



# A Healthy Digestive System Begins with ProPectin®

Good health starts on the inside of the body

In fact, some believe the health of your digestive system is key to overall good health. To operate efficiently your body needs a digestive system that is free of harmful toxins and waste matter. ProPectin® offers a safe and natural way to consume soluble fiber and promote healthy intestinal function.





## Fiber Is Key

Apple pectin has long been recognized for its ability to “sweep” unhealthy particles from the body due to its high fiber content.

As a soluble fiber, apple pectin can disperse or spread in water, and as it gels, it binds water and toxins together to bulk the stool, thereby increasing stool volume for effective bowel movement. It also latches onto harmful toxins, such as heavy metals, to carry them from the body through the elimination process.



**An ideal way to keep your digestive system in good health.**

**100%**

Pharmaceutical-grade  
apple pectin



**Highly soluble**  
when mixed with water.



**Binds with toxic and waste materials in the body and helps to flush them during the normal elimination process.**



# Supports Good Health in Many Ways

Made from the highest quality apples, ProPectin's formulation process is very involved and requires a high degree of esterification.

Manufactured in micro batches to ensure maximum concentration and potency, each batch of ProPectin® contains ingredients in their most potent state minus all unnatural or harmful compounds.



4.5x

times more effective than any other  
pectin product on the market.

## ProPectin's patented 6-step process

turns this pharmaceutical-grade apple pectin into a highly soluble powder that dissolves immediately in water for quick and easy consumption.

# Weight Management

Thanks to its soluble fiber content, ProPectin® assists in healthy weight management; it can make you feel full much faster since it absorbs water during the digestive process. Soluble fiber also slows down the absorption of carbohydrates, which can help keep blood glucose levels stable and help you avoid hunger pains.



“We conclude that pectin is a safe product with the potential for weight loss and lowering cholesterol, We recommend pectin for supporting healthy weight management”.

“There are few, in any, reasons to avoid it, and many good reasons to try it”.

Physicians Sarah Spagnuolo, M.D. and Mike Roizen, M.D. featured on the Cleveland Clinic Wellness site



Researchers at Konkuk University in Korea tested the effects of a pectin-containing beverage on food

Women who consumed  
**Pectin twice a day**

**12%**

Fewer calories than  
usual at Lunch

**20%**

Fewer calories than  
usual at dinner

The American Journal of Clinical Nutrition  
December 2007



# Constipation and Bowel Regularity Issues

With its high fiber content, ProPectin® is very effective in promoting regularity and removing toxic waste material from the body. Pectin binds water and toxins together, which helps to bulk the stool and eliminate it from the body.

**Pectin reduces inflammation associated with bowel disease by reducing the production of pro-inflammatory antibodies.**

Constipation results when waste matter cannot be eliminated, and a lack of fiber in the diet can contribute to this problem. When digested food stays in your intestines, it can rot and ferment and cause problematic health issues.

The Journal of Agricultural and Food Chemistry (2010)

**Pectin has been effective in reducing constipation and intestinal irritation, as compared to a group who consumed probiotics.** Pectin can also be effective in preventing some types of incontinence

Journal of Pediatric Surgery  
June 2009



**Maintaining a diet high in soluble fiber to relieve constipation since fiber, such as the apple pectin contained in ProPectin®, gives more bulk to the stool which helps to move waste matter through the colon more easily.**

**The more fiber in your diet, the faster waste material will travel through your intestines.**

Jon Barron (Barron Report, December 1, 2014) believes people should have three bowel movements a day (if they ate three major meals the previous day) to avoid issues with regularity and constipation.

# Digestive and Colon Health

Dr. Mark Hyman, a best-selling author and founder and medical director of the UltraWellness Center, believes it is imperative that people treat chronic health problems by “fixing their gut.” He states, **“The health of your gut determines what nutrients are absorbed and what toxins, allergens and microbes are kept out. It is directly linked to the health of your whole body.”**

Hyman states that there are a number of ways your digestive system can keep you healthy or make you sick.

**“Pectin works with natural intestinal bacteria (good bacteria) to turn fiber into a soothing coating for irritated intestinal walls, and that apple pectin has been found to counteract bad bacteria that can cause problems like diarrhea.”**

The New Healing Herbs  
Michael Castleman



One way to keep your digestive system and colon healthy is

## Having a proper balance of good and bad bacteria.

Intestinal bacteria's job is to help digest food, absorb nutrients and keep viruses and bad bacteria in check. It is believed that apple pectin can help improve the intestinal environment to promote a healthy balance of good and bad bacteria.

**Getting rid of all of the toxins you consume is also vital for good digestive and colon health.** “Your gut has to get rid of all the toxins produced as byproducts of your metabolism, which your liver dumps into bile,” states Hyman. “If things get backed up ... you will become toxic and your health will suffer.”





As a dietary supplement ProPectin<sup>®</sup>,

- ✓ **Absorbs toxic materials** including heavy metals, fecal matter, drug residues and other substances that need to be eliminated from the body on a regular basis.
- ✓ **Acts as a strong colon purifier** and "intestinal vacuum"
- ✓ **Calms inflammation** and irritation of the stomach and intestines.

Apple pectin is an ideal way to restore and maintain intestinal balance to support overall digestive and colon health.

It provides safe and gentle detoxification that can help to prevent digestive problems such as diarrhea, constipation, indigestion, colitis, bloating and inflammatory bowel disease.

**ORDER YOUR SUPPLY NOW**

[www.propectin.com](http://www.propectin.com)