

BellyFlush XT is a dietary supplement that claims to promote and maintain a healthy gut and optimal digestive functions.



Breakthrough Body Cleanse and Digestion Support Formula

BellyFlush contains a powerful combination of nutrients designed to support proper, consistent digestion.

Simple Promise's BellyFlush detoxifies and cleanses the body.

BellyFlush is a combination of ingredients that are proven to support gut and colon wellness, reduce occasional bloating and cleanse and detoxify the body.

BELLYFLUSH SUPPLEMENT: OFFICIAL WEBSITE



In our review, we will tell you everything about Simple Promise BellyFlush.

What is BellyFlush?

BellyFlush, a healthy digestive support and detox supplement is available online at SimplePromise.com.

BellyFlush is a supplement that contains ingredients like aloe leaf, senna, fennel and marshmallow root to support digestive health. BellyFlush is a digestive supplement that contains aloe, senna fennel and marshmallow root.

Simple Promise claims that one of the ingredients of BellyFlush, a "sacred Native American bark," "eliminates ten pounds of old poop fast from your stomach", helping you to rapidly detoxify and lose weight.

BellyFlush, a GMP certified and FDA registered facility, is manufactured in the United States. Simple Promise, a nutritional supplement company based in Camas Washington, is Simple Promise.

BellyFlush Features and Benefits

BellyFlush is designed to offer the following features and advantages:

- Support the body's natural detoxification processes
- Support for gut and colon health
- Reduce occasional bloating

- This product contains a powerful blend of nutrients and ingredients derived from plants
- Made in the United States at a GMP-certified, FDA-registered facility
- Promoting a healthy lifestyle
- Simple Promise claims that the BellyFlush can lead to "effortless fat loss" and "the mental acuity equivalent to a Mensa Member" when taken every day. It also gives you more energy and mental clarity than before, by removing waste from your digestive system.

[BELLYFLUSH SUPPLEMENT: OFFICIAL WEBSITE](#)

What is the BellyFlush System?

BellyFlush targets the built-up waste within your digestive tract. BellyFlush is a combination of natural laxatives and fibers that promote regular digestion.

This formula is based upon the notion that many people struggle with accumulated waste in their stomachs and digestive tracts without realizing it. This poop drains your energy and makes you feel bloated.

Undigested waste could be causing you to feel tired and sick. This waste builds up over time, increasing symptoms.

BellyFlush is a combination of laxatives that help release poop and fiber to push it out. Aloe and other natural laxatives can help with digestion. Natural fiber sources such as fennel seeds can also make it easier for you to poop regularly.

Simple Promise has added unique ingredients such as bentonite, cayenne fruit, milk thistle and others to enhance its effects. These include various components that support digestion and detoxification.

The story behind BellyFlush - Who created BellyFlush?

Simple Promise developed BellyFlush in partnership with Lori Grunel, a woman from Twin Falls in Idaho.

Lori's own digestive problems inspired her to create a cleansing and detoxification supplement. She shares intimate details of her health and discusses her problems, as well as her motivation to create the supplement.

Lori felt constipated all the time and struggled to poop.

Lori, who was at a church dinner, loudly announced "Lord!" One day in the bathroom. Lori's words, which she didn't know were echoed throughout the entire banquet hall, prompted everyone to hear her. Lori was struggling to poop. Lori was embarrassed and stayed in her bathroom for 4 hours.

Lori admitted that she felt "so constipated, I wanted to die" and became increasingly bloated.

Lori tried all the conventional remedies for constipation including Metamucil and milk of magnesia. She even used suppositories, enemas, and suppositories. She says she tried them "every day", but nothing worked.

Lori has also changed her diet. She ate prunes, pears and bran. But nothing worked.

Lori was eventually taken to the emergency room. She hadn't pooped for weeks. The doctors diagnosed her with IBS (irritable bowel disorder).

Lori began to look for natural remedies for IBS. She discovered traditional Native American plants. Lori's extensive research eventually led her to create BellyFlush.

Ingredients for BellyFlush

Cascara Sagrada is the star ingredient in BellyFlush. This plant has been prized by Native Americans for centuries in traditional medicine. According to Simple Promise the Native Americans have passed this plant down through generations. It is known today as a natural digestive remedy and constipation reliever.

What happened when Lori first took Cascara Sagrada?

The day the package arrived, I took two pills with a large glass of water in the morning. By the end, I had gone to the toilet. You'll be surprised to learn that I actually lost 3 pounds. It didn't end there. I had six bowel movements in a week...I hadn't been so regular for years ."

Lori gave Cascara Sagrada to friends and family members who had digestive problems. The group also saw significant benefits in terms of detoxification and cleansing.

BellyFlush is a blend that contains Cascara Sagrada and other ingredients proven to help with digestion, weight-loss, cleansing, detoxification and other benefits.

Cascara Sagrada: Cascara sagrada has been used in native American traditional medicine for centuries.

According to Lori and her Simple Promise team, Cascara sagrada can "totally flush out your poop." Native Americans have used this bark extract as a digestive aid for centuries. The extract of the bark has been concentrated and condensed to maximize potency. It is now a popular ingredient in digestive supplements.

Cape Aloe leaf: Aloe vera leaves are known for their natural laxative qualities. BellyFlush is a product that contains aloe vera leaf, which helps to soften your stools and help you pass waste more easily.

Senna Alata Extract: BellyFlush contains senna alata extract. Senna, which is a stimulant-laxative, is a popular ingredient in natural detoxification supplements. It increases the activity of intestines to make it easier for a bowel motion. Senna alata is a natural remedy for constipation. It softens your stool, making it easier to expel waste from your body.

Triphala: Triphala is a fruit that has been used in Ayurvedic Medicine for over 3,000 years. Yogis use Triphala to maintain a healthy colon. The earth-colored powder has become increasingly popular as a supplement. Triphala is a mixture of three herbs: amalaki, haritaki and bibhitaki. Each herb has its own benefits for relieving

constipation. BellyFlush unlocks powerful effects by combining three herbs in one.

Fennel: BellyFlush is a product that contains fennel seed to relax the muscles of the intestines and relieve constipation. Fennel soothes the muscles of the stomach and intestines to relieve gassiness caused by constipation or reflux. Fennel contains anethole which is the active component that gives fennel its benefits. This ingredient has been linked to digestive health and detoxification.

The Slippery Elm: As its name suggests, the slippery elm bark helps digestion by making intestines more "slippery". It also aids in waste removal from your body. Since ancient times, slippery elm has been used in traditional medicine. It is now found in many digestive health supplements.

Cayenne Fruit: Cayenne fruit is well-known for weight loss, and many diet supplements use its active ingredient like capsaicin. Cayenne pepper fruit is also known to help with general detoxification. It stimulates metabolism and forces your body to burn calories even when you are at rest. Cayenne pepper fruit can help you release toxins from your fat and support weight loss.

Thistle Milk: Thistle milk is most well-known for supporting liver health. Milk Thistle, like other

BellyFlush ingredients, has been used in traditional medicine for centuries to support liver health, general wellness, immunity and energy.

LICORICE: The root of licorice is used as a traditional medicine for its benefits in maintaining healthy blood sugar levels. **Licorice:** Licorice root is used in traditional medicine to support healthy blood sugar and other benefits.

Marshmallow roots: Marshmallow roots is another plant-based component traditionally used to cleanse, detoxify, and improve digestive health.

Supplement Facts		
Serving Size: 2 Capsules Servings Per Container: 30		
Amount Per Serving	% Daily Value	
Body Cleanse Blend	590 mg	†
Cascara Sagrada Bark (<i>Rhamnus purshiana</i>), Cape Aloe Leaf (<i>Aloe ferox</i>), Senna Leaf Extract (<i>Cassia angustifolia</i>) (Standardized to 20% sennosides), Triphala Fruit (<i>Terminalia bellirica</i>)		
Digestion Support Blend	230 mg	†
Fennel Seed (<i>Foeniculum vulgare</i>), Bentonite		
Detox & Gut Health Blend	300 mg	†
Marshmallow Root (<i>Althaea officinalis</i>), Licorice Root Extract (<i>Glycyrrhiza glabra</i>) (Standardized to 6% glycyrrhizin acid), Slippery Elm Bark (<i>Ulmus fulva</i>), Cayenne Pepper Fruit (40,000 HU), Milk Thistle Seed (<i>Silybum marianum</i>)		
† Daily Value not established.		
Other Ingredients: Hypromellose (Vegetable Capsule), Dicalcium Phosphate, Magnesium Stearate (Vegetable), Silica.		

What to Expect after Taking BellyFlush

Simple Promise claims that taking two BellyFlush capsules per day can provide benefits such as:

- Support regular bowel movements
- Reduce Bloating
- Cleanse your body naturally
- Get rid of toxins and waste that are sitting in your body.
- How to lose 10-20 or 30 pounds of stubborn body fat

BellyFlush: Scientific Evidence

Simple Promise's BellyFlush References page cites eleven studies as proof that BellyFlush does what it claims. BellyFlush's ingredients can help support digestion in a variety of ways, according to studies. Below, we'll examine some of the evidence.

BellyFlush's most important and predominant ingredient appears to be Cascara Sagrada or "sacred Bark" in Spanish. Researchers found that the bark has been used by indigenous North American peoples for centuries as an herbal laxative. Studies show that a daily dose of 300mg can improve digestion, regularity and cleansing. Cascara Sagrada is a natural remedy that has been proven to help you poop easier.

Fennel seeds powder has many benefits, including aiding digestion and cleansing. BellyFlush also contains a lot of fennel seed powder. Researchers found that fennel has been used in traditional medicine for a long time. It is also rich in phytochemicals such as flavonoids and phenolic compounds.

BellyFlush contains aloe extract which is known for its natural laxative properties. Researchers found that aloe leaf extract, in a 2011 study helped people with chronic constipation by encouraging them to release waste. In a separate research from 2018 aloe vera has been linked to liver-protective effects and natural defenses against different diseases.

BellyFlush is a combination of laxatives and digestive support ingredients. It also contains other formulas that help to detoxify in different ways. BellyFlush can help with digestive issues, constipation and other problems.

BellyFlush reviews: What do customers say?

BellyFlush has received positive feedback by clients who have used the formula to lose weight, solve constipation issues, cleanse their systems and enjoy other benefits.

BellyFlush reviews are shared online by users.

One customer claimed that she had already lost 25lbs after taking BellyFlush. She took two capsules with some water, and her stomach began to churn the first day. There was no discomfort or pain. The supplement has also given her more energy, and she feels "so better".

BellyFlush is described by other customers as a "miracle worker" for chronic constipation, bloating and digestive problems. Some customers had struggled for years with digestive issues before discovering BellyFlush.

BellyFlush is reported to have a significant effect on many customers within the first one or two days. Few customers report waiting more than one or two days to feel relief. This suggests that the formula works immediately to relieve constipation. For example, one customer claimed that "day two is when freedom starts."

After years of constipation, one customer says the first wave began "about 14-hours" after taking BellyFlush.

BellyFlush is a natural detoxification and digestive aid that has helped many customers who struggled to find relief from conventional methods.

[BELLYFLUSH SUPPLEMENT: OFFICIAL WEBSITE](#)

BellyFlush is also popular among customers because it helps to relieve digestive problems without causing stomach cramps or any other unpleasant side effects. The formula provided fast, painless, and easy relief for digestive issues.

BellyFlush is a supplement that works to cleanse the body of toxins and supports your natural elimination process.

BellyFlush Ingredients label

Simple Promise provides a full list of ingredients in BellyFlush, including dosages. This makes it easy to compare BellyFlush to other supplements sold online.

BellyFlush contains the following ingredients:

- 590mg Body Cleanse with Cascara Sagrada Bark, Cape Aloe Leaf, Senna Leaf Extract, and Triphala Fruit
230mg Digestion Support Blend containing fennel seeds and bentonite.
- 300mg Detox & Gut Health blend with marshmallow root, licorice extract, slippery elm, cayenne fruit and milk thistle seeds
- Other ingredients (inactive), including dicalcium, magnesium vegetable stearate and silica

Prices for BellyFlush

BellyFlush costs between \$33 and \$59 per bottle , depending on how many bottles you purchase. All orders include free international shipping as well as a 365 day money back guarantee.

This is how the pricing breakdown looks:

- 1 Bottle: \$55 + free US & International Shipping
- 3 bottles: \$147 (49 cents per bottle) plus free US & International shipping
- 6 Bottles - \$198 (33 bottles) + free US & International shipping
- Each bottle contains 60 capsules, which is a month's supply of BellyFlush. Take two capsules per day to help with digestion and cleanse (Simple Promise suggests taking the capsules in the evening).

BellyFlush Bonuses Included

Simple Promise has bundled three bonus guides as part of its 2022 promotion. You can get three eBooks for free if you purchase BellyFlush today.

Included in the bonus are:

Bonus 1: The Ultimate Guide for Fermented Foods For A Healthier Stomach: Fermented food is rich in probiotics

that support a healthy stomach in many ways. Kimchi, kombucha yogurt, sauerkraut and other foods contain natural bacteria that support a healthy balance of gut bacteria. This eBook normally costs \$29 but is included free with BellyFlush.

Bonus 2: 28-Day Guide to Gut Health: 40 Recipes: The guide contains 40 easy-to-make, home-made recipes that restore gut health. Certain foods, ingredients, and spices are associated with a healthier digestive system. You can improve digestion and gut health by incorporating these ingredients in your diet. This eBook, which is usually \$59, comes free with every BellyFlush purchase.

Bonus # 3: The Anti-Inflammatory Recipe Book: A Guide for Eating Foods That Fight Inflammation This eBook will teach you how to calm inflammation and support your immune system to help you with IBS, chronic discomfort, and any other inflammatory problems you may be experiencing. Some foods have anti-inflammatory properties, while others are associated with inflammation or oxidation. This cookbook contains delicious and easy-to-cook recipes that target inflammation.

BellyFlush Refund policy

BellyFlush comes with the same 365 day refund policy as Simple Promise supplements.

You are entitled to an immediate refund if you are unhappy with BellyFlush's effects for any reason. Contact the manufacturer, and send the empty bottle back to them.

Simple Promise

Simple Promise, a Camas-based company that offers nutritional supplements for different health and wellbeing goals.

Simple Promise, for instance, sells products such as immune system boosters and detox formulas. The products are manufactured in a GMP-certified, FDA-registered facility in the United States.

Simple Promise offers a money-back guarantee of 365 days, free delivery worldwide, and products that are safe and effective.

Contact Simple Promise and BellyFlush Customer Service via the following methods:

- Email: support@simplepromise.com
- Phone: 1-800-259-9522

- Mailing Address: Simple Promise Pte Ltd 3242 NE 3rd Avenue #1051, Camas, WA 98607

Final Word

BellyFlush from Simple Promise is a formula for detoxification and cleansing.

BellyFlush, which contains aloe vera, fennel and Cascara Sagrada as well as a mixture of other plants and herbs, is said to help release toxins from the body and cleanse it.

To find out more about BellyFlush, or to purchase the supplement today, visit the official website. All purchases are covered by a money-back guarantee of 365 days.

SAMPLER PACKAGE

1-MONTH SUPPLY

SAVE \$40

\$59 /EACH

FAST & FREE SHIPPING
365-DAY MONEY-BACK GUARANTEE

ADD TO CART

BEST SELLER!

6-MONTH SUPPLY

SAVE \$396

\$33 /EACH

FAST & FREE SHIPPING
365-DAY MONEY-BACK GUARANTEE

ADD TO CART

MOST POPULAR!

3-MONTH SUPPLY

SAVE \$150

\$49 /EACH

FAST & FREE SHIPPING
365-DAY MONEY-BACK GUARANTEE

ADD TO CART