

# AquaSource Start Easy Programme

For many years, nutritionists have recommended gentle gut cleansing as an essential step towards optimal wellbeing. Seasonal cleanses - especially in spring and autumn - can help the body reset after periods of overindulgence or prepare it for the months ahead.

Supporting gut health and microbiome balance can positively influence how our body feels, functions and renews itself.

This is why we created the AquaSource Start Easy Programme; a 4-week gentle gut cleanse designed to support your body's natural processes and help you feel your best.



# AquaSource Start Easy Programme

## Why should I detox?

The AquaSource Start Easy Programme combines four exceptional products designed to support digestion and enhance the absorption of nutrients. Together, they help protect the gut lining and repopulate friendly bacteria for optimal bowel health.

### Our four-week programme includes:

AquaSource  
Organic Algae

AquaSource  
Extra Strength Acidophilus

AquaSource  
Extra Strength Digestive Enzymes

AquaSource  
Extra Strength Bifidus Complex

The programme delivers high levels of nutrition for a renewed sense of vitality. We recommend the programme for complete body benefits, including supporting energy levels, better sleep and improved focus.

### It has three core functions:

#### 1. Cleansing

Helps eliminate waste from cells.

#### 2. Nourishing

Helps ensure essential nutrients are provided through the diet to help maintain cell integrity.

#### 3. Supporting

Helps to maintain good health and promote a sense of wellbeing and vitality.



**REMEMBER** to drink as much spring or purified water as possible during the Start Easy Programme - up to 2 litres a day.

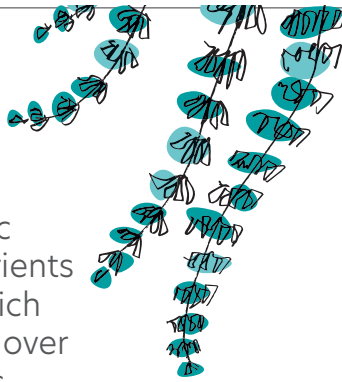
Our bodies face daily stress from processed foods and environmental pollutants. Staying hydrated is one of the simplest ways to support your overall wellbeing and is essential for the proper elimination of toxins.

# AquaSource Start Easy Programme

## What's inside:

### AquaSource Organic Algae

Our hero ingredient, AquaSource organic algae, delivers a broad spectrum of nutrients and is among the purest, most mineral-rich algae in the world. Naturally containing over 60% protein, it's also rich in antioxidants, beta-carotene, and chlorophyll. Our unique BioActive Dehydration® process helps preserve its exceptional nutritional value.



### AquaSource Extra Strength Digestive Enzymes

From vegetable sources, this advanced blend of amylase, protease, lipase, lactase, and papain supports efficient food and nutrient breakdown. Enriched with AquaSource organic algae superfood, it helps maximise effectiveness and provides natural calcium, which contributes to the normal function of digestive enzymes. Without sufficient enzymes, eating can place strain on the body and deplete its resources.

### AquaSource Extra Strength Acidophilus DDS®-1 (5 Billion CFU)

Our strain of Lactobacillus Acidophilus DDS-1 is shown to survive stomach acidity, resist bile salts, and grow well in the gut. It provides natural calcium, vitamins C, B12, B5, and iron, while helping to maintain already healthy cholesterol levels when taken daily. This unique strain promotes a healthy gastrointestinal system and helps maintain a balance of intestinal flora for good digestion and nutrient absorption. It's enriched with AquaSource organic algae superfood\* for additional antioxidants, beta-carotene, and chlorophyll.



### AquaSource Extra Strength Bifidus Complex (4 Billion CFU)

Formulated to support a healthy gastrointestinal system, this complex combines three beneficial Bifidus strains - breve, infantis, and longum - plus AquaSource organic algae superfood.

**Breve** produces acetic and lactic acids that aid in food breakdown. It can also support the immune system by helping to inhibit the bacteria that disrupt healthy digestion.

**Infantis** is one of the best-known of the Bifidobacterium species, supporting both infant and adult gut health. It also produces the water-soluble vitamins thiamine, nicotinic acid and folic acid, and in far greater amounts than most other Bifidobacterium.

**Longum** assists in B-complex vitamin production and absorption. It supports immune function and helps lower intestinal pH to inhibit harmful bacteria through production of acetic and lactic acids.





# AquaSource Start Easy Programme



## Key advantages

- ✓ Easy way to start taking nutritional supplements.
- ✓ Contains AquaSource Organic Algae, AquaSource Extra Strength Digestive Enzymes, AquaSource Extra Strength Acidophilus and AquaSource Extra Strength Bifidus Complex.
- ✓ Supports the body's own inner cleansing mechanisms.
- ✓ Helps to optimise nutritional intake for wellbeing and vitality.
- ✓ Gluten free, GMO free and certified by the Vegan Society®.



# AquaSource Start Easy Programme

## Next Steps

The AquaSource Start Easy Programme is just the beginning of your journey to optimal wellbeing. Many choose to build on these benefits by combining or following the programme with AquaSource Fatty Acid Complex and AquaSource Liquid Gold Complex.

Others continue to take AquaSource Organic Algae and AquaSource Digestive Enzymes after the Start Easy Programme and some follow on with AquaSource Fatty Acid Complex, AquaSource Super Antioxidant and products that meet their specific wellness needs.



## Approved EFSA Health Claims

- ✓ **Vitamin B12, Vitamin B5 and Vitamin C** contribute to the reduction of tiredness and fatigue.
- ✓ **Vitamin B12 and Vitamin C** contribute to the normal function of the nervous and immune systems.
- ✓ **Vitamin B5** contributes to normal mental performance.
- ✓ **Vitamin C** for normal collagen formation for the skin and for the release of energy in the body.
- ✓ **Iron** contributes to normal cognitive function.

For full nutritional information on all AquaSource products (ingredients, directions, allergens and any warnings, if applicable), please see our website [www.aquasource.net](http://www.aquasource.net)

© Copyright AquaSource Algae Group Ltd. All rights reserved. 01.01.2026