

### Product Summary

A healthy digestive system is important for the proper functioning of the body because it absorbs nutrients that are used throughout the whole body. Young Living's ICP™ is a digestive supplement with plant and herbal ingredients that helps keep your digestive system working at optimum efficiency.

Providing 2.5g per serving of soluble and insoluble fibre, ICP's convenient powder formula features an advanced mix of fibres that scour out residues. This mix includes a combination of fibres from psyllium and oat bran, as well as flax and fennel seeds.

This excellent nutritional supplement is enhanced with a special blend of essential oils: Anise, tarragon, ginger, lemongrass, fennel and rosemary all support the digestive system, and especially help with the processing of nutrient assimilation. ICP also uses the power of a digestive enzyme blend including protease to further support the digestive system.

Altogether, the powerful ingredients in this unique formula works to decrease the buildup of wastes, improve nutrient absorption, and help maintain a healthy heart; giving ICP an outstandingly beneficial nutritional profile.

### Primary Benefits

- Encourages intestinal transit
- Supports detox programmes

### Who should use ICP?

- Anyone looking for a high fibre supplement to support a healthy diet
- Persons wishing to support digestive health



### Suggested Use

Mix 6 grams with at least 250ml of juice or water once daily. If cleansing or eating a high-protein diet, use 3 times daily. Drink immediately as this product tends to thicken quickly when added to liquid.

Storage: Keep in a cool, dry place. Do not expose to excessive heat or direct sunlight.

### Cautions

Using this product without enough liquid may cause choking. Do not use this product if you have difficulty swallowing. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Contains oat bran.

### Ingredients

Psyllium seed powder, oat bran powder, flax seed powder, fennel seed, rice bran, guar gum powder, yucca root, cellulose, lipase, protease 4.5, protease 3.0, protease 6.0, phytase, peptidase, fennel (*Foeniculum vulgare*; seed oil), anise (*Pimpinella anisum*; seed oil), tarragon (*Artemisia dracuncululus*; leaf oil), ginger (*Zingiber officinale*; root oil), lemongrass (*Cymbopogon flexuosus*; leaf oil), rosemary (*Rosmarinus officinalis*; leaf oil), aloe vera (*Aloe barbadensis*; leaf juice)

### Goes well with

- Essentialzyme
- Comfortone

### Did You Know?

- Psyllium provides non absorbable fibre which mechanically supports normal bowel elimination.
- Fennel is an important component of "gripe water" which is often used to ease infant digestive distress.
- Ginger is known for its ability to support the gastrointestinal tract and help with nausea.