUCT SPECIFICATIONS

PRODUCT NUMBER	LF111
DESCRIPTION	30-day supply
QUANTITY	14 ounces/379g



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*Note: The following is an FDA approved “health claim.”*

*Scientific evidence demonstrates that diets low in saturated fat and cholesterol may reduce the risk of coronary heart disease (CHD).<sup>12, 13</sup> Other evidence demonstrates that diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husks may further reduce the risk of heart disease.<sup>14</sup>*

## **Suggested Use:**

*Stand-Alone Use* – Mix 1 rounded teaspoon in 8-16 ounces of water or your favorite liquid in the morning and evening. Stir briskly and drink immediately. If left standing, it will congeal and thicken. If this happens, simply dilute for easier drinking. Can be taken prior to meals. Many customers use Intestinal Tone daily as a convenient source of fiber.

*As Part of the of the Colon Cleanse Program* – Intestinal Tone is an integral part of our three-product Colon Cleanse Program, which also includes Activated Charcoal and Herbal Tabs. Please follow the Colon Cleanse Program instructions for Intestinal Tone use when taken as part of this program.

*As Part of the Regeneration Program* – Intestinal Tone is an integral part of our five-product Regeneration Program, which also includes Body Balance, Activated Charcoal, Herbal Tabs and Taheebo. Please follow the Regeneration Program instructions for Intestinal Tone use when taken as part of this program.

## **Servings:**

Intestinal Tone is packaged in a 14-oz container, which yields 63 servings at 1 rounded teaspoon per serving. When using 2 servings daily, Intestinal Tone is a 30-day supply.

## **Caution:**

Keep out of reach of children.

Anyone with any intestinal disease should consult his or her health care professional prior to using any new product.

## **Shelf Life & Storage:**

Once opened, Intestinal Tone has a shelf life of 6 months. Unopened, it has a shelf life of 1 year. Store at room temperature.

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

## **References:**

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

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# PRODUCT DATA SHEET

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*For Use in the US Market Only*



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