

5 POINT DETOX™



5 Point Detox is an unique liquid herbal detox tonic used to restore internal health. It is simple to take and fast acting.

HOW DOES IT WORK?

5 Point Detox contains 16 active herbs that, over 16 days, act together as an effective liver, kidney and intestinal cleanse.

While some herbs work in assisting your body in the repair and maintenance of stressed organs, other herbs target the elimination of parasites and waste.

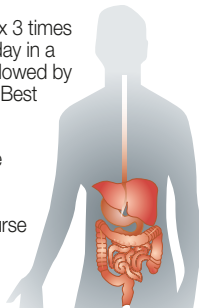
This combination of detoxification and elimination is the first step to your improved health – naturally, of course!

There are no special diets to follow or tablets to swallow, making it great for busy people!

DIRECTIONS

Dosage: Adults 10mL x 3 times (or 15mL x 2 times) per day in a glass of water or juice followed by a second glass of water. Best taken before meals. If excessive detoxification symptoms occur; reduce dose or frequency. For first time use, we recommend an initial course of four weeks for best results.

Always read the label. Use only as directed. Please read Precautions on label. If symptoms persist consult your health care professional.



WHAT ARE THE 5 POINTS?

The 16 herbs in **5 Point Detox** have a long history of use in traditional Western and Chinese medicine. They all work in different and overlapping ways but can be grouped into 5 general functions - **The 5 Points**.



Liver Support

Burdock, Dandelion & Juniper



Fluid Retention

Burdock, Dandelion, Horsetail, Juniper, Licorice, Meadowsweet & Rose Hip



Digestive Disorders

Alfalfa, Cayenne, Dandelion, Fennel, Fenugreek, Juniper, Kelp, Meadowsweet, Valerian, Wormwood



Parasites & Worms

Cloves, Wormwood & Licorice.



Constipation

Senna & Licorice

ABOUT US

Point Pharma Australia is an Australian owned company that develops and markets Australian made complementary medicines, healthcare products and functional foods.

The formulation used in **5 Point Detox** has been used by Australian Healthcare Practitioners for over **25 years**. It is TGA (Therapeutic Goods Administration) registered and manufactured under world's best GMP (Good Manufacturing Practice) standards in Australia. All herbal ingredients are extensively tested using HPLC (High Performance Liquid Chromatography) to ensure the correct plant subspecies are used and that no contaminant materials are present. Our formulations are constantly refined and improved according to the latest research and consumer feedback to ensure the continued efficacy of our products.

WHY A LIQUID TONIC?

We believe that a liquid herbal extract is the most effective way to introduce healing herbs into your body. There is no need to break down, dissolve and digest a tablet.

Being an oral liquid also makes it easier to control the dose amount. You can adjust the dose to your body's individual requirements and lifestyle.

For product information and enquiries please contact:

Point Pharma Australia Pty Ltd
PO Box 6618
Baulkham Hills BC, NSW 1755
ph: +61 2 8883 3131
www.5pointdetox.com.au
info@5pointdetox.com.au



FAQ

Are there any dietary restrictions?

Generally no. If you believe that you may suffer from candida then avoid all dairy products and reduce sugar intake for the first week. Of course it will help if you follow a healthy diet with plenty of fresh fruit and vegetables during the course.

Why is it necessary to ensure I am drinking plenty of water during the day?

This ensures that the waste passing through the digestive tract remains fluid and is easily eliminated. We recommend drinking at least 2L per day.

What will I expect as I take 5 Point Detox?

A typical person will experience detox effects within 24-48 hours. The initial flushing of bulk waste will last 3-4 days. You will probably experience an additional bowel movement one or two times per day over this period. This is necessary to ensure the elimination of waste and parasites occurs quickly. It is also an indication that the herbs are working effectively. Over the remaining 10-11 days, bowel movements will return to normal or an extra one time per day.

Will I experience cramping or diarrhoea?

No you should not. If you do, then reduce the dose amount or the dose frequency.

I have completed the 5 Point Detox. How long before I can do another detox?

Most people find that they benefit from a full course of **5 Point Detox** every 4-6 months. Sometimes, a short course over a few days may help restore internal health.

I have taken 5 Point Detox before but this bottle tastes different, why?

5 Point Detox contains naturally grown herbs. Over time, seasonal and environmental variations may occur which alter the taste. We scientifically test every batch of herbs to ensure that **5 Point Detox** is always effective.

FAQ

How long can I take the 5 Point Detox?

Most people will experience significant benefits after a two week course. If it is their first detox or they are at risk of having a parasite infestation (eg. from overseas travel) a course of four weeks is recommended. A four week course will overlap the breeding cycle of parasitic worms. If any parasite eggs remain they will be killed upon hatching and thus stop the breeding cycle. The extra two weeks will also give the liver more time to repair and eliminate stored toxins. We do not recommend extending the course beyond four weeks as this may lead to dependence.

I started taking the 5 Point Detox and now I am feeling tired and sluggish. What is happening?

These symptoms are typical of a healing crisis. This happens when toxins are released from storage (in the liver and fatty tissues) as part of the elimination cycle. This is actually a good sign that your body is healing itself but unfortunately the symptoms are not pleasant. Typically this will improve after the first week. Please ensure that you are drinking plenty of water (2L+ per day) as this will assist in the elimination.

To help get through the healing crisis try the following steps:

1. Reduce the dose to 1 x 10ml per day
2. If the symptoms improve then continue at 10ml/day for at least three days
3. Increase to 2 x 10ml/day for 3 more days
4. Increase to 3 x 10ml/day

If at any stage the symptoms return, go back to the lower dose for a few more days. You may need to spread the detox over a much longer period.

Will I lose weight?

Most people find that **5 Point Detox** helps with weight management.

Please visit www.5pointdetox.com.au or contact us directly for more information.