



10 DAY

COLON CLEANSING PROGRAM

EASY as 1-2-3



What can be the root of many health issues? **AN UNHEALTHY COLON!**

How can you eliminate years of accumulated built up waste and hardened mucus in your lower digestive tract? How can you reverse the effects of a poor diet, incomplete food digestion, and intestinal flora imbalances? The answer is simple...

Introducing the **NEW & IMPROVED 10 DAY Colon Cleansing Program!** EASY to follow and requires no fasting. This natural formulation is very effective in the removal of old build up & debris accumulated in the folds and crevices along the colon wall. It is essential that we cleanse our colon and our bodies regularly!

We at Aerobic Life realize that in order to make any colon cleanse successful, there is more to consider than just the “number of days” in a program. What about “**BEFORE**” and “**AFTER**” the cleansing process?

Our 10 Day Cleanse is EASY as 1-2-3

1 Our New & Improved program starts with a **3-DAY Pre-Cleanse** using our proven MagO₇ Oxygen Cleanse Caps. MAGO₇ helps to soften the old build up & debris so that when you begin the MAIN cleansing program, your body can cleanse itself much more easily & effectively.

2 Now you are ready to start the **10 DAY Colon Cleansing Program**. You will need the following:

- MagO₇ Oxygen Cleanse 90 Caps,
- ABC Bulk Cleanse 12 oz powder
- Desert Delight 100% Organic Aloe Vera (available in Juice or Softgels)

3 After finishing the 10 Day cleanse, you should consider a **WEEKLY MAINTENANCE PROGRAM**. The MAGO₇ or ABC Bulk Cleanse can be used 2-3 times weekly or as needed. We also recommend you begin to use digestive enzymes and probiotics EVERY DAY!

Call us and ask about our **Aerobic-4-Life™ Maintenance Programs 800-798-0707 Ext 1**

What is in a 10 Day Cleanse? **EASY as 1-2-3**

MAG 0₇ The Ultimate Oxygen Cleanse 90 capsules

You will need one **Mag 07 90CT**

1

Over time undigested food and waste material may build up in the intestinal tract and colon. This can be a perfect breeding ground for harmful bacteria, which if left alone could cause serious health problems. **Mag 0₇** Oxygen Cleanse capsules work to start breaking down and removing old debris so that when you start the 10 DAY cleanse program your body can cleanse itself more easily & effectively. **Mag 0₇** releases OXYGEN to target the harmful bacteria, while magnesium works to soften the intestinal build up and can help to remove unwanted waste materials. **Mag 0₇** may have stool-softening effects, adjust dose if necessary.

ABC Aerobic Bulk Cleanse 12 Oz Powder

You will need one **ABC Bulk Cleanse 12oz**

2

ABC Bulk Cleanse A blend of the highest quality fiber & herbs: a careful selection of natural ingredients known for their therapeutic properties. An effective way of restoring and maintaining regularity in your diet, while gently encouraging your body to eliminate waste material without chemical stimulants. We use only the best of the best ingredients:

PSYLLIUM HUSK POWDER a bulk forming fiber (we use only the highest quality grade fiber),
HIBISCUS-soothing to mucous membranes,
LICORICE-soothes irritation, anti-inflammatory, removes excess mucus
FENUGREEK- stool softener, helps to lubricate intestinal tract, relieves gas pain
PAUD'ARCO- blood cleanser, expels worms and other parasites
HYSSOP- soothes tissues, breaks up hardened mucus, mild sedative

Desert Delight 100% Organic Aloe Vera 32 Oz or Aloe Soft Gels

You will need Desert Delight Aloe Vera **(two) 32oz Juice OR (one) 30 count Softgels.**

3

Aloe Vera has been used for thousands of years as a medicinal healing plant. It has been claimed by millions to aid in the healing of acne, arthritis, asthma, cuts, diabetes, digestive problems and burns, to name just a few. Historical documents from the Bible to the papyrus of ancient Egypt have given us evidence of the usage of Aloe Vera. Cleopatra's beauty secret is said to come from the daily use of Aloe Vera. Taken internally, Aloe aids in cellular repair and in digestion, soothing for intestines, astringent, helps maintain normal cholesterol, and soothes stomach irritation. Our Aloe Softgels can be used alone as an aid in digestion, as a healing agent for digestive problems, or for the healing of skin abrasions and irritations. Aloe Vera aids in the assimilation of foods, vitamins, minerals and other vital nutrients. Our cells and tissues require constant nourishment and Aloe Vera is **NATURALLY NUTRITIOUS!**

Did you know ? Aloe Vera naturally contains: Vitamin A, C, E, Niacin, Phosphorus, Magnesium, Copper, Potassium, Chromium., Beta Carotene, Riboflavin, Iron, Folic Acid, Iodine, Zinc, Biotin, Calcium, Manganese, Valine, Lysine, Arginine, Serine, Tyrosine, Histidine, Proline, Glycine, Isoleucine, Leucine, Methionine, Phenylalanine, Theronine, Tryptophan, Alanine, Aspartic Acids, Glutamic Acid.

How to do a 10 Day Cleanse: **EASY as 1-2-3**

You will need the following products:

- 1pc Item # 3001- ABC Bulk Cleanse 12 Oz
- 1pc Item # 3019- MAG07 capsules 90 count
- 2pc Item # 4004- Desert Delight Aloe Vera Juice 32 Oz
- OR** 1pc Item # 4005 Desert Delight Aloe Vera softgels 30 count



“Pre-Cleanse” Directions

1

Locate **MAG 07 The Ultimate Oxygen Cleanse capsules**. Before you begin the 10 DAY Cleanse Program, we suggest the use of **MAG 07** for three nights as an effective **pre-cleanse**.

3 Day Pre-Cleanse Instructions:

On an **EMPTY STOMACH** at **BEDTIME** take **3-5 MAG 07 Capsules** With 8 ounces of pure water. Very soft or loosened stools are common, and you may adjust the dose if necessary. Repeat two more nights. Now you are ready to start the 10 DAY Cleanse Program!

10 Day Cleanse Directions

2

***SPECIAL NOTES:** It is recommended to drink at least **64 ounces** of pure water through out the day. The Gastro Intestinal Tract (G.I. Tract) will need extra moisture to aid in the cleansing/detoxification process. If at anytime you feel uncomfortable, experience gas or bloating you may skip one day then resume the program. A feeling of fullness is to be expected. Many people report weight loss as a result of reduced appetite (eating less) during the 10 DAY PROGRAM! Please e-mail any questions you may have to info@aerobiclife.com.*

Locate **Aerobic Bulk Cleanse** 12oz powder & **Desert Delight Aloe Vera** Juice or caps
BREAKFAST & LUNCH: One hour **BEFORE** your meal mix the following in a large glass:

1 LEVEL Tablespoon Aerobic Bulk Cleanse powder

3 Ounces Desert Delight Aloe Vera Juice or TAKE **One** Aloe Vera Softgel

6-8 Ounces of pure WATER or JUICE of your choice (may help to improve taste)

MIX WELL and **DRINK IMMEDIATELY** this mixture will thicken very quickly! Then drink an **ADDITIONAL 8 Ounces** of pure water. Your G.I. Tract needs the additional moisture for the detoxification and cleansing process.

AFTER DINNER 2-3 hours after your last meal of the day take **3-5 MAG 07 Capsules** with an 8 ounce glass of pure water on an **EMPTY STOMACH**. Very soft or loosened stools are common, adjust the dose if necessary. **NOTE:** You will continue to use Mag07 every night during the 10 days of cleansing.

Aerobic-4-Life Maintenance Programs

3

After you have completed the 10 Day Cleanse Program, consider a weekly Maintenance Regime. We suggest **Pure Advantage Acidophilus Complex** and **Pure Vegan Digestive Enzymes** daily, and the use of **ABC Bulk Cleanse** and /or **Mag 07 Oxygen Cleanse Caps** as needed. All Products are sold separately for your maintenance needs. Please contact Aerobic Life to locate a supplier in your area. 800-798-0707



Aerobic-4-Life™

Maintenance Programs

You might be asking yourself, “OK, What should I do now?” Here are few healthy lifestyle tips to help keep you on the right track!

Consider the following 5 factors ...

STRESS

Often overlooked, stress can be a **major contributing factor** in how well the digestive system functions. **TIPS TO REDUCE YOUR STRESS:** “Learn” how to relax. We suggest you research different techniques to find one that best suits your needs. Make time to engage in activities or hobbies that you truly enjoy. Realize that stress can be physical, mental, emotional and spiritual and we need to **TEND TO THEM ALL!**

WATER

The human body is approximately 70% water. Water is essential for many biochemical reactions that occur, such as nutrient delivery, waste removal, temperature regulation, digestive function and so much more. Be sure to drink at least 64 ounces of pure water **EVERY DAY**. Sorry coffee & soda don't count. 😊

DIET

What did you put in your mouth today? The foods you choose as **FUEL** will ultimately decide just how well your **ENGINE** will run! If necessary, consider seeking a professional's advice that will address your specific needs. Everybody is different and one eating style does not **FIT ALL**.

EXERCISE

Our bodies were designed for movement. So **GET MOVING!** Be sure to stretch everyday. Set goals but be sensible: **SLOWLY** integrate new activities 3-5 times per week. Oxygen is essential to cleanse cellular debris and deep breathing exercises may help increase oxygen in the blood. Ask about **AEROBIC 0₇ Oxygen Supplements!**

Ask About Aerobic-4-Life™ Maintenance Programs!

SUPPLEMENTS

Remember supplements should do just that, “**SUPPLEMENT**” a healthy lifestyle! Choose a maintenance program that best suits your needs. Every week continue to keep your digestive tract clean and focus on nutrition. You may purchase products individually for your maintenance needs.

- **MAG 0₇ THE ULTIMATE OXYGEN Digestive Cleanse**- Available 90,120 Veg Caps,180 Caps or Powder
- **Pure Advantage Acidophilus Complex** (Probiotic Blend with Cellulase) 60 Caps
- **ABC Aerobic Bulk Cleanse**- 12 oz Powder- A blend of the highest quality Psyllium and Herbs
- **Desert Delight 100% Organic Aloe Vera**- available in Quart, or Soft Gels.
- **Digestive Enzyme Complex with Ginger, Peppermint, & Cinnamon** 90 Veg Caps

To locate a store near you, call us TOLL FREE 800-798-0707

E-mail info@aerobiclife.com