

Body Cleanse FAQs

What is the difference between the new Body Cleanse and the 7-Day Body Cleanse?

The 7-Day Body Cleanse, while effective, was developed with stimulant-based laxative effects such as senna and cascara, stimulating muscle contractions in the intestinal tract to “push” for elimination. The herbal blend supported elimination but was missing key ingredients that supported the whole-body cleansing process of eliminating toxins, supporting organs that naturally detoxify the body, enhancing the digestive process, and providing the intestinal tract fuel to support the body’s natural physiology. The new Body Cleanse formula was uniquely made to work holistically with the body’s natural physiology to support cleansing and detoxification through more effective but gentle elimination of stool and toxins.

What are the key ingredients in Body Cleanse?

Magnesium, ginger, aloe, glutamine, and choline:

- Magnesium is a key mineral studied for digestive support◊
- Ginger supports normal digestion◊
- Aloe soothes the digestive tract◊
- Glutamine helps support gastrointestinal health◊
- Choline helps support liver function◊

Does this product still have ingredients to support my liver?

Yes, choline helps support liver function. ◊ Body Cleanse can also be paired with the Herbal Detox Tea to support the liver and kidneys, the body’s key detoxification organs.

Why did you eliminate “7-Day” from the product name?

This product is gentle enough to be used as a daily body cleanse if desired, so it is no longer just for 7-day use.

◊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.

Can I use this product more than once a month?

Yes, this product is safe and gentle enough for daily use.

Why do you recommend mixing Body Cleanse with warm water?

Mixing Body Cleanse in warm water facilitates the powder dissolving into an easily drinkable fluid. Natural ingredients may settle at the bottom. Shake as necessary before you drink.

Does the new Body Cleanse taste the same as the 7-Day Body Cleanse?

Body Cleanse now comes in a delicious lemon-ginger flavor.

Is Body Cleanse still offered in a liquid sachet?

Our new formula is now delivered in a convenient powder sachet that can be taken anywhere and mixed with warm water.

Does Body Cleanse contain fiber?

Yes, our new Body Cleanse contains 3 g of fiber derived from acacia gum, flax seed, and pea fiber.

If the Body Cleanse is replacing the 7-Day Body Cleanse, do I still take it for seven days during a specific week while completing the 30 days to healthy living?

Body Cleanse can be used on any days throughout 30 Days to Healthy Living.

If the Body Cleanse is gentler, doesn't that mean it is not as strong as 7-Day Body Cleanse?

Body Cleanse's active ingredients work in a different manner than the previous formula's. 7-Day Body Cleanse stimulated cells in the intestinal tract to promote elimination while Body Cleanse helps pull water into the intestinal tract and provides fiber to support elimination. The result is a gentle, yet effective product.

Why do I have to sip the Body Cleanse throughout the day?

You can drink Body Cleanse all at once, provided it is mixed with 32 ounces of water as directed. However, we recommend sipping it throughout the day for the best results.

Can I mix Body Cleanse with other products?

Body Cleanse can be mixed with other products, such as Detox Tea or Fiber Boost. Digestion Plus should be consumed within 30 minutes as the probiotics and enzymes are activated when added to water so it is best enjoyed on its own or blended into a Protein Shake.

Why does Body Cleanse only have 7 packets if I can take it every day?

Body Cleanse is sold in packs of 7 to stay consistent with how the product is utilized within 30 Days to Healthy Living. Additional boxes can be purchased if desired for daily use.

How quickly can I expect to see results from Body Cleanse?

Some may notice results after a few uses, while others may take a bit longer. Everyone's physiology is unique, so it is typical to see and feel a variation in product effects.

Will Body Cleanse remove heavy metals (such as plutonium) from the body?

The natural fiber in Body Cleanse pulls and binds toxins into the stool to help eliminate them from the body, supporting the natural digestive and elimination process. Body Cleanse is not intended to treat medical conditions. Please consult with a physician for information as to whether this product is right for an individual managing a health condition.

Why does Body Cleanse need to be dissolved in warm water?

The ingredients in Body Cleanse are more readily dissolved in warm water. In addition, the product itself was designed to be mixed with warm water for a more soothing effect on the digestive tract.

Can Body Cleanse be stored in the fridge once mixed with water?

Body Cleanse can be stored in the fridge after mixing however it should be consumed within several hours for the best results.

Can children and teenagers use body cleanse?

Body Cleanse was tested and formulated for adults. A pediatrician should be consulted to determine if the product is right for a child or teen as well as the correct directions for use.

Can pregnant or nursing mothers use Body Cleanse?

Please consult with a physician to determine if the product is right for the individual along with any specific instructions for use.