

MÖDERE. FACT SHEET

ACTIVATE

PRODUCT DESCRIPTION:

Modere Activate is a monthly, 3-day cleanse designed to kick-start your digestive system with ginger root which contributes to normal digestive function.

When your digestive system gets sluggish, so can you. Don't ignore it; try and do something about it. Diet, exercise, and avoiding stress is a good place to start. And sometimes a little extra support each month can help too.

For just three consecutive days each month you can add Modere Activate to your diet.

Activate is a food supplement powder that you simply dissolve in water and take in addition your regular meals.

PRODUCT BENEFITS:

- Kick-starts your digestive energy.
- Naturally-derived ingredients provide gentle cleansing effect.
- Complements a weight management programme.
- Supports a new or existing nutritional programme.
- Enhances any diet or fitness regimen.
- Ginger Root Extract contributes to normal digestive function.
- Dandelion Leaf & Root Extract helps to support normal digestion
- Milk Thistle Seed Extract contributes to normal liver function.

PRODUCT FEATURES:

- Monthly 3-day cleanse program
- Can be used in conjunction with your normal meals.
- Includes psyllium seed husk, Chinese rhubarb, milk thistle, dandelion and aloe vera
- Convenient, single-serving stick packs
- Dissolves quickly and easily into water
- Great tasting, sugar-free, vegan and non-GMO

DIRECTIONS:

Read NOTICE and CAUTION on the product label carefully before use. Mix one packet into 250ml of water. Stir briskly, and drink promptly. If mixture thickens, add more water and stir. Use for 3 consecutive days per month.

CAUTION: Consult your health care provider prior to use if you have a medical condition. Do not take when taking any medication. Not suitable for pregnant or breastfeeding women.

Not for extended use without professional advice. Do not administer to children under 12 years old. Food supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle. Do not exceed recommended daily dose.



KEY INGREDIENTS:

Psyllium seed husk
Chinese rhubarb
Milk thistle
Dandelion leaf
Ginger
Aloe vera

SUPPLEMENT FACTS:

Daily Serving Size: 1 packet 9 g
Daily Servings Per Container: 3

SUPPLEMENT FACTS	Daily Serving Size: 1 packet 9 g
Psyllium seed husk	5630 mg
Apple pectin	600 mg
Chinese rhubarb root	500 mg
Sodium copper chlorophyllin	200 mg
Ginger rhizome extract	142.5 mg
Milk thistle seed extract	110 mg
Aloe vera inner leaf powder	75 mg
Dandelion leaf and root extract	22.5 mg

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INGREDIENT LIST:

Psyllium (*Plantago ovata*) seed husk, acidity regulator: (citric acid), flavour, apple (*Malus domestica*) pectin, Chinese rhubarb (*Rheum palmatum*) root, sodium copper chlorophyllin, ginger (*Zingiber officinale*) rhizome extract, milk thistle (*Silybum marianum*) seed extract, sweetener: (steviol glycosides), aloe vera (*Aloe barbadensis* mill.) inner leaf powder, dandelion (*Taraxacum officinale*) leaf and root extract, maltodextrin.

ADDITIONAL INFORMATION:

Chinese Rhubarb root - *Rheum palmatum* also known as Chinese Rhubarb is a native plant from western China and northern Tibet and has been used traditionally in China since at least 2700 BC.

The root and rhizome are well known for supporting a healthy digestive system through a variety of phytonutrients including tannins, anthraquinones and flavonoids. Contributes to the normal function of the intestinal tract.

Psyllium seed - The husk of the genus *Plantago* is a very good source of dietary fibre. This type of fibre is not absorbed by the small intestine and is therefore ideally suited to supporting mechanical action and normal bowel elimination. Contributes to intestinal transit and intestinal function.

Milk Thistle - *Silybum marianum* is a native of southern Europe but nowadays can be found all over the world. The seed is most commonly used as a source of silymarin which is a complex mixture of polyphenolic molecules.

Milk Thistle is usually associated with the maintenance of normal liver function. Contributes to normal liver function.

Dandelion leaf & root - This common plant, typically described as a weed, has a traditional history as a food and drink ingredient.

The wide variety of naturally occurring phytonutrients has ensured that dandelion is historically associated with liver function and digestive health. Contributes to normal digestive function.

Ginger extract - This popular spice has been used as a food ingredient for thousands of years, and is also well known in traditional therapies.

The root is typically used to address mild stomach complaints and nausea. Contributes to normal digestive function.

Aloe vera - A very widely used plant in both food and cosmetics, the inner leaf gel is associated with contribution to the normal functioning of immune and digestive systems.



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