

Flat Belly Mini

Digestion. Liver Flow. Colon Function.

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PRODUCT INFORMATION PAGE

Support digestion, liver flow, and colon function - where belly bloat really begins.

Most belly bloat isn't about fat. It's about backup, sluggish processing, and poor internal flow. The Flat Belly Mini is designed to support the three systems most often involved in abdominal heaviness and bloating: digestion, liver processing, and colon function. This is not a laxative kit. This is not a harsh cleanse. It's short-term, targeted support to help your body move and process more efficiently.

WHAT'S INSIDE

TULSI TRIM TEA

Supports digestion, stress response, and gut comfort. Holy Basil-based support helps calm the digestive system, reduce stress-related bloating, and support natural digestive rhythm.

LIVER SUPPORT

Supports liver processing and bile flow, a key factor in fat digestion and belly comfort. A healthy liver helps the body break down fats, hormones, and metabolic byproducts that can contribute to abdominal fullness.



COLON SUPPORT

Supports colon function and internal flow. Designed to support regularity and movement without harsh stimulation, helping reduce backup that often shows up as belly bloat.

WHY LIVER & COLON SUPPORT MATTER FOR A FLATTER BELLY

The liver and colon work together to process fats and hormones, move waste efficiently, and prevent backup and stagnation. When either system slows down, pressure and fullness often show up in the midsection - even when diet hasn't changed. Supporting flow, not force, is the goal.

How to Use (Simple & Gentle)

- **Morning:** Tulsi Trim tea
- **With Meals:** Liver Support
- **Evening:** Colon Support

That's it. No extreme timing.
No complicated protocols.

People Often Notice

- Less abdominal heaviness
- Improved digestive comfort
- Reduced bloating after meals
- A lighter, less "stuck" feeling

Results vary, but many people know within a week whether continued support makes sense for them.

Next Step

If you feel the difference after 7 days, continue with full-size Tulsi Trim, Liver Support, and Colon Support for ongoing digestive and belly comfort support.

What This Kit Is – and Is Not

- ♥ Supports digestive flow
- ♥ Supports liver and colon function
- ♥ Gentle, short-term support
- x Not a purge
- x Not a stimulant laxative
- x Not positioned for weight loss

This is about supporting the systems that influence belly comfort.

Important Notes

- Individual results may vary and are not guaranteed.
- Always listen to your body and adjust as needed.
- Should not be used by pregnant or lactating women, young children, and the immunocompromised.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, cure, or prevent any disease.

Tulsi Trim Tea

Original Holy Basil Detox Tea

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Tulsi Trim is a thoughtfully formulated herbal tea designed to support digestion, gentle detoxification, and the body's natural stress response. At its core is Holy Basil (Tulsi), an adaptogenic herb traditionally used to help the body adapt to physical and emotional stress. By supporting nervous system balance, Tulsi Trim helps calm stress-related digestive disruption - often a contributing factor in bloating, irregular elimination, and metabolic imbalance - creating a more stable internal environment and a stronger foundation for daily wellness.

This layered blend combines Tulsi with soothing and digestive botanicals that work together to promote gut comfort and natural elimination without harsh stimulation. Marshmallow root and chamomile help soothe and protect the digestive lining, while ginger and papaya support digestion, enzymatic activity, and nutrient breakdown. Blessed thistle and licorice root contribute to liver and digestive function, supporting the body's natural detox pathways and metabolic processes. Rich in antioxidants, Tulsi Trim supports balance, digestive clarity, and overall vitality when used consistently as part of a daily wellness routine.*



DIRECTIONS

- Mix one scoop with up to 8 ounces of water or your favorite beverage, once or twice daily, or as advised by your healthcare professional.*

KEY BENEFITS

- Supports gentle detoxification and daily elimination*
- Promotes digestive balance and gut comfort*
- Helps improve nutrient absorption and utilization*
- Supports healthy liver detox pathways*
- Eases bloating and supports digestive regularity*

Nutrition Facts		
Serving Size: 1 scoop (1.125 grams) Servings per container: 60		
Amount per serving		
Calories	13	
	Amount Per Serving	% Daily Value
		100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
Total Fat	0g	
Calories From Fat	0	
Saturated Fat	0g	*
Trans Fat	0mg	
Cholesterol	0g	0%
Sodium	0mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Added Sugars	0g	
Protein	0g	
Vitamin D	0mcg	0%
Calcium	51.5g	4%
Iron	3.5mg	16%
Potassium	79.5mg	3%
Ingredients: Organic Ocimum tenuiflorum (Holy Basil), Organic Althaea officinalis (Marshmallow) Root, Organic Cnicus benedictus (Blessed Thistle), Organic Cassia angustifolia (Senna) Leaf, Organic Carica papaya (Papaya) Fruit Extract, Organic Zingiber officinale (Ginger) Root, Organic Matricaria recutita (Chamomile) Flower, Organic Glycyrrhiza glabra (Licorice) Root		
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
*Daily Value not established.		
Important Information: This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.		
Allergen Information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.		
<small>*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small>		

CAUTIONS

- Holy Basil (Tulsi) Tea may modify glucose regulation. Consult with a physician before use if you have a serious medical condition or use prescription medications. A doctor's advice should be sought before using this and any supplemental dietary product.

Tulsi Trim Tea

Original Holy Basil Detox Tea



FUNCTIONAL CONSTITUENTS

HOLY BASIL (TULSI)

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.*
- **Saponins:** Possess properties that help lower cholesterol levels, reduce blood pressure, and support heart health.*
- **Vitamin C, calcium, iron, zinc, and chlorophyll:** Essential nutrients which support immunity, bone health, oxygen circulation, and detoxification.*

Clinical studies for Holy Basil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>

BLESSED THISTLE

- **Cnicin:** The main compound in Blessed Thistle, cnicin gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.*

Clinical studies for Blessed Thistle:

- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>

SENNA LEAF

- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.*

Clinical studies for Senna Leaf:

- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>

GINGER

- **Enzymes:** Gingerols and shogaols are the main bioactive compounds in ginger, contributing to its medicinal properties.*
- **Volatile Oils:** Ginger also contains volatile oils including zingiberene, which contributes to its distinct aroma.*

Clinical studies for Ginger:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9779757/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866215/>
- <https://pubmed.ncbi.nlm.nih.gov/22494376/>

PAPAYA

- **Enzymes:** The key chemical component is papain, a proteolytic enzyme found in unripe papaya, which aids in protein digestion.*
- **Carotenoids:** Beta-carotene and beta-cryptoxanthin are powerful antioxidants that support eye health, strengthen the immune system, and promote radiant, healthy skin.*

Clinical studies for Papaya:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

MARSHMALLOW ROOT

- **Mucilage:** A sticky, gel-like substance that forms a protective coating on mucous membranes, providing soothing relief to irritated tissues.*
- **Polysaccharides:** These complex carbohydrates make up the majority of the mucilage and include components like galacturonic acid, rhamnose, and galactose.*
- **Flavonoids:** Antioxidants like isoquercitrin and hypolaetin glycosides which contribute to the plant's potential anti-inflammatory effects.*

Clinical studies for Marshmallow Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6912529/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10420783/>

CHAMOMILE

- **Flavonoids:** Antioxidants that protect cells, reduce inflammation, and support heart health. Found in plants, they boost immunity, promote circulation, and enhance overall wellness.*
- **Carotenoids:** Natural compounds with anti-inflammatory, antioxidant, and antimicrobial properties. They support immune function, promote respiratory health, and aid in stress relief.*

Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9822300/>
- <https://pubmed.ncbi.nlm.nih.gov/36297396/>

LICORICE ROOT

- **Glycyrrhizin:** Supports immune function, reduces inflammation, and promotes liver and respiratory health.*
- **Flavonoids:** Powerful antioxidant and anti-inflammatory compounds, supporting immune function, protecting liver health, and promoting respiratory wellness.*

Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7123875/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7175350/>

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Liver Support

herbal extract 1 ounce

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ingredients

Organic *Silybum marianum* (Milk Thistle), *Berberis vulgaris* L. (Barberry) Bark, Organic *Arctium* (Burdock) Root, Organic *Bupleurum* (Bupleurum) Root, Organic *Foeniculum vulgare* (Fennel), Organic *Zingiber officinale* (Ginger), Organic *Hydrastis canadensis* (Goldenseal) Root, Water, Organic Sugar Cane Alcohol (30%)

responsible cautions

- Should not be used by pregnant or lactating women, young children, and the immunocompromised
- Keep out of reach of children and pets.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.
- Store away from sunlight, at room temperature, with the lid securely tightened

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product summary

The liver supports almost every other organ in the body. If you want to live, you'll need a healthy liver. A healthy liver is a key element to a healthy life, and when the liver gets sick many problems can follow. Living a healthy lifestyle that includes whole food nutrition and moderate exercise can help our liver work as efficiently as possible and may lower the risk for developing liver disease.*

Our Liver Support Extract is a proprietary blend of herbs formulated to assist and promote healthy liver function.*

ingredient highlights

Milk Thistle: Used by herbalists and physicians for hundreds of years to treat a wide range of liver concerns including hepatitis and fatty liver disease. Shown in studies to protect the liver from toxins, including drugs like acetaminophen, due to its chemical constituents, especially the flavonoid silymarin.*

Barberry Bark: Boosts the secretion of bile, which helps the body digest fatty foods. Promotes overall health of both the liver and gallbladder, and may be helpful in lowering LDL "bad" cholesterol.*

Burdock Root: Traditionally employed most commonly as a diuretic and digestive aid, burdock root has been used for centuries in holistic medicine. It has been shown to contain multiple types of powerful antioxidants known to reduce inflammation as well as active ingredients proven to remove toxins from the bloodstream.*

Bupleurum Root: Used for centuries in Chinese medicine to treat liver problems and other ailments. Research indicates it may protect the liver, support a healthy immune system, and prevent complications of diabetes.*

directions

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*

Colon Support

herbal extract 1 ounce

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ingredients

Organic Zingiber officinale (Ginger) Root, Organic Rheum rhabarbarum (Rhubarb) Root, Frangula purshiana (Cascara Sagrada) Bark, Organic Foeniculum vulgare (Fennel) Seed, Organic Rubus idaeus (Raspberry) Leaf, Organic Capsicum annuum (Cayenne), Lobelia erinus (Lobelia) Leaf, Organic Hydrastis canadensis (Goldenseal) Root, Berberis vulgaris L. (Barberry) Bark, Water, Organic Sugar Cane Alcohol (30%)

responsible cautions

- Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Rhubarb Root and Cascara Sagrada Bark may worsen these conditions and be harmful to your health.
- Should not be used by pregnant or lactating women, young children, and the immunocompromised
- Keep out of reach of children and pets.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.
- Store away from sunlight, at room temperature, with the lid securely tightened

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product summary

The longest part of the large intestine, the colon is a major organ responsible for waste removal in the body. It receives almost completely digested food from the cecum, absorbs water and nutrients, and passes waste on to the rectum. Although not a subject most people want to talk about, colon health is incredibly important.*

Our Colon Support Extract is a proprietary blend of herbs formulated to benefit normal colon function, reduce inflammation, promote healthy digestion, and support gentle regularity, without unpleasant after-effects.*

ingredient highlights

Ginger Root: Well known for its ability to reduce gas and improve digestion. Research shows ginger has beneficial effects on the enzyme pancreatic lipase, which aids digestion in the small intestine.*

Rhubarb Root: High in fiber, rhubarb helps keep things moving through the digestive tract. It contains compounds called senosides that act as natural laxatives, and also has tannins that provide anti-diarrheal effects.*

Cascara Sagrada: Considered a stimulant laxative, cascara sagrada causes intestinal muscle contractions similar to other natural laxatives. Unlike other natural laxatives, however, cascara sagrada tends to be gentler.*

Fennel Seed: Shown in studies to help with digestion by reducing inflammation in the bowels and decreasing bacteria that cause gassiness. May be helpful in relieving the symptoms of irritable bowel syndrome.*

Raspberry Leaf: Used for centuries as a natural remedy for alleviating digestive issues. Shown in studies to possess anti-inflammatory properties effective at reducing and soothing internal inflammation.*

Goldenseal Root: Has antimicrobial properties shown in studies as helpful in treating microbial or bacterial diarrhea and gastritis.*

directions

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*