

UNI KEY®

My Colon Cleansing Kit™

QUICK START GUIDE

30-day protocol
lifestyle recommendations
practical prevention
success stories



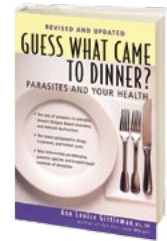
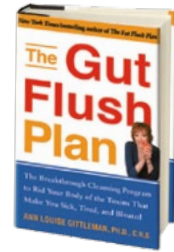
Cleansing Kit Products

All-natural internal cleanse

Provides one of the most advanced, yet safe and gentle internal cleanses while targeting accumulated waste, organisms and toxins to increase energy, nutrient absorption, and overall intestinal health.

FEATURED IN

'The Gut Flush Plan' & 'Guess What Came to Dinner?'



● PARA-KEY All-natural Protozoa Formula*

Benefits

- Contains time-tested botanicals, enzymes, and herbs that target microscopic organisms
- Provides antifungal and antibacterial protection
- Soothes and relieves digestive discomfort

NEW Improved Formula!

Recommended Dosage:

Take two (2) capsules three times daily, 20-30 minutes before meals or as directed by a health care professional. For children 40-80 lbs, take half the adult dosage. Not recommended for children under 40 lbs. Store tightly closed in a cool, dry place. Do not use during pregnancy or while nursing.

Synergistic Formulas!



● FLORA-KEY Powerful Probiotic Nutrition*

Flora-Key provides an ideal balance of beneficial bacteria to gently crowd out harmful bacteria and yeast, plus a special prebiotic substance known as FOS to stimulate the growth of beneficial bacteria to ward off future toxins and aid in the synthesis of key vitamins and minerals.



Recommended Dosage: Adults take one (1) teaspoon mixed in 6-8 ounces of water on an empty stomach two to three times per day or as directed by a health care professional. For children 12 and younger, take half the adult dosage.

10 Billion beneficial bacteria!

● VERMA-PLUS All-natural Vermifuge Tincture*

Benefits

- Features traditional herbs used for centuries to help the body release larger organisms from the intestinal tract
- Enhances immunity and digestion while helping to reduce inflammation, anemia and allergies
- Helps to increase nutritional absorption of key nutrients for balanced weight control

Recommended Dosage: Take 1/4 teaspoon in four ounces of water three times daily: twice between meals on an empty stomach and once at bedtime or as directed by a health care professional. For children 40-80 lbs, take half the adult dosage. Not recommended for children under 40 lbs. Do not use during pregnancy or while nursing.

For Daily Protection...

To help support the entire digestive tract after the cleansing process, we suggest HCL+2 with each meal. This critical digestive aid contains betaine hydrochloride (HCl), pepsin, and ox bile extract.



Due to its highly acidic pH, stomach-based HCl is a potent frontline defense and sterilizer of all kinds of parasites and hostile gas-producing bacteria. HCl works synergistically with pepsin (another stomach enzyme) to digest and assimilate protein and vitamins such as iron, calcium, and magnesium. Ox bile helps with fat and cholesterol metabolism.

Without sufficient HCl and bile, the liver, gall bladder, and pancreas are impaired leading to indigestion, gas, belching, bloating, constipation, occasional diarrhea, the inability to assimilate food (no matter how wholesome the diet) and sluggish elimination.

For Continual Cleansing...

Fiber helps to keep food moving swiftly through the GI tract. It also feeds the beneficial flora known as probiotics. Without sufficient fiber, food can pass through the alimentary canal too slowly. This results in putrefaction which in turn produces gas and toxic by-product that bring elimination to a halt. After completing the 30-day cleansing protocol, periodic detox is more important than ever to maintain a healthy and well-functioning colon.



We developed Super-GI Cleanse for gentle yet complete daily regularity. Super-GI's psyllium husk and flaxseed fiber, apple pectin, rice and oat brans act as bulking agents in the removal of accumulated wastes. Their extremely high water-absorbing capacity lubricates old fecal matter encrusted on the colon wall for gentle and complete evacuation. The unique addition of natural herbal cleansers, plant enzymes, and an intestinal flora blend ensure targeted delivery of the fibers to absorb toxins in the body while sweeping debris out of the digestive tract.

30-Day Protocol

DAYS 1-15

Take Para-Key and Verma-Plus according to instructions on the label.

REST 5 Days†

DAYS 16-30

Take Para-Key, Verma-Plus and Flora-Key according to instructions on the label.

REST 5 Days†

If you still have gas or feel bloated after the initial 30 days, you may want to consider repeating for another 30 days.

†Continue to follow diet recommendations during rest period.

Lifestyle Recommendations

Emphasize the following foods and beverages

- Organic, antibiotic-free lean protein rich in zinc such as beef, lamb, poultry, fish, or free-range eggs (at least 3-4 oz twice daily)
- Cooked vegetables, soups, and stews to soothe the GI tract
- 2 tablespoons of unprocessed oil (flaxseed or fish oil) daily to lubricate the GI tract and serve as a carrier for fat-soluble vitamin A
- Vitamin A-rich foods high in precursor beta carotene such as green vegetables, carrots, and sweet potatoes
- “Killer” spices like onions, garlic, cloves, cayenne, sage and fennel
- Pumpkin seeds for an anti-parasitic snack
- Mugwort tea to help ward off worms
- Peppermint tea for flatulence and protozoa protection

Avoid

- All sugar and artificial sweeteners (sucralose and sugar alcohols including xylitol), and even so called “natural” sweeteners like honey, maple syrup, or agave

TIP { Flora-Key is a perfect no-heat probiotic sweetener! }

- All fruit and fruit juices for the first two weeks. Then, you may add up to two servings of fruit daily – one serving is equivalent to ½ grapefruit, 1 apple, 2 plums, 10 cherries or 1 cup of berries
- Iced, cold, or raw foods and drinks (including salads)
- Beans, nuts, seeds, peas, and legumes as they can be harder to digest and create additional flatulence
- All alcoholic beverages
- All gluten and dairy (with the exception of whey protein)
- All antioxidants, especially vitamins C and E, as well as folic acid, iron and B-12

Practical Prevention



1 Avoid the salad bar. Many veggies have not been properly washed which may increase your chances of ingesting parasite eggs or larvae.

2

When eating out, select well-cooked foods—especially avoid raw, rare, or under-cooked pork, meat or fish. No sushi!



3

Drink filtered water. We recommend an NSF certified 3-stage ceramic filter to effectively remove bacteria, parasites and heavy metals.

5

After handling your pet, wash your hands.



4

When traveling or camping, use a portable water filter certified to protect against waterborne organisms.



6

Scrub under your fingernails where parasitic cysts can hide out.

Success Stories



“Good colon cleansing products are hard to find, but when it comes to UNI KEY, I’m confident in the formula, science and nutrition behind the brand. These products are safe, gentle and super effective! Many of my clients have used them along with colon hydrotherapy for stellar results!”

—Emily J. Stanford, IL
Certified Colon Hydrotherapist,
Hydro Health Spa



“These are the cleansing products that we’ve found most helpful in our practice for years.”

—Georgia Cold, MT
Certified Colon Hydrotherapist,
Healing Waters Wellness Center



“In my practice as a colon hydrotherapist for over twenty years, I have witnessed an alarming increase in the number of clients with parasites, and I am always looking for products that truly work for deep and effective colon cleansing.

UNI KEY’s products are the best I’ve tried! Seeing is believing and within a week of using these products, you would be amazed at what I have seen coming out of my clients! I am exceedingly impressed with UNI KEY’s products!”

—Kathie Moe, ID
Certified Colon Hydrotherapist