

# Bento Health

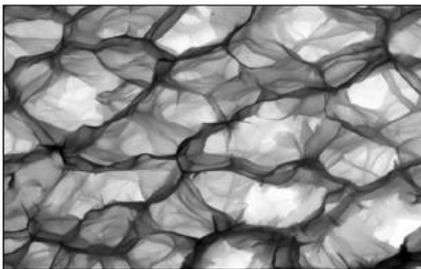
by Great Nature

## General Information

Geophagia (the practice of swallowing soil or similar matters) is often observed adaptive behavior in humans since ancient times. Since geophagia is also a habit among animals, it is assumed that the soil, and in particular clay, has some beneficial effects on the bodily functions.

Bentonite is a highly absorbent aluminum phyllosilicate clay. It is named after Fort Benton, Wyoming, where the world's largest deposits are located. The major mineral constituent of bentonite is Montmorillonite. Its name originates from the Montmorillon region of France, where it was first discovered. Bentonite owes its beneficial effect to this particular mineral.

Montmorillonite Structure



$(\text{Na}, \text{Ca})_{0.33}(\text{Al}, \text{Mg})_2(\text{Si}_4\text{O}_{10})(\text{OH})_2 \cdot n\text{H}_2\text{O}$   
Bentonite clay has been used in different cultures throughout human history, and people have been convinced of its therapeutic benefits. Today, these practices are forgotten, but because of its prevalence and accessibility, bentonite gradually finds its current use as a supportive tool in many diseases.



Recent studies have shown that the informed dietary intake of bentonite leads to a reduction of common diseases in humans and animals by 40-60%. However, the main benefit of bentonite is the prevention of multiple preclinical conditions caused by our hectic way of life.

Bentonite has a strong detoxifying effect and supports the nutritional regimens for weight reduction.

A number of studies have been conducted worldwide demonstrating both the therapeutic benefits of bentonite and its safety after prolonged oral intake.



## Bento Health by Great Nature

**Bento Health**® are capsules of natural purified bentonite, which helps the elimination of acids, toxins and heavy metals from the body. **Bento Health**® accelerates recovery in conditions associated with vomiting or diarrhea, restores the Ph-balance, provides minerals (mainly calcium and magnesium) to the body and increases immunity.



**Bento Health**® provides faster absorption of nutrients and at the same time absorbs metabolite wastes, thus relieves the symptoms in a number of conditions such as diabetes, renal failure, etc.



**Bento Health**® absorbs some of the fat in the digestive tract, thus contributing to the successful obesity treatment. **Bento Health**® is suitable for intake after therapies with strong drugs, incl. antibiotics, and helps restore the balance of the intestinal bacteria. **Bento Health**® increases the effect of the therapy in case of bacteria with a tendency to develop resistance to antibiotics.

### Recommended use:

1-2 capsules twice a day before meals.

### Ingredients:

Natural purified sodium bentonite with high concentration (82-84%) of montmorillonite. **Bento Health**® is 100% natural product without added salt, yeast, gluten, milk derivatives, preservatives, artificial colors, flavorings or sweeteners.



### Package:

A vial of 120 capsules, each containing 800 mg of bentonite. Net weight: 100 g

### Sources of information:

U.S. Food & Drug Administration  
U.S. Department of Health & Human Services  
National Institutes of Health  
National Library of Medicine  
National Center for Biotechnology Information  
Information and Methodic Center Zentrum der Gesundheit



### For contacts:

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## Application of bentonite

### For detoxification:

Bentonite clay acts as a strong detoxifying agent.

A number of laboratory and clinical research data show absorption of toxins (e.g. trichothecene mycotoxin, aflatoxins, etc. which are found in food products contaminated with mold). These studies show that prolonged (2-week) intake of bentonite leads to a significant increase in fecal excretion of toxins and reduce their deposition in the tissues, showing the positive effect of bentonite in case of toxemia. In the early 1989, it was reported that bentonite can reduce, for example, aflatoxin with up to 66% of its primary concentration. Later studies show that there is evidence that the intake of bentonite in case of toxicosis affecting the liver leads to partial restoration of the liver function without significantly affecting the mineral metabolism.



Pesticides are among the most persistent organic pollutants in the environment. They are highly toxic, chemically and biologically stable and tend to accumulate in organisms. There are laboratory tests that show that bentonite has the ability to absorb pesticides. It has the potential for sorption of the pesticide endrin due to a combination of hydrophobic and ionic interactions.

### In case of heavy metals poisoning:

Heavy metals poisoning is a medical condition caused by increased levels of lead, copper, cadmium, etc. in the body. Heavy metals interfere with different body processes and they are toxic to many organs and tissues. Prolonged intake of bentonite significantly reduces the concentration of heavy metals in blood, brain, liver, bones, kidneys and hair. In some cases, the contact with heavy metals creates free radicals in the body that can cause oxidative stress. These clinical conditions respond very positively to the ingestion of bentonite.

The performed studies show a recovery in cadmium-induced oxidative damage to the liver and kidneys. In addition, bentonite reduces cytotoxicity and genotoxicity caused by elevated concentrations of heavy metals.



### In case of metabolic issues:

Creatinine is a metabolite of creatine phosphate in the muscles, and its serum content is an important indicator of renal health as it is excreted by the kidneys. Creatinine can diffuse from the blood vessels to the intestine and be reabsorbed in the intestine. In these cases, bentonite reduces the serum creatinine by absorbing the serum in the digestive tract and by speeding its release from the intestine.

Urea is the major metabolite produced by protein consumption. By reducing the renal function, the level of urea in the blood is increased. It has been shown that bentonite stimulates the diffusion of urea from the blood vessels to the intestine and suppresses the absorption of urea back into the intestine.

When patients with hyperthyroidism intake bentonite, adsorption of thyroxine and triiodothyronine has been reported leading to their decrease in the body. There are indications that as a result, sleep time of patients is prolonged, their tolerability to hypoxia is improved, and their hyperactivity is decreased.

The large surface area of the bentonite layers controls the levels of the metabolic growth components.

### Antibacterial effects:

The number of antibiotic-resistant pathogenic bacteria has increased considerably nowadays. This tendency implies the need of identifying and evaluating the new antibacterial agents. Montmorillonite has antibacterial properties as a result of its physical (i.e. penetration or destruction) and/or chemical interaction (i.e. poisoning or deprivation of nutrients) with bacteria.

In addition, bentonite modulates the immune response of the body. Bentonite particles suppress the production of lipopolysaccharides from pathogenic bacteria and thus make them more susceptible to antibodies.

## Warning

An overdose with bentonite may lead to hypokalemia and hypochromic anemia accompanied by sleepiness and muscle weakness. To avoid these side effects, it is advisable not to exceed the maximum therapeutic dose.

Bentonite is a highly absorbent food additive. You should consult a doctor for chronic and other diseases associated with long-term ingestion.



## Summary

In contact with water, bentonite produces negative ions which combine with the positive ions of the heavy metals and thus preventing their deposition in the body. Because of the layered structure of montmorillonite, bentonite has the ability to absorb fluids exceeding its own volume 60 times. As a result, bentonite absorbs toxins, metabolic waste and even fat and takes them out of the body naturally.

In addition, bentonite supplies useful minerals to the body such as: silicon, calcium, magnesium, sodium, and iron. Bentonite improves the cell supply with oxygen, it has alkalizing effect on the body and helps restore the balance of the intestinal flora.

### Montmorillonite working principles

