**Digestive Restore** 500gm

This proprietary product is designed and produced exclusively for clients and patients of Michele Kralkay, DNM RHN. The ingredients formulated in this product were considered in order to give Optimal Digestive Health. When coming up with the formula for Digestive Restore I wanted to include 5 blends of ingredients: Fiber Blend; Whole Food Blend; Enzyme Blend; Herbal Blend and Probiotic Blend.

Ingredients (alphabetical listing) \*certified organic:

**Fiber Blend:** Burdock powder\*; Chia seed; Flax seed; Psyllium husk and seed; Sacha Inchi seed; Sesame seed

*Formulated to address constipation, diarrhea, gas, bloating, indigestion, malnutrition, too fast or too slow transit time, and other colon concerns including IBS, Chron's, Colitis, Cancers, Celiac, and sensitivities.*

Ground Chia Seeds (Organically Sourced-100% Raw): The benefits of chia seeds are: combats diabetes, get more fibre, stock up on Omega 3, stronger teeth and bones, don’t forget manganese, plenty of phosphoru, pack in the protein, fight belly fat, get full faster, improve heart health.

Ground Flax Seed: There are 9 main potential health benefits from Flaxseed lignans and those are: breast health, lignan’s reduce LDL (bad) cholesterol levels, high antioxidant value, protection for cardiovascular disease, ovarian and uterine health, prostate health, colon health, hot flashes and menopause.

Sacha Inchi Seed (Certified Organic): Because of the omega-3 content, Sacha Inchi nuts and oil are likely to positively benefit cardiovascular health. Specifically, they may lower cholesterol levels, boost brain function, ease joint stiffness, help maintain healthy glucose levels, support healthy skin and hair, relieve inflammation throughout the body, and support the eyes and optimal vision.

**Whole Food Blend:** Artichoke leaf\*; Barley Grass\*; Beet Root powder; Blueberry powder; Cinnamon powder; Clove powder; Grapeseed powder\*; Kelp powder; Noni powder\*; Parsley root and leaf\*; Schizandra berry\*; Stevia powder

*Formulated to provide essential nutrients for optimal digestive health. And to give support to the immune system and the organs of the digestive system such as the liver, gallbladder, kidneys, pancreas and endocrine system. Parasite prevention, heart health and glucose balancing.*

Noni Powder (Certified Organic): Noni contains many substances, including potassium. Some of these substances might help repair damaged cells in the body, activate the immune system, decrease pain and inflammation, anti-oxidant, rejuvenates cells and rids the body of toxins, preserves the skin’s elasticity, thus slowing the aging process, helps balance blood sugar levels, decreases pain and inflammation while protecting stomach, kidney, and liver cells.

## Schizandra Berry - Organically Sourced; 100% Raw: Increases resistance to infections increases skin health, helps combat insomnia, helps relieve coughing, aids in the treatment of Irritable Bowel Syndrome, has hepatoprotective, adaptogenic, and antioxidative capabilities, can be used as a lung astringent, can help treat asthma, widely used as a male tonic and adaptogenic, can help protect the liver Improves mental clarity, develops mental and physical health.

**Enzyme Blend:** Amylase; Betaine; Catalase; Lipase; Pancreatin; Protease/pepsin

*Formulated to support nutrient metabolism and optimal health.*

**Probiotic Blend:** Bifidobacterium animalis sub lactis; Bifidobacterium bifidum; Lactobacillus Acidophius

*Formulated to deliver colonizing healthy flora to the entire digestive system for protection and optimal first line of defense.*

**Herbal Blend:** Aloe Concentrate\*; Bitters\*; Marshmallow root\*; Milk Thistle\*; Oat Beta Glucan\*; Peppermint leaf\*; Slippery Elm\*

*Formulated to provide optimal support for the digestive organs and overall health of the body.*