

# Enemas ... made simple



## Cleanse your inner environment

Now in  
Colema Blue  
and Granite!



### COLEMA BOARDS®

of California, Inc

[www.colema.com](http://www.colema.com)

The World Leader in Enema Innovation



(800) 745-2446



www.colema.com

## THE ORIGINAL HOME ENEMA BOARD KITS, SINCE 1975

The patented Colema Board® is a safe, effective, comfortable and affordable way to cleanse the colon in the privacy of your own home.

ENDORSED BY V.E. IRONS, SR.

RECOMMENDED BY

BERNARD JENSEN, DANIEL REID, ANDREAS MORITZ, AND OTHER HEALTH AUTHORS

### How It Works

The Colema Board® Home Enema Kit is designed with comfort in mind. Unlike traditional enemas and bags which require awkward positions and repeated insertion of the rectal tip, the Colema Board® Kit increases comfort and effectiveness by allowing you to lie in one position during administration of the enema solution and elimination of waste. The Colema Board® is used while lying comfortably on your back with your knees bent. You control the gentle flow of water through the colon. The small rectal tip stays in place during the entire enema, including evacuation. Assembly is easy and clean up is simple. View our online setup demonstration at [www.colema.com/setup.html](http://www.colema.com/setup.html).

### Uses

The Colema Board® provides thorough and safe cleansing of the colon. It is ideal for use with a cleansing or detox program, for relief of occasional constipation, and preparation of colon for x-ray or endoscopic examination.

Own the original, most effective and comfortable home enema board kit - The Colema Board®!

### COLEMA BOARD® FEATURES

- Convenient board lengths fit in most bathrooms
- Quick and easy clean-up
- The safety of gravity flow (no hydraulic pressure)
  - No need for plumbing or a spigot at the bottom of a bucket
- Safe rectal tip (1/4" in diameter) enables full size stool elimination

### DELUXE COLEMA BOARD®

- Dimensions: 18 3/4" W x 44" L (47.6 cm x 111.2cm)
- Weight: 13 lbs. (6.4 kgs)
- High-impact plastic, one-piece construction
- 18" width provides comfort and stability
- Safely supports over 250 lbs. (114 kgs)

### EACH COLEMA BOARD® INCLUDES

- A complete tubing assembly
- Two disposable plastic rectal tips
- Water siphoning syringe
- Comfort pad
- Instructional DVD Video - 15 minutes

### WARNINGS:

Please consult your physician before use or if you have questions concerning use of an enema kit.

Colema Boards® of California does not make any therapeutic or curative claims regarding the use of this product.

Colema Boards® of California **does not intend to diagnose, prescribe, or treat** illness with any of its literature or products.

### OPTIONAL ACCESSORIES

- Stainless steel (reusable) tips
- Additional disposable tips
- Extra tubing assemblies
- #16 Detoxificant (add to enema solution)
- #43 Oil Base Salve (lubricant for tip)

### ADDITIONAL ITEMS NEEDED

A 5-gallon bucket may be purchased at a hardware store or through Colema Boards.

Colema Boards® of California, Inc. (800) 745-2446

www.colema.com e-mail: [info@colema.com](mailto:info@colema.com) (530) 347-5700

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