



VITAMUNDA
HEALTH

ENJOY LIFE LONGER

6 DAILY
MENUS

TO VARY YOUR
SHAKES

9 TIPS
FOR HEALTHY
INTESTINAL FLORA



HOW TO'S & TIPS FOR YOUR COLONCLEANSE



Intestinal cleansing
Helps maintain normal bowel function
Protects the intestinal wall
100% quality natural ingredients

ColonCleanse

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A healthy start

Thank you for your purchase of ColonCleanse. The thousands of people who have already taken the cleanse have found it a starting point for a healthier life and we expect the same for you. The aim of this booklet is to give you information and tips on how to use this cleanse. Even if you have not yet taken the treatment, you can still boost your intestinal flora with the 9 tips given here.

Users of the ColonCleanse often ask us whether the shakes can be made with anything other than water. The answer is Yes, in fact there are many possibilities to make them more interesting. We have put together a 6 day menu to show you how varied this can be. You can follow those suggestions closely, or use them as inspiration. Make the shakes the way you like them using the menus as a guide.

After you've finished the cleansing, you won't want to lose that healthy, more energetic feeling. We've therefore included 9 tips on how to keep your colon clean after you've finished and start eating normally again. These tips simply fit into your current diet and lifestyle. You don't have to radically change your life to keep your colon in good shape.

Enjoy the read!
Team Vitamunda

What is the ColonCleanse treatment?

ColonCleanse is a treatment that has a bowel cleansing effect. It has a duration of 3, 6 or 12 days.

- ✓ A 3-day course contains 3 boxes and a shaker and is intended as a refresher course if you have already done the ColonCleanse in the past 12 months.
- ✓ A 6-day course consists of 6 boxes and a shaker, and is the normal first time ColonCleanse. It includes sufficient active ingredients for 6 days.
- ✓ If you are doing the treatment for the first time and you'd also like to lose some weight, then take the 12-day course which consists of 12 boxes and a shaker.

Each box is good for one day and contains 7 sachets for each of the 7 shakes you will be taking.

Why would you use ColonCleanse?

ColonCleanse course helps maintain normal colon function by cleaning the entire intestinal system. When the intestine is clean, it is better able to absorb nutrients. When that happens, you have more energy, you feel more alive and your digestion also benefits. In a clean intestine, the good intestinal bacteria can multiply themselves, which has a positive effect on the balance of intestinal flora.

ColonCleanse also has a beneficial effect on the function of the liver and kidneys because it not only cleanses the intestines themselves, but also initiates a cleansing throughout the body. This support of the liver and digestive system also has a positive effect on the sugar and cholesterol levels in the body. In our experience, ColonCleanse is good for your overall health.

Can I continue to use my supplements during the treatment?

Of course you can continue to take the supplements, but for a 100% effect we recommend that you do not take them again until after the treatment. The sachets contain enough supplements for the period of the detox.

How to use ColonCleanse

Before the treatment

To prepare your body, it is necessary to reduce the amount and type of food that you take during the two days preceding the treatment. This gets your body used to the different circumstances it will experience. During these two days it's best not to take sugar, coffee or alcohol or at least, take as little as possible. In particular, drink plenty of water.

Pre-treatment days

The treatment is something new for your body and it needs to get used to it. For that reason, you can best prepare by planning two pre-treatment days before you start the treatment itself.

Pre-treatment Day 1:

Take half your usual amount of food.

Pre-treatment Day 2:

Eat easily digestible food, preferably only fruit, soup and yogurt or smoothies in limited quantity.



Take half your usual
amount of food

Eat easily digestible food,
such as yogurt or soup

How to do the treatment

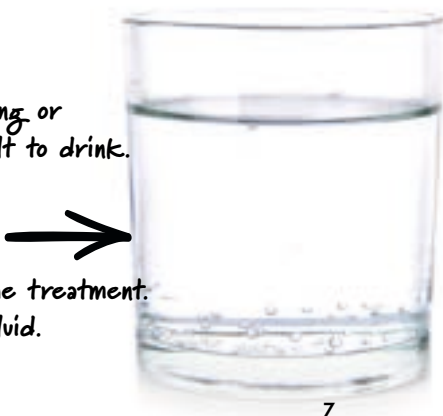
After the pre-treatment, it is time for the treatment itself. Each box of ColonCleanse contains all you need for one day and consist of seven sachets for the shakes you will be drinking that day.

Here is an overview of each shake and how you would take it over the course of a day:

- 1. Wake up Shake (for immediately after getting up).**
300 ml of liquid in the shaker, add the contents of the sachet and shake briefly.
- 2. Meal Shake (for breakfast, about half an hour after Wake Up).**
400 ml of liquid in shaker, add contents of sachet and shake briefly.
- 3. Snack Shake (between breakfast and lunch shake).**
300 ml of liquid in shaker, add contents of sachet and shake briefly.
- 4. Meal Shake (for lunch).**
400 ml of liquid in shaker, add contents of sachet and shake briefly.
- 5. Snack Shake (between lunch and dinner).**
300 ml of liquid in shaker, add contents of sachet and shake briefly.
- 6. Meal Shake (for dinner).**
400 ml of liquid in shaker, add contents of sachet and shake briefly.
- 7. Evening Shake (before sleeping).**
300 ml of liquid in shaker, add contents of sachet and shake briefly.

Tips

- Drink the shakes immediately after mixing or they will become very thick and difficult to drink.
- In addition to the shakes, drink at least 2 liters of water every day.
- Do not drink coffee or alcohol during the treatment. They would cause you to lose too much fluid.





Do:

Eat easily digestible food, such as yogurt

Post-treatment days

After the treatment, we recommend two post-treatment days to rebuild your normal diet carefully so as not to burden your intestines too quickly.

Post-treatment day 1:

Eat liquid food, such as soup, smoothies and yoghurt.

Post-treatment day 2:

Eat soft, cooked, foods such as soup, boiled eggs, boiled vegetables, boiled potatoes or boiled fish. This should be no more than half the amount you would normally eat. After these two days you can eat normally again including raw vegetables.

Skipping shakes

It's okay to skip one or more shakes in the program if they are too much for you. If that happens, skip one of the Snack, Wake-up or Evening shakes.

Do not skip Meal Shakes, as they contain the most important ingredients for the proper functioning of the treatment.

However, because fluid is a critical element, you should then drink more, to compensate for the fluid the shake would have had. Alternatively, split the next Meal shake into two parts but dilute each with the full 400 ml of liquid. It means that the shake will be thinner, but that won't effect how it works.

Preparing the shakes

The easiest way to make the shakes is by using the shaker included in the package.

Put the powder into the shaker and add the correct amount of water or juice. Make sure that the sieve is in place at the top of the shaker to ensure that no lumps remain. Screw the cap tightly shut and close the spout well. Shake thoroughly, but not for too long. The shake quickly becomes thick at the normal dilution.



How about drinking coffee during the treatment?

If you are used to drinking coffee every day, you might experience withdrawal symptoms during the treatment, possibly even a headache. We recommend that you do not drink coffee during the treatment, because coffee flushes fluid out of the body, and you need fluid as part of the treatment. However, if the headache becomes too severe, feel free to drink one cup of coffee a day. This will ensure that the headache lessens or disappears and that you can maintain the treatment more easily.

We recommend that you do not drink coffee



6 MENU VARIATIONS

The course consists of seven shakes each day. You can prepare and drink these shakes with water according to the instructions. They have a neutral taste because there are no added sweeteners. However, you can also adjust them to your taste, by adding spices or using vegetable or fruit juice instead of water.

As a guideline, we created a 6 day menu. It makes sure that no one day will be the same as another. You could follow this menu precisely, but it's also fine to swap and switch parts between days. Play with it and get as creative as you like!

Whichever way you approach this, remember that you must take all the Meal shakes for that day, even if you miss out any Wake up, Evening or Snack shakes. (See the section, Skipping Shakes above.)

The times in the daily menus are intended to give you an idea of the best time intervals between shakes. For example, wait half an hour after the Wake Up shake before you start your first Meal shake. Take the Snack shake preferably 2 hours after the Meal shake. That way, you will nicely spread the shakes, the active substances and thus the required fluids throughout the day.



SHOPPING LIST

What do you need?

Vitamunda shaker

Organic fruit and vegetable juice

- ✓ Salt and pepper
- ✓ Powdered cinnamon
- ✓ Cocoa powder
- ✓ Blueberry juice
- ✓ Beetroot juice
- ✓ Pomegranate juice
- ✓ Celery juice
- ✓ Coconut milk
- ✓ Coconut water
- ✓ Carrot juice
- ✓ Mango juice
- ✓ Cucumber juice
- ✓ Lemongrass tea
- ✓ Elderberry juice
- ✓ Herbal teas
- ✓ (chamomile, lemon grass, nettle, etc.)
- ✓ Fresh mint



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DAY 1

Morning

- 8:00** Immediately after waking up:
Drink the **Wake-up shake**.
- 8:30** Time for breakfast.
Make the **Meal Shake** with a little cinnamon powder.
- 10:30** Snack: **Snack** sachet.
- 11:30** Indulge yourself with a nice cup of rooibos
or chamomile tea.

Afternoon

- 1 PM** Lunch:
Make the **Meal Shake** with 400 ml of organic fruit juice.
- 3:00** Snack: **Snack** sachet.

In between

Around 4 PM, make yourself a cup of boiling water and add 1 large teaspoon of organic tomato paste. Season with spices, salt and pepper.

Evening

- 6:00** Dinner:
Prepare the **Meal shake** with organic beet juice.
- 10:00** Before going to bed: Drink the **Evening shake**.



DAY 2

Morning

- 8:00** Immediately after waking up:
Drink the **Wake-up shake**.
- 8:30** Time for breakfast.
Meal shake with some added cocoa powder.
- 10:30** Snack: **Snack** sachet.
- 11:30** Indulge yourself with a nice cup of rooibos
or chamomile tea.

Afternoon

- 1 PM** Lunch:
Make the **Meal Shake** with 400 ml of pomegranate juice.
- 3:00** Snack: **Snack** sachet.

In between

Around 4 PM have a cup of hot water with a quarter of an organic, yeast-free vegetable stock cube. Add salt and pepper to taste.

Evening

- 6:00** Dinner:
Prepare the **Meal shake**
with organic celery juice.
- 10:00** Before going to bed
Drink the **Evening shake**.

Enjoy your Meal
Shake with added
cocoa powder!



DAY 3

Morning

- 8:00** Immediately after waking up:
Drink the **Wake-up shake**.
- 8:30** Time for breakfast:
Meal shake made with 400 ml coconut milk.
- 10:30** Snack: **Snack** sachet.
- 11:30** Indulge yourself with a nice cup of chamomile or nettle tea.

Afternoon

- 1 PM** Lunch:
Make the **Meal Shake** with 400 ml of mango juice.
- 3:00** Snack: **Snack** sachet.

In between

Heat 250 ml of coconut milk with some cocoa powder.

Evening

- 6:00** Dinner:
Prepare the **Meal shake** with organic carrot juice.
- 10:00** Before going to bed: Drink the **Evening shake**.



DAY 4

Morning

- 8:00** Immediately after waking up:
Drink the **Wake-up shake**.
- 8:30** Time for breakfast.
Make the **Meal shake** with a combination of celery juice and cucumber juice.
- 10:30** Snack: **Snack** sachet.
- 11:30** Indulge yourself with a nice cup of lemongrass tea.

Afternoon

- 1 PM** Lunch:
Make the **Meal Shake** with 400 ml of coconut water.
- 3:00** Snack: **Snack** sachet.

In between

Heat a mug of vegetable juice. Add herb salt to taste.

Evening

- 6:00** Dinner:
Prepare the **Meal shake** with elderberry juice.
- 10:00** Before going to bed:
Drink the **Evening shake**.



DAY 5

Morning

- 8:00** Immediately after waking up:
Drink the **Wake-up shake**.
- 8:30** Time for breakfast:
Make the **Meal shake** with a combination of celery juice and apple juice.
- 10:30** Snack: **Snack** sachet.
- 11:30** Indulge yourself with a nice cup of chamomile tea.

Afternoon

- 1 PM** Lunch:
Make the **Meal Shake** with 400 ml with elderberry juice.
- 3:00** Snack: **Snack** sachet.

In between

Around 4 PM, make yourself a cup of boiling water and add 1 large teaspoon of organic tomato paste. Season with spices, salt and pepper.

Evening

- 6:00** Dinner:
Prepare the **Meal shake** with with tomato juice plus salt and pepper. Add some Italian herbs too if you want.
- 10:00** Before going to bed:
Drink the **Evening shake**.

*Indulge yourself with
a nice cup of tea*



DAY 6

Morning

- 8:00** Immediately after waking up:
Drink the **Wake-up shake**.
- 8:30** Time for breakfast.
Make the **Meal shake** with with blueberry juice.
- 10:30** Snack: **Snack** sachet.
- 11:30** Indulge yourself with a nice cup of fresh mint tea.

Afternoon

- 1 PM** Lunch:
Make the **Meal Shake** with 400 ml with pineapple juice.
- 3:00** Snack: **Snack** sachet.

In between

Around 4 PM you can drink a cup of broth: water containing a yeast-free stock cube.

Evening

- 6:00** Dinner:
Prepare the **Meal shake** with elderberry juice.
- 10:00** Before going to bed:
Drink the **Evening shake**.

Clear soup with
salt and pepper





Drink an extra 2 liters

In addition to the shakes, we recommend drinking an additional 2 liters of fluid during the cleanse. This fluid is necessary for the proper functioning of the treatment. If you don't drink enough, you can become very weak and tired or, in the most extreme case, even show dehydration symptoms.

Variation tip for herbal teas

Herbal teas made from a single herb (not mixtures of herbs) also count as fluid. A cup of herbal tea counts towards the 2 liters of water that need to be drunk each day. Tea made from multiple herbs has a strong therapeutic effect on the body and won't flush the body through enough. For that reason, herbal teas which are made from only one herb are the best suited.

There are many different herbal teas on the market. Lemongrass, chamomile or fresh ginger are definitely worth a try.

Avoid green or black teas with rooibos or added flavor. Because of the theine, these teas do not flush the body, but tend to have a dehydrating effect.

A close-up photograph of a young man with dark, curly hair and a bright smile, wearing a white hoodie. He is holding a clear glass filled with water. The background is softly blurred, showing what appears to be a window with natural light.

Juices

- ✓ Elderberry juice
- ✓ Pineapple juice
- ✓ Mango juice
- ✓ Melon juice
- ✓ Grapefruit juice
- ✓ Apple juice
- ✓ Coconut water
- ✓ Blueberry juice
- ✓ Pomegranate juice

Tea

- ✓ Rooibos tea
- ✓ Nettle tea
- ✓ Chamomile tea
- ✓ Fresh ginger
- ✓ Lemongrass
- ✓ Fresh mint

Tips

Do you like it sweet? Add a little bit of stevia to your shake.

Make your own juice yourself, or use biological juices.

Adding a little bit of lemon juice gives a fresh touch to your shake.

9 TIPS TO KEEP YOUR BOWELS CLEAN AFTER THE TREATMENT

After the ColonCleanse, you'll want keep that clean feeling and prevent all those bad bacteria settling in your intestines again. That's why it is better to leave some foods alone for a while.

By changing a few simple things in your diet and life pattern, you can maintain that clean feeling after the cleanse. We have 9 tips for you which will give any bad bacteria in your gut a difficult time.

1. Eat more fruit and vegetables

The soluble fiber in fruit and vegetables (preferably organic) is a food source for the good bacteria in the gut. They can ferment them and convert them into good substances. In particular, artichoke, banana, onion, asparagus, leek, Jerusalem artichoke and black salsify root are rich in inulin, also called a prebiotic. It is important not to eat raw vegetables during the intestinal recovery phase. Normally, eating raw foods can be quite healthy, but the fibers are too heavy to digest in the recovery phase. Instead, steam or wok vegetables until they are well cooked. This gives the intestine some rest so it can recover.

2. Avoid sugar

Do not eat added sugars. Sugar can serve as food for bad bacteria and fungi and promotes their growth. Eat only natural sugars from vegetables and fruit. Avoid sugary drinks, cookies and sweets. White flour products such as spaghetti, macaroni and white bread are also easily converted into sugars, so it's best to leave those alone too.

3. Eat fermented products

Milk whey, sauerkraut, fermented vegetable juices, buttermilk, yogurt, natural sourdough bread, miso, tamari, shoyu, tempé and kombucha all contain good bacteria that aid digestion. Obviously, avoid processed foods and artificial food additives as well as artificial sweeteners and flavor enhancers.

4. Eat as little gluten and dairy as possible

These foods trigger an inflammatory response in the gut, which in turn causes leaky gut syndrome.

Therefore do not eat grains, but choose grain substitutes, such as buckwheat, quinoa and amaranth. As far as dairy is concerned, it is better not to consume pasteurized dairy, but “raw” dairy. Eat healthy fats, such as coconut oil, organic butter and cold-pressed olive oil.

5. Only take antibiotics if there is no other option

Antibiotics kill harmful bacteria in the body, but they also kill the good bacteria in the intestine. After a course of antibiotics the intestinal flora is seriously affected, leading to low resistance and increasing the chance of infections.

Always ask your doctor whether a course of such treatment is strictly necessary. If you do still have to take the antibiotics, always take a probiotic course (afterwards) to replenish the good bacteria you lost.

6. Eat plenty of herbs and spices

The surface of many herbs and spices contains good bacteria that your intestinal flora can use. In addition, they are tasty and contain many antioxidants which protect your body cells from damage. Try, for example, pure, natural sea salt.



7. Avoid stress

Long-term stress has a negative effect on the intestinal flora. If you are under a lot of stress, look for ways to fix it. Sleep well, eat green and unprocessed foods whenever possible, get some exercise and look for activities that will help you recharge.

8. Use toothpaste without Fluoride and don't smoke

Fluoride in toothpaste, chlorine in tap water and heavy metals such as cadmium from cigarette smoke all have a harmful effect on the intestinal flora.

9. Do a ColonCleanse treatment at least twice a year, followed by Repaira and Superbiotics

The ColonCleanse treatment is bowel cleansing and helps maintain normal bowel function. The Repaira then supports the repair of the intestinal wall. With Superbiotics you completely replenish the healthy intestinal bacteria.

The healthy gut bacteria only thrive in a “clean” environment. Right after your ColonCleanse is an ideal time to take Superbiotics.



CONTACT

We hope these menus and tips make following the treatment even easier. If you know what you're doing, it's easier to relax physically and mentally which is very important. You will also get more out of the treatment and have a better result.

Want to know more about the functioning of your intestines and digestion? Then sign up for our newsletter on www.vitamundahealth.com. In addition, the newsletter contains special offers that you don't want to miss!

If you have any questions about the information in this booklet or about our products, please contact us. We can be reached in the following ways:

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For more information and FAQs visit:

www.vitamundahealth.com (USA)

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