



## AquaSource Start Easy Programme

### The 4-week gentle gut cleanse that actually works

For many years, nutritionists have been recommending gut cleansing to everyone, at least once or twice a year, as an essential step towards optimal gut health.

Spring and autumn are traditional favourite seasons to cleanse. We start getting our bodies back in shape in spring, after the long winter months, and a season of holiday overindulgence.

Autumn, on the other hand, can be a great time to cleanse, too in preparation for winter.

Ask any functional or integrative practitioner or nutritional therapist, and they will advise you to give very special attention to your gut and your digestive capability, and ensure your microbiome is in good balance. When these are not working as they should, it is inevitable that poor health will follow.

Our cells are continuously being renewed and regenerated so we need the building blocks for a premium quality body.

### Key Selling Points

- ✓ Easy way to start taking nutritional supplements.
- ✓ Contains AquaSource Organic Algae Superfood\*, AquaSource Extra Strength Digestive Enzymes, AquaSource Extra Strength Acidophilus, and AquaSource Extra Strength Bifidus Complex.
- ✓ Supports the body's own inner cleansing mechanisms.
- ✓ Helps to optimise nutritional intake for well-being and vitality.
- ✓ Approved by the Vegan Society.
- ✓ Gluten Free.



The AquaSource Start Easy Programme is the perfect combination of 4 great products that will support digestion and absorption of nutrients. They will help protect the gut lining and repopulate friendly bacteria for good bowel health.

The four-week programme contains our AquaSource Organic Algae Superfood\*, AquaSource Extra Strength Digestive Enzymes, AquaSource Extra Strength Acidophilus, and AquaSource Extra Strength Bifidus Complex.

We recommend it for total-body benefits - more energy, better sleep, during stressful situations and for brain clarity.

AquaSource Start Easy Programme supplies high levels of nutrition and provides new levels of energy. It helps:

## 1. Cleanse

Eliminates waste from the cells.

## 2. Nourish

Ensures essential nutrients in the diet to help maintain cell integrity.

## 3. Support

Maintains good health, promotes a sense of well-being and vitality.

**Remember:** Drink as much spring or purified water as possible during the Start Easy Programme - up to 2 litres a day. With so many pollutants in the atmosphere, our poor diets, processed foods, and our modern stressful lives - regular cleansing is the solution.

## AquaSource Organic Algae Superfood\*

We all know and love our AquaSource Organic Algae with its wide array of nutrients and comprising over 60% protein, antioxidants, beta-carotene, and chlorophyll. It is one of the purest and most mineral-rich algae in the world. Our proprietary BioActive Dehydration® process ensures maximum nutritional value.



Crater Lake, Oregon

## AquaSource Extra Strength Digestive Enzymes

Derived from vegetable sources, this mixture of digestive enzymes (Amylase, Protease, Lipase, Lactase and Papain) helps support efficient breakdown of food and nutrients.

For even more support, it is enriched with AquaSource Organic Algae Superfood\* to help maximise effectiveness. It also contains natural calcium, which contributes to the normal function of digestive enzymes. Without sufficient enzymes, eating will place a strain on the body and deplete its resources.

## AquaSource Extra Strength Acidophilus DDS®-1, providing 5 Billion CFU

The strain of Lactobacillus Acidophilus, known as DDS-1, used by AquaSource, has been shown to survive stomach acidity, resist bile salts, and grow well in the gut.

AquaSource Acidophilus provides Calcium naturally, vitamins C, B12, B5 and Iron while helping to maintain already healthy cholesterol levels when taken as a daily supplement.

Our unique Acidophilus strain helps promote a healthy gastrointestinal system and maintain an essential balance of intestinal flora, to maintain good digestion and improve the absorption of nutrients from foods. AquaSource Organic Algae Superfood\* is added to provide a wide range of nutrients, including antioxidants, beta-carotene, and chlorophyll.

## AquaSource Extra Strength Bifidus Complex, providing 4 Billion CFU

Helps promote a healthy gastrointestinal system by combining three helpful strains of Bifidus (**Breve, Infantis, Longum**) with AquaSource Organic Algae Superfood\*. These are healthy bacteria that have long been known as a supplement to the natural bacteria needed to promote proper digestion.

**Breve** - Produces acetic and lactic acids which help to break down food, including non-digestible plant fibres. It can also support the immune system by helping to inhibit bad bacteria that can disrupt healthy digestion.

**Infantis** - Possibly the best known of the Bifidobacterium family and is recommended for good health in both babies and adults. It is one of the primary inhabitants of the digestive tract of newborn infants. Almost all strains of Infantis produce the water-soluble vitamins thiamine, nicotinic acid and folic acid and in far greater amounts than most of the other species in the Bifidobacterium family.

**Longum** - Bifidobacterium longum helps in the production and absorption of B complex vitamins, assists in blocking the growth of harmful bacteria by lowering pH in the intestine through production of acetic and lactic acids, and boosts the immune system.

## \*Approved EFSA Health Claims

- ✓ Vitamin B12, Vitamin B5 and Vitamin C contribute to the reduction of tiredness & fatigue.
- ✓ Vitamin B12 and Vitamin C contribute to the normal function of the Nervous & Immune systems.
- ✓ Vitamin B5 contributes to normal mental performance.
- ✓ Calcium contributes to energy metabolism & muscle function & is needed for the maintenance of normal bones.
- ✓ Vitamin C for normal collagen formation for the skin & for the release of energy in the body.
- ✓ Iron contributes to normal cognitive function.

## Next Steps

Many people continue to take the AquaSource Organic Algae and AquaSource Digestive Enzymes after completing the AquaSource Start Easy Programme.

Others continue with AquaSource Fatty Acid Complex, AquaSource Super Antioxidant, AquaSource Organic Vitamin D with Natural Calcium, AquaSource ColActive3, and other AquaSource products that meet their specific needs.



For full nutritional information on all AquaSource products (ingredients, directions, allergens and any warnings, if applicable), please see our website [www.aquasource.net](http://www.aquasource.net)

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