



FREQUENTLY ASKED QUESTIONS (FAQS) CLEANSE CAPSULES

Why is cleaning important to overall health and weight loss?

Well it's not just bad eating habits that put harmful toxins and chemicals into our bodies; it is also the natural process of aging. You see, as we age, our digestive systems slow down and operate less efficiently. This means that toxins, waste particles, undigested fats, cholesterols, and sugars may begin collecting in our digestive system. These can create a toxic environment, reducing our ability to fight infections, absorb healthy nutrients from our food and in some cases may even be reabsorbed into our body. The best way to overcome this is to clean out these toxins through a natural, regular cleansing regimen.

With so many cleansing supplements on the market, what makes Javita's Cleanse so special?

Unlike other cleansers that only target your colon, liver **OR** kidneys, Javita's Cleanse uses a triple-action approach to improve the health of your digestive system in its entirety. It targets the intestines and bowels, cleaning off these toxic particles that are clinging to the lining of the intestines and speeding up transit time to eliminate them from the body. But it goes on from there, working to improve and protect the liver and the kidneys. These organ systems are vital for digestion since they detoxify metabolites and produce biochemicals necessary for proper digestion. When you have a healthy and clean digestive system, you are able to properly absorb and utilize healthy nutrients for your foods and supplements.

What ingredients target the COLON and how do they support its health?

- **Senna leaf:** Has been used in traditional Native American medicine as a colon tonic to relieve constipation. It is also believed to tone and strengthen the muscles in the intestinal tract.
- **Chia seed:** Helps add bulk and water to stools to keep your digestive system clean and clear.
- **Dandelion root:** Used to treat upset stomach and intestinal gas, this botanical root acts as a gentle laxative to increase bowel movements.

What ingredient targets the LIVER and how does it support its health?

- **Milk thistle:** Antioxidant rich, this herb helps to detoxify the liver to improve the breakdown of fats. This is crucial to losing unwanted fat. Your liver acts as your body's filter, detoxifying your blood and breaking down fat. When your liver gets overloaded, it turns toxins into bile and cannot metabolize fat properly.

What ingredients target the COLON and how do they support its health?

- **Juniper berry:** this berry-like cone is highly regarded as a blood-purifying kidney tonic and considered one of the strongest and best all-natural therapies used to cleanse or strengthen your kidneys. Undigested fats are often stored in your kidneys and prevent your body from burning other fats.

Cleansing products can often have unpleasant side effects. What can be expected from the use of Cleanse?

As with any of our formulas, product experience is always top of mind which is why we've included a number of natural anti-inflammatories and anti-spasmodics to ensure the cleansing process is both gentle and effective.

- **Slippery elm bark:** Is most commonly used for soothing the bowel in conditions of anti-inflammatory—especially colitis, IBS (irritable bowel syndrome) and diverticulitis.
- **Fennel:** improves your digestion (by inhibiting muscle spasms), reduces water retention, relieves flatulence and bloating, and suppresses stomach cramps.

What kind of benefits might one see from the use of Cleanse?

- Cleanses your liver to optimize the breakdown of fats and absorb vitamins.*
- Removes toxins and undigested fats from the kidneys.*
- Promotes regularity and a healthy digestive system.*
- Supports daily health and wellness.*
- Aids in weight loss when combined with a healthy diet and exercise.*

How many capsules and how often should you take Cleanse?

We would recommend 1-2 capsules. If you're new to cleansing, we recommend that you start with one capsule. As to how often, we would recommend up to three times a week. Like most things, listen to your body for clues regarding tolerance or needs. If you've overdone it with fats and carbs or feel constipated, you can add an extra dose or increase your dose by one capsule.

<p>When should you take Cleanse?</p> <p>Every person is different, so their response time can vary. As such, we recommend that you start your cleansing regimen at night. This will allow you the time and privacy to see how your body reacts to Cleanse from the comfort of your home.</p>	<p>How many Cleanse capsules are in a bottle?</p> <p>As Cleanse was not designed to be taken every day, only 24 capsules are included in the bottle.</p>
<p>What coating is used on the capsule?</p> <p>We use a plant-based vegetable coating to encapsulate the materials. Because the coating is plant based (as opposed to gelatin or other synthetic capsules coating) your digestive system doesn't have to work as hard to break it down.</p>	<p>Why is Cleanse provided in capsule as opposed to a drink?</p> <p>When we prepare a beverage-based formula, we are limited with herbs and botanicals that taste pleasant. There are good herbs that could be utilized in a cleansing drink, but there are even better, more robust herbs than we can utilize in capsules.</p>
<p>What does the following disclaimer mean?</p> <div data-bbox="110 657 626 701" style="border: 1px solid black; padding: 2px;"> <p>*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.</p> </div> <p>The US Food and Drug Administration (FDA) requires that EVERY supplement on the market carries this disclaimer.</p>	<p>Why does this product feature the following warning, and what does it mean?</p> <div data-bbox="802 695 1317 835" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">For California residents only:</p> <div style="display: flex; align-items: center;">  <p>WARNING: Consuming this product can expose you to lead, which is known to the state of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65warnings.ca.gov/food.</p> </div> </div> <p>The threshold for trace metals in food, supplements and other products sold in the state of California is lower than other states. The symbol, WARNING and accompanying text cause far more alarm than the miniscule metal trace should.</p> <p>But here's the thing to know. The trace metal wasn't added to the product, it's naturally occurring. Consider the numerous botanicals featured in this blend. Even under the most cautious, deliberate growing environments, there are things you can't control like wind and rain. These elements have infused the trace metals present at the smallest, most insignificant amount in the raw materials. Because of this, in the state of California, the warning is required.</p>
<p>Why is increased water important when consuming Cleanse?</p> <p>It's common place for cleanse agents to pull extra water from your body. As such it can be dehydrating. To help combat this, increase your water consumption.</p>	<p>What are the other ingredients (Hypromellose, microcrystalline cellulose, magnesium stearate and silicon dioxide) and why have they been included in Cleanse?</p> <ul style="list-style-type: none"> • Hypromellose: Is considered a safe food additive by the FDA when used as a film former and protective colloid (encapsulating agent). • Microcrystalline cellulose: A naturally occurring polymer used as part of the binding process for the Cleanse capsule. • Magnesium stearate: Comprised of a combination of simple salts, it is use as a flow agent to ensure the contents of the capsules don't stick to the equipment or each other. • Silicon dioxide: Derived from plants, it is added to prevent clumping and caking of the raw materials used in the capsules.