

The Journal of Fundamental Health

An Examination of Colon and Digestive Health

COLON COMPLETE GIVES YOUR BODY “GOOD” BACTERIA – AND LOTS OF IT!

New Studies link ingredients in “COLON COMPLETE” to a healthier colon — and a *HEALTHIER YOU!*

Clinical studies agree: Combination of Probiotics Vital for a Healthy Life! Reduce the “bloating, gassy” feeling... Reduce diarrhea and cramping... Enjoy the Benefits of Effective & Efficient Colon Health!

(SEE INSIDE FOR DETAILS: LIMITED AVAILABILITY EXPANDED NATIONAL RELEASE OF COLON COMPLETE IMMINENT.)



INTRODUCING YOU TO “LACTOBACILLUS PARACASEL” AND “LACTOBACILLUS SPOROGENES”

COLON COMPLETE gives you more than **ONE BILLION** friendly bacteria cells in every capsule, thanks to these two amazing ingredients.

Lactobacillus paracasei (14 mg) provides 700 million friendly bacteria cells, while Lactobacillus sporogenes (20 mg) gives your body 300 million friendly bacteria cells! In the health business, we call these probiotics “friendly” bacteria.

These healthy bacteria live in your intestines, where they protect you against the “bad” bacteria that can cause disease. They do this a couple of ways: they break down food in the intestine and create an unfriendly environment for bad bacteria. Probiotics also help restore your healthy balance of bacteria.

INDEX

COMMON GROCERY STORE ITEM KEY TO HEALTHY LIFE	2
COLON COMPLETE ADDS MAXIMUM AMOUNT OF SPECIAL AGENT	7
ORDER FORM	11

How does this help you with Diarrhea prevention?

Clinical research suggests these probiotics help prevent traveler’s diarrhea (caused by eating contaminated food.) Other studies found that a mix of probiotics is even more effective. Some medical studies indicate that probiotics, taken daily as with COLON COMPLETE, help prevent gastrointestinal infections in adults.

(Continued on Page 2 inside...)

***** 1-800-515-6729 *****

CALL TODAY FOR YOUR PERSONAL SUPPLY OF COLON COMPLETE

Continued from page 1

And if you are already fighting an infection of some sort, your doctor probably has you taking antibiotics. As you know, these can bring on long bouts of diarrhea. But several studies suggest that probiotics, especially the ones found in COLON COMPLETE help prevent diarrhea associated with taking antibiotics.

How else can you benefit from these “FRIENDLY BACTERIA?”

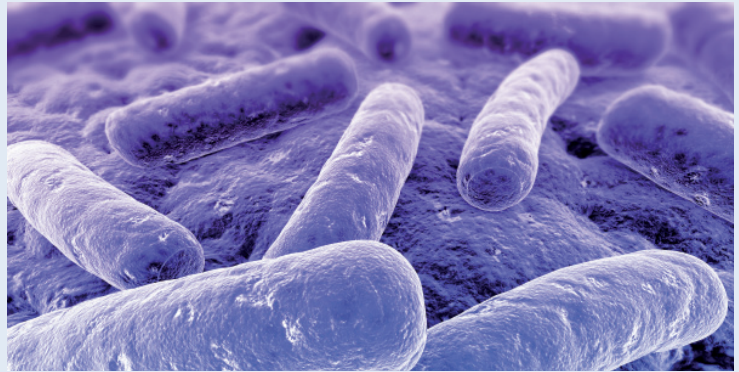
Laboratory testing clearly shows that both form of Lactobacillus found in COLON COMPLETE can help you in many other areas, including:

- **Helping your digestion and suppressing disease-causing bacteria**
- **Treating chronic constipation**
- **Treating symptoms of irritable bowel syndrome and inflammatory bowel disease**
- **Improving lactose tolerance in people if you are lactose intolerant**
- **Enhancing your immune system. Studies suggest that consuming supplements with Lactobacillus - featured in COLON COMPLETE - improve your body's natural immune response.**
- **Lowering your risk of pollen allergies**
- **Helping to treat high cholesterol**

Although probiotics occur naturally in some foods, supplements such as COLON COMPLETE provide a more concentrated source. **So, if you want the full effect of this amazing, all-natural substance, your best bet is COLON COMPLETE.**

Case Studies:

Newest Breakthroughs Clearly Show Probiotics Provide Huge Benefits!



A recent study tested the immune system of men and women 6-week exam period. Results indicated that 17 major groups using probiotics increased production two significant immune-system biomarkers (lymphocytes and CD56 cells.)

A 2007 study at a university in Ireland showed a major decrease in salmonella infection thanks to the use of probiotics. Salmonella, often found in undercooked meat, is one of the major causes of intestinal troubles, especially diarrhea! More good news for the users of COLON COMPLETE: you can protect yourself from food that is not prepared properly!

Another clinical study from London shows preventive consumption of a probiotic supplement containing the probiotics found in COLON COMPLETE reduced the incidence of diarrhea.

The safety of a daily dose of Lactobacillus comes from a large hospital in Montreal, Canada, where they studied a great number of hospitalized patients.

Clearly, COLON COMPLETE stands up to the stringent testing of health and medical facilities all over the world.

And most importantly, it stands up to the daily use of people just like you who use COLON COMPLETE every day.

Even more evidence that you should call today and place your personal request for your supply of this amazing all-natural supplement!

***** 1-800-515-6729 *****

CALL TODAY FOR YOUR PERSONAL SUPPLY OF COLON COMPLETE

COMMON GROCERY STORE ITEM KEY TO HEALTHY LIFE

BENEFITS OF BROCCOLI SPROUTS & PROBIOTICS HOW THEY WORK FOR YOU

New Studies link special ingredient in “COLON COMPLETE” to the fight for good health: broccoli sprouts! More than 30 studies agree: **Broccoli Sprout Extract Vital for a Healthy Life!**

Human Study Finds Broccoli Sprouts Boost Body’s Ability to Reduce Potential of Toxins - Researchers from Johns Hopkins University School of Medicine and Bloomberg School of Public Health have observed that broccoli sprouts can help the body detoxify, which may increase your *(continued on page 4) ...*



Studies Show Broccoli Sprouts Benefits You

Large healthcare facilities, hospitals and universities look into benefits of Broccoli Sprouts and find amazing results. While results are at an early stage, indications show promise for risk-reduction for four types of cancers (Bladder, Prostate, Skin and Stomach), plus...

- **Detoxify your system to remove harmful substances**
- **Improve your chances to fight the onset of Heart Disease and “Hardening of the Arteries”**
- **Improve your immune system**
- **Increase your protection levels against some forms of Lung infection**
- **Could help you maintain a lower Serum Cholesterol level**
- **Could assist you keep a healthier Blood Pressure**

Fundamental Health - Working for Your Health

Based high in the Rocky Mountains, Fundamental Health researchers work tirelessly to investigate for the perfect, all-natural compounds with one goal in mind: your health!

Fundamental Health sponsors this search through the thousands of potential natural health supplements to find the very best and bring solutions such as COLON COMPLETE to Americans like you.

Recently, while conducting research on human cancer reduction methods, our expert stumbled across a huge volume of studies based on the effectiveness of combining Broccoli Sprout extract with probiotics. It is the combination of these ingredients, thanks to the wide understanding of the human body and science, that led Fundamental Health to COLON COMPLETE. Now, you can benefit from this research discovery.

Continued from page 3

chances of fighting off some potentially serious illnesses. The study used broccoli sprout extract and involved 200 subjects. **It was the feature story in a leading medical publication.** (1)

If you're like millions of other people, you are concerned about your health for the next five, ten, even twenty years. You face the unknown dangers that lay ahead. But modern scientific techniques are at work for you, and the recent research breakthrough at Fundamental Health is just plain old good news.

New research tells the story: combining Broccoli Sprout Extract with probiotic ingredients in COLON COMPLETE targets your colon and digestive system.

On store shelves, and in some magazine and newspaper ads, you will find supplements that target one or two areas of your body. They might help reduce your fears, but they usually do little to help your health.

Not so with COLON COMPLETE.

Using a proprietary combination of Broccoli Sprout Extract and probiotics, COLON COMPLETE helps your body detoxify – you naturally and easily eliminate dangerous compounds. And best of all... it does it effectively with just three pills per day!

Detoxifying your digestive system.

A recent trial – conducted by two large universities (2) - shows broccoli sprouts can help the body detoxify. This may reduce your risk of developing serious illnesses.

These experts conducted the study using proven and trusted academic standards. Following these exacting procedures, this blinded, placebo-controlled study focused the effects of Broccoli Sprouts.

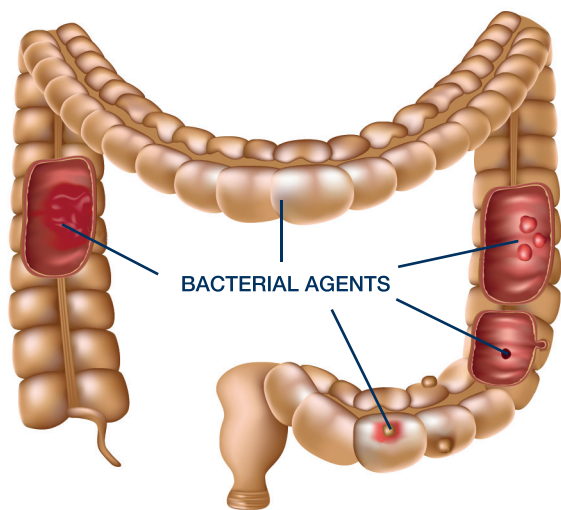
Tests showed detoxification and removal from the body of potentially unhealthy elements. This is the first step in the development of COLON COMPLETE.

The secret lies in a precise, all natural capsule that targets your digestive system and eliminates the dangerous material before they take hold.



An Unhealthy Colon Can Cause Illness

As you can see in this diagram, when your colon is not working properly, bacterial agents do not leave your body quickly enough. This can lead to such immediate troubles like gas, bloating and diarrhea. Worst yet, a build up of these toxins can lead to numerous illnesses.



Studies Point to Broccoli Sprouts as Potential Help to a Healthy Colon and a reduced risk of illness – **COLON COMPLETE** features Broccoli Sprout Extract (3)

Numerous studies by experts all over America show that Broccoli Sprout Extract (just like that found in **COLON COMPLETE**) may aid in the prevention, or reduce your risk of getting, some serious illnesses.

Bladder -

Broccoli Sprout Extract can reduce your risk of bladder illness. It gives your body a high dose of a preventative agent (called isothiocyanates.) This is crucial in protecting cells from oxidants and illness-promoting chemicals. If your body lacks these enzymes, you are at increased risk of bladder problems. (4)

Stomach -

A large Japanese science university (7) says Broccoli Sprout Extract contains a substance the body turns into a powerful anti-inflammatory and antioxidant. They say adding Broccoli Sprout Extract can help keep bad stomach bacteria in check.



*** 1-800-515-6729 ***

CALL TODAY FOR YOUR PERSONAL SUPPLY OF COLON COMPLETE

An Unhealthy Colon Can Cause Illness - Continued...

Skin -

Broccoli sprout extract reduces skin redness and damage. A famous US University (6) found that broccoli sprout extract boosted the production of protective enzymes that defend against UV-related damage.

Researchers found that broccoli sprout extract is a promising ingredient for protecting you against skin damage formation after exposure to the UV radiation of the sun.

Prostate -

Broccoli Sprout Extract – found in COLON COMPLETE - **helps reduce your risk of poor prostate health.** Britain’s Institute of Food Research (5) believes this all-natural substance jump-starts hundreds of genetic changes, activating some genes that fight illness and switching off others that stimulate unhealthy activity in the prostate. (Here’s an interesting note: studies also found that similar vegetables such as Carrot, Tomato, Brussels sprouts, Beet, Kale, Spinach Leaf, Celery, Radish, Leek, Onion and Cauliflower also help. And you find all these ingredients in COLON COMPLETE... (More on that later.)

Your Body Benefits from these Other Health Benefits:

Heart -

A well-respected British school (8) found a chemical in Broccoli Sprout Extract could enhance a natural defense mechanism that protects arteries from clogging.

This chemical could “switch on” a protective protein that is inactive in parts of your arteries vulnerable to clogging. Scientists already know that arteries don’t clog up in a uniform way, but that there are bends and branches of blood vessels - where blood flow is slower - which are much more prone to the build-up of fatty plaques.

In the more vulnerable areas, a normally protective protein inactive. The chemical found in COLON COMPLETE may protect those regions by switching on the protective protein.

Immune system -

A substance found in Broccoli Sprout Extract known as DIM helps boost the immune response.

Lungs -

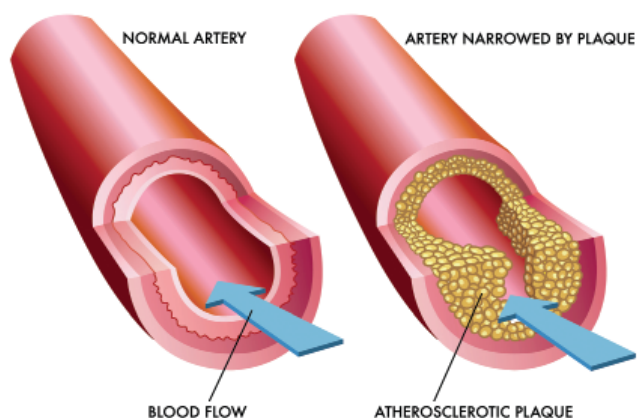
A California University (9) researcher team report that a naturally occurring compound found in the Broccoli Sprout Extract used in COLON COMPLETE helps maintain healthy lungs.

The research shows that a chemical in Broccoli Sprout Extract triggers an increase of antioxidant enzymes in your airway and offers protection against the onslaught of free radicals you breathe in every day in polluted air, pollen, diesel exhaust and tobacco smoke.

Cholesterol -

Studies demonstrate the effectiveness of Broccoli Sprout Extract to maintain lower serum cholesterol levels, presumably by breaking down bile in the gut, thus inhibiting its re-absorption (which enters the blood as cholesterol.)

(ATHEROSCLEROSIS)



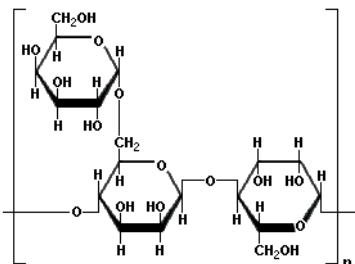
COLON COMPLETE ADDS MAXIMUM AMOUNT OF SPECIAL AGENT

Unlike many other detoxifying supplements, COLON COMPLETE includes a massive amount – 2,000 mg – of guar gum (also called guaran.)

To get guar gum, guar seeds are husked, milled and screened. It turns into an off-white colored, coarse to fine ground powder. Special farms in America produce the gum, but most production comes from Asia.

Here you see the genetic structure of the material used in COLON COMPLETE:

(GUARAN)



NEWS JUST RELEASED: COLON COMPLETE HELPS MAINTAIN A HEALTHY BLOOD PRESSURE

Blood Pressure –

Several new clinical trials show that consumption of various strains of Broccoli Sprout Extract may result in modest reductions in blood pressure.



(Studies link broccoli to lower blood pressure)



BONUS NEWS:

COLON COMPLETE HELPS RELIEVE THE SYMPTOMS OF IRRITABLE BOWEL SYNDROME AND COLITIS!

COLON COMPLETE may improve some symptoms of irritable bowel syndrome in women, based on a recent study of one of its key ingredients. Because Colon Complete improves colon function, there is a reduced possibility for an increase in excess acids in the digestive tract, thought to a possible cause of IBS.

*** 1-800-515-6729 ***

CALL TODAY FOR YOUR PERSONAL SUPPLY OF COLON COMPLETE

What Are Your Benefits from the Guar Gum Found in **COLON COMPLETE?**

First and foremost, studies found significant decreases in serum cholesterol levels following guar gum ingestion. These decreases come from its high soluble fiber content.

Guar gum is a plant-based food additive generally used in prepared foods. Recent studies now show that adding guar gum as a dietary supplement helps people with many health conditions.

There are several health benefits to taking guar gum.

Cholesterol (10)

Guar gum appears to help maintain lower serum cholesterol levels. Too much cholesterol can lead to numerous health problems, so it's important to keep it at a healthy level. If you're trying different ways to maintain a lower cholesterol level, adding a guar gum supplement like COLON COMPLETE to your diet may help. Guar gum is also a good supplement for those needing to maintain lower blood pressure.



Blood Glucose (11)

Numerous studies discuss the problems of unhealthy high blood glucose levels. They state they find these extremely high levels most frequently in people with diabetes. Treatment of diabetes can be difficult. Guar gum helps maintain a lower blood glucose level. It helps alleviate the symptoms that go with having high blood sugar, such as fatigue, shallow breathing and blurred vision.

Soluble Fiber (12)

Guar gum in COLON COMPLETE is also a great source of soluble fiber. It's important to have a good level of soluble fiber in your diet to keep your digestive tract in good, healthy working order. A diet rich in soluble fiber seems to promote overall colon health, even if you do not suffer from a digestive issue.



***** 1-800-515-6729 *****

CALL TODAY FOR YOUR PERSONAL SUPPLY OF COLON COMPLETE

Your Mother always told you to eat your fruits and vegetables... Here's why!

If you want a healthy colon, free of oxidants and harmful bacteria, you must get the benefits of eating a lot of fruit and vegetables. But who has time for all the shopping, cleaning, peeling and (sometimes) cooking of nine or ten fruits and vegetables.

COLON COMPLETE does all the work for you! It's like one of the super-powerful juicers, extracting all the goodness of Broccoli, Carrots, Tomato, Cauliflower, Brussels sprouts, Beet Kale, Spinach Leaf, Celery, Radish, Leek, and Onion into a single capsule you take three times a day!

The most important part of all these fruits and vegetables is something called Calcium D-Glucarate. Our experts believe that this nutrient helps your body eliminate many harmful substances. It also helps you to lower high levels of steroid hormones, and that helps you to protect against the development of certain tumors.

One capsule of **COLON COMPLETE** is the colon-cleaning equivalent of 82 pounds of fresh fruits and vegetables!

As scientists, we often ask this question: Why do healthy cells change into unhealthy tumor cells?

Frankly, we are not sure. But we do know that any nutrient capable of interfering with cell growth resulting in tumors would be of great interest and benefit to those with fibroids and other tumors.

At the RMHT, scientists are finding out it appears to protect against cancer and other diseases in a different way than antioxidants such as vitamin C, carotenoids, and folic acid. Those vitamin antioxidants work by neutralizing toxic free radical damage in the body.

COLON COMPLETE uses a detoxification process combines toxins, carcinogens, and used hormones and binds them to water-soluble substances in the liver. This makes them more easily removed from the body.



COLON COMPLETE is Guaranteed for 30 days or your **MONEY BACK!**

You will feel better. You will look better. You'll have more energy to go out and enjoy life, meet with family and friends and love life. If you don't, just return any unused portion for a full refund (less shipping)... No Ifs, ands or buts! You have nothing to lose but the achy, crampy stomach, the diarrhea and the risk of developing life-threatening cancers!



Your 100%, No-Risk, Money Back 30 Day Guarantee COLON COMPLETE

I'm so happy you took a few minutes to read the Critically important report from the Journal of Fundamental Health enclosed. I want to talk to you about your overall wellness. (I know that's an overused word today, but it's the best word for our chat...)

What would you do if I could promise that you could feel better, end the cramping, bloating, and unhealthy digestive issues you face and enjoy a better-working colon, plus a newfound love of life?

Would you call 1-800-515-6729 to get all this?

Because if you answered YES, then you made one of the smartest decisions in the last four or five years!

In a recent breakthrough, Fundamental Health found a formula called **COLON COMPLETE**. We like to call it a **"wonder pill"**.

It combines some of the most powerful, all-natural detoxifying agents into one little capsule. Lactobacillus paracasei and Lactobacillus sporogenes, Guar Gum, Broccoli Sprout Extract, plus the benefits of Broccoli, Carrots, Tomato, Cauliflower, Brussels sprouts, Beet Kale, Spinach Leaf, Celery, Radish, Leek, and Onion.

So, what does all that stuff do for you? It helps flush the toxins out of your body by a process called Oral Chelation. And that means improved digestion of food and elimination of waste.

And when your digestive system is working at peak efficiency, your body will benefit from all the good foods you eat, and have a **better chance to stay healthy**... and enjoy going out and doing the stuff you love to do.

Are you ready to maintain good health? Are you ready to maintain healthy colon activity? Are you ready to make that one call that can help change your life?

That phone number again is 1-800-515-6729.

Call that number (or send in your order form) NOW!

P.S. I made sure there are people standing by 24/7 to take your call, so you can be confident someone will be there to help when you call 1-800-515-6729.

COLON COMPLETE CHARTER ORDER FORM

**30 DAY
GUARENTEE**

**FOR FASTEST PROCESSING, CALL
TOLL-FREE 1-800-515-6729!**

**100%
No-Risk**

YES, I thought about it and I want help detoxifying my body! I want to enjoy Life again. I want to quickly, effectively and efficiently remove the oxidants and Free Radicals from my body. And, I don't want to suffer any of the cramps or diarrhea that usually comes with other colon cleansing supplements.

I understand that COLON COMPLETE contains more than One Billion – that's 1,000,000,000 – friendly bacteria cells that will flush the bad toxins out of my system.

I also understand that each capsule of COLON COMPLETE contains the equivalent Natural Goodness found in more than pounds of fresh fruits and vegetables. MOST IMPORTANTLY, I appreciate the fact that COLON COMPLETE contains Broccoli Sprout Extract! I know now that wellness researchers at Fundamental Health discovered the amazing benefits of the illness-preventing properties in this incredible substance. Thanks to their good work, and the countless studies performed at major medical facilities all over the world, I am comfortable knowing that COLON COMPLETE helps me defend myself against illness and the bad effects of a colon that simply isn't working at peak efficiency. COLON COMPLETE really is a complete way to get healthy! So... I made my decision: send me the supply indicated below.

- The Bronze Level Supply:** One (1) 30-day supply of COLON COMPLETE for only \$18.95 + \$6.95 shipping and handling. (Remember, if you request the Gold or Platinum Elite supply, you don't pay for shipping!)
- The Gold Standard Supply:** One (1) 90-day supply of COLON COMPLETE for just \$49.95. I pay NO shipping or handling fee for delivery of this supply of COLON COMPLETE.
- The Platinum Elite Supply:** One (1) 6-month supply of COLON COMPLETE for just \$99.95. I pay NO shipping or handling fee for delivery of this supply of COLON COMPLETE.



Payment Options

- My check or money order is enclosed for \$ _____ (payable to Fundamental Health)
- Bill my credit card: **Mastercard** **Visa**

Name on Card: _____

Address: _____

City/State/Zip: _____

Card Number: _____ / _____ / _____ / _____

Expire Date: ____ / ____ Signature: _____

Phone: _____ Email: _____

Instructions:

1. Take out your pen and complete your COLON COMPLETE Charter Order Form.
2. Return it in the envelope provided.
3. For fastest processing of your request, call the COLON COMPLETE 24/7 Toll Free Order Hotline 1-800-000-0000 or fax your credit card order to 123-456-7890

Please Note:

Because of the potential for side effects and interactions with any medications you may be taking at this time, consult your health care provider before taking any dietary supplement. THE STATEMENTS CONTAINED IN THIS MAILING HAVE NOT BEEN EVALUATED BY THE FDA, AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

**ORDER COLON COMPLETE TODAY BY CALLING
1-800-515-6729!
or filling out the COLON COMPLETE CHARTER ORDER FORM**

REGISTERED CUSTOMER 123456789 – 12345

Jane Doe
1333 W. 120th Ave
Westminster, CO 80234



Citations:

- (1) November 2005 issue of Cancer Epidemiology Biomarkers & Prevention.
- (2) Johns Hopkins University School of Medicine and Bloomberg School of Public Health, and the University of Minnesota Cancer Center.
- (3) The National Cancer Institute: "broccoli sprout extract " A cruciferous vegetable extract with potential chemopreventive activities. Broccoli sprout extract contains a high amount of sulforaphane, a naturally occurring isothiocyanate. Sulforaphane activates the transcription factor NF-E2-related factor 2 (Nrf2), a member of the basic leucine zipper family, which binds to and activates anti oxidant-response elements (AREs). Subsequently, activated AREs mediate the transcription of antioxidant enzymes (particularly glutathione-S-transferase and quinone oxidoreductase), resulting in the detoxification of highly reactive carcinogens. AREs are cis-acting regulatory enhancer elements found in the 5' flanking region of many phase II detoxification enzymes. Source <http://www.cancer.gov/drugdictionary/?CdrID=455271>
- (4) Study: "Broccoli Sprout Extract in Treating Patients with Transitional Cell Bladder Cancer Undergoing Surgery." Phase: Phase I. Type: Biomarker/Laboratory analysis, treatment. Age: 18+. Sponsor: Other. Protocol IDs: RPCI I 129408, NCI-2010-00759, NCT01108003 Source: <http://www.cancer.gov/clinicaltrials/search/results?protocolsearchid=9217501>
- (5) Study: "Sulforaphane in Treating Patients with Recurrent Prostate Cancer." Phase: Phase II. Type: Biomarker/Laboratory analysis, prevention. Status: Active. Age: 18+. Sponsor: Other. Protocol IDs: 6613, SOL-10082-L, NCT01228084. Source: <http://www.cancer.gov/clinicaltrials/search/view?cdrid=688138&version=HealthProfessional&protocolsearchid=9217501>
- (6) Johns Hopkins University. Study: "Topical Application of Sulforaphane-containing Broccoli Sprout Extracts on Radiation Dermatitis." Phase: Phase II. Type: Supportive care. Status: Active. Age: 18+. Sponsor: Other. Protocol IDs: J-0838, NA_00018779, NCT00894712 Source: <http://www.cancer.gov/clinicaltrials/search/view?cdrid=643048&version=HealthProfessional&protocolsearchid=9217501>
- (7) Tokyo University of Science. Source: <http://cancerpreventionresearch.aacrjournals.org/content/2/4/353.abstract>
- (8) Imperial College London
- (9) UCLA
- (10) http://www.ewhow.com/about_5457436_benefits-guar-gum.html
- (11) http://www.ewhow.com/about_5457436_benefits-guar-gum.html
- (12) http://www.ewhow.com/about_5457436_benefits-guar-gum.html