

# Intestinal Bowel Soother

## ADVANCED Naturals

### PRODUCT MONOGRAPH

#### Product composition

##### Medicinal Ingredients:

Each capsule contains:

Turmeric rhizome ( <i>Curcuma longa</i> ) 4:1 extract (equivalent to 760 mg).....	190mg
Goldenseal root and rhizome ( <i>Hydrastis Canadensis</i> ) 4:1 extract (equivalent to 760 mg).....	190mg
Ginger Root rhizome ( <i>Zingiber officinale</i> ) 4:1 extract (equivalent to 260 mg).....	65mg
Capillary Artemisia herb ( <i>Artemisia capillaris</i> ) .....	38.7mg
Bai-zhu Atractylodes rhizome ( <i>Atractylodes macrocephala</i> ).....	26.7mg
Codonopsis root ( <i>Codonopsis pilosula</i> ).....	20.7mg
Schisandra berry ( <i>Schisandra chinensis</i> ).....	20.7mg
Job's Tears seed ( <i>Coix lacryma-jobi</i> ) .....	20.7mg
Chinese Thoroughwax root ( <i>Bupleurum chinense</i> ).....	13.5mg
Psyllium seed ( <i>Plantago asiatica</i> ) .....	13.5mg
Poria sclerotium ( <i>Porie cocos F.A. Wolf</i> ).....	13.5mg
Magnolia bark ( <i>Magnolia officinalis</i> ).....	13.5mg
Phellodendron bark ( <i>Phellodendron amurense</i> ) .....	13.5mg
Chinese Giant Hyssop aerial parts ( <i>Agastache rugosa</i> ).....	13.5mg
Ginger root ( <i>Zingiber officinale</i> ).....	13.5mg
Chinese Ash Branch bark ( <i>Fraxinus chinensis</i> ).....	13.5mg
Chinese Licorice root ( <i>Glycyrrhiza uralensis</i> ) .....	13.5mg
Chinese Peony root ( <i>Paeonia lactiflora</i> ).....	9mg
Tangerine peel ( <i>Citrus reticulata</i> ) .....	9mg
Siler root ( <i>Ledebouriella seseloides</i> ).....	9mg
Chinese Goldthread rhizome ( <i>Coptis chinensis</i> ).....	9mg
Costus root ( <i>Saussurea lappa</i> ) .....	9mg
Fragrant Angelica root ( <i>Angelica dahurica</i> ).....	6mg

Non-medicinal ingredients: Vegetable cellulose

**Recommended dose:** Adults: Take 2 capsules per day, as needed on an empty stomach.

**Duration of use:** For prolonged use, consult a health care practitioner. May take up to one week to produce beneficial effects.

**Indication:** Traditionally used to help alleviate inflammatory conditions of the digestive tract, relieve stomach complaints such as cramping, digestive upsets/disturbances, dyspepsia, flatulence, spasm indigestion and nausea.

**Contraindications:** Do not use if you are pregnant, breastfeeding, have bile duct obstruction or if you are allergic to plants of the Asteraceae, Compositae, Daisy, Campanulaceae, Schisandraceae, or Plantaginaceae family.

**Warnings:** Keep out of reach of children.

Consult a health care practitioner if symptoms persist or worsen.

Consult a health care practitioner prior to use if you have diabetes, kidney disorder, blood pressure problems, gallstones, stomach ulcers or excess stomach acid and/or are taking antiplatelet medication or blood thinners.

Use cautiously if you are using laxatives or stool softeners or have inflamed bowel or appendicitis; if you have seizure disorders or high intracranial pressure; and if you have skin diseases as schisandra has been shown to be a photosensitizer in vitro.

**Precautions:** Not to be used by children.

Consumption with alcohol, other medications and/or natural health products with sedative properties is not recommended.

**Adverse Effects:** Hypersensitivity/allergy is known to occur, in which case, discontinue use.

**Overdose:** For management of suspected product overdose it is recommended to contact your physician.

**Symptoms of Overdose:** Has not been investigated nor any reports have been filed.

#### Supporting Research and Traditional Evidence

##### Turmeric rhizome (*Curcuma longa*) 4:1 extract (equivalent to 760 mg)

Turmeric rhizome has been used traditionally to help relieve flatulent dyspepsia (carminative), aid digestion (NHPD Monograph), and for its cholecystokinetic and anti-inflammatory action. The pharmacological constituent in turmeric root responsible for its choleric properties is curcumin, which acts on the gallbladder to increase bile secretion. The herb has a good safety profile when taken at recommended doses of 1.5–3g of daily (Blumenthal, 1998). The ingredient is one of the primary ingredients in the product, delivering a therapeutic dose in support of the claimed actions.

##### Goldenseal root and rhizome (*Hydrastis Canadensis*) 4:1 extract (equivalent to 760 mg)

Goldenseal root and rhizome have been used traditionally to help alleviate infectious and inflammatory conditions of the digestive tract and is used as a digestive aid for upset stomach, and as a laxative/diuretic. (NHPD Monograph) Goldenseal is considered to be a stimulant to involuntary muscle, and to possess stomachic, oxytocic, antihemorrhagic, and laxative properties. Traditionally it has been used for digestive disorders, gastritis, peptic ulceration, colitis, anorexia, upper respiratory catarrh, menorrhagia, post-partum haemorrhage, dysmenorrhoea, topically for eczema, pruritus, otorrhoea, catarrhal deafness, and tinnitus, conjunctivitis, and specifically for atonic dyspepsia with hepatic symptoms. (Newall et al, 1996) The ingredient is one of the primary ingredients in the product, delivering a therapeutic dose in support of the claimed actions.

##### Ginger Root rhizome (*Zingiber officinale*) 4:1 extract (equivalent to 260 mg)

Ginger root rhizome has been shown clinically to help prevent nausea and vomiting associated with motion sickness and/or seasickness; and has been used in Western herbalism to relieve digestive upsets/disturbances including flatulence, dyspepsia, spasm indigestion and nausea, and to relieve coughs and colds. (NHPD Monograph) The ingredient is one of the primary ingredients in the product, delivering a therapeutic dose in support of the claimed actions.

##### Chinese Herbs

The Chinese herbs are included in the formulation as supportive ingredients; the claims for this product are not based on their inclusion. For the 20 herbal ingredients

comprising the Chinese herbal blend, an understanding of Traditional Chinese Medicine (TCM) is required to comprehend the therapeutic value of such a preparation. In the TCM model of medicine, the spleen, and the stomach secondarily, are thought to govern the functions of digestion. A disturbance in the function of the spleen or in the stomach results in poor digestive function, and given the link between the function of the spleen and the liver, herbs benefiting the liver have been included in the blend. Some of the herbs possess the principle of regulation of chi; in TCM, proper flow of chi is required for the function of all organs including the spleen and stomach.

In a 16-week randomized, double blind, placebo controlled trial investigating the effects of Traditional Chinese Herbal patent remedies in Irritable Bowel Syndrome (IBS), 116 patients diagnosed with IBS received either a Chinese herbal blend tailored to their needs, a standard Chinese herbal blend, or placebo. Change in total bowel symptom scale scores, patient-assessed global improvement, gastroenterologist-assessed global improvement, and change in patient-assessed degree of interference in life caused by IBS symptoms were collected. Significant improvement in patient and gastroenterologist bowel symptom scores, and significant global improvement as rated by patients and by gastroenterologists was reported. Patients reported that treatment significantly reduced the degree of interference with life caused by IBS symptoms. However, Chinese herbal formulations individually tailored to the patient proved no more effective than the standard blend. At 14 weeks follow-up, only the individualized CHM treatment group maintained improvement. Chinese herbal formulations appear to offer improvement in symptoms for some patients with IBS. (Bensoussan A, 1998)

##### Capillary Artemisia herb (*Artemisia capillaris*)

Capillary artemisia has been used traditionally to clear heat, resolve dampness, and reduce jaundice; it is a principal herb used in treating jaundice due to either damp-heat or cold-dampness. It is also used as an external wash for damp sores, wind rashes, and other skin diseases, particularly those affecting the lower parts of the body. (Bensky et al, 2004) Capillary artemisia has also been used traditionally for inhibited urination. (Yen K, 1992)

##### Bai-zhu Atractylodes rhizome (*Atractylodes macrocephala*)

Bai-zhu Atractylodes rhizome is used traditionally for spleen vacuity in fullness and distension; vexation and oppression in the chest diaphragm; diarrhoea; water swelling; phlegm-rheum; and spontaneous sweating. (Yen K, 1992) Bai-zhu atractylodes tonifies the spleen and augments qi in spleen or stomach deficiency when accompanied by symptoms of diarrhoea, fatigue, sallow complexion, and lack of appetite. It is used to dry dampness and promote water metabolism in cases of fluid accumulation affecting digestion, in edema and in cases of reduced urination due to spleen deficiency/failure to transform and transport. Bai-zhu atractylodes rhizome is used for damp painful obstruction, stabilizing the exterior, and for spontaneous sweating due to qi deficiency. It is used in other types of sweating when combined with an appropriate herb. (Bensky et al, 2004)

##### Codonopsis root (*Codonopsis pilosula*)

Codonopsis tonifies the middle burner (i.e., digestive system), augments the qi (i.e., frequently translated as energy flow), and is used for lack of appetite, fatigue, tired limbs, diarrhoea, vomiting, or any chronic illness with spleen qi deficiency; and for symptoms of prolapse of the uterus, stomach, or rectum due to collapsed spleen qi (Bensky et al, 2004, Yen K, 1992)

##### Schisandra berry (*Schisandra chinensis*)

Schisandra berry tonifies the kidneys, binds up the essence, and stops diarrhoea, and is also used for enduring dysentery and for daybreak diarrhoea associated with spleen and kidney deficiency. (Bensky et al, 2004, Yen K, 1992)

##### Job's Tears seed (*Coix lacryma-jobi*)

Job's Tears seed facilitates the resolution of dampness and strengthens the spleen. It is used in edema, diarrhoea, leg qi, painful urinary dribbling, and damp-warmth, and addresses both the root and manifestations of these disorders. Job's Tears seed is used traditionally for any damp-heat disorder at any level that is characterized by a greasy tongue coating and digestive problems. (Bensky et al, 2004, Yen K, 1992)

##### Chinese Thoroughwax root (*Bupleurum chinense*)

Chinese Thoroughwax root has been used traditionally to help with alternating fever and chills, thoracic fullness, pain in the lateral costal region, bitterness in the mouth, deafness, headache and dizziness, malarial and dysenteric disease, menstrual irregularities and prolapsed uterus. (Bensky et al, 2004, Yen K, 1992)

##### Psyllium seed (*Plantago asiatica*)

Psyllium seed has been used traditionally as a bulk-forming laxative to promote bowel movement, and to provide gentle relief of constipation and/or irregularity. (NHPD Monograph) In TCM, psyllium is used to help with urinary stoppage, turbid strangury (painful urination), vaginal discharge, blood in urine, jaundice, water swelling, heat dysentery, diarrhea, nosebleed, reddening, soreness, and swelling of the eyes associated with either liver or kidney deficiency, phlegm, cough, and ulcers. (Bensky et al, 2004, Yen K, 1992)

Stool softening is a physician's first step in the management of chronic constipation. In a 2-week randomized, double-blind, parallel study of psyllium in constipation, 170 patients with chronic idiopathic constipation received either psyllium hydrophilic mucilloid (5.1g twice daily), docusate sodium (100 mg twice daily), or placebo. Stools were collected and assessed. Psyllium significantly increased stool water content, stool water weight, total stool output, and the O'Brien rank-type score combining objective measures of constipation compared to docusate. Bowel movement frequency was significantly greater for patients who received psyllium compared to those who received docusate. (McRorie et al, 1998)

##### Poria sclerotium (*Porie cocos F.A. Wolf*)

Poria sclerotium has been used in TCM to promote urination and leach out dampness; for urinary difficulty, diarrhea, or edema due to stagnation of fluids or dampness; for spleen deficiency compounded by dampness with symptoms of loss of appetite, diarrhea and epigastric distention; for spleen deficiency with thin mucus in which phlegm moves upward with such symptoms as palpitations, headache, dizziness, and thick, greasy tongue coating; for palpitations, insomnia, or forgetfulness due to either spleen or heart insufficiency or internal obstruction of turbid phlegm. (Bensky et al, 2004, Yen K, 1992)

##### Magnolia bark (*Magnolia officinalis*)



Magnolia bark has been used in TCM for reducing and eliminating abdominal distention and fullness, reducing phlegm, calming wheezing; and for nausea and diarrhea. (Bensky et al, 2004, Yen K, 1992)

**Phellodendron bark (*Phellodendron amurense*)**

Phellodendron bark has been used traditionally in heat dysentery and diarrhoea, jaundice, steaming bones (TCM term describing a condition of deep internal heat; patient describes a heat that seems to come from the bones), hemorrhoids, hemafecia, turbid strangury, vaginal discharge, and sores. (Bensky et al, 2004, Yen K, 1992)

**Chinese Giant Hyssop aerial parts (*Agastache rugosa*)**

Chinese Giant Hyssop has been used traditionally in vomiting and diarrhoea, dysenteric disease, and to dispel middle burner turbid dampness, unbind the stomach, and to release the exterior. (Bensky et al, 2004, Yen K, 1992)

**Ginger root (*Zingiber officinale*)**

Ginger root has been used in TCM to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative). It has also been used traditionally as an expectorant and anti-tussive to help relieve bronchitis as well as coughs and colds. Ginger root has been shown clinically to help prevent nausea and vomiting associated with motion sickness, and/or seasickness. (NHPD Monograph)

**Chinese Ash Branch bark (*Fraxinus chinensis*)**

Chinese Ash Branch bark has been used traditionally to clear heat, resolve toxicity, and dry dampness: for diarrhea, dysenteric disorder/bacterial dysentery, enteritis, and vaginal discharge due to damp-heat. (Bensky et al, 2004, Yen K, 1992)

**Chinese Licorice root (*Glycyrrhiza uralensis*)**

Chinese Licorice root has been used traditionally to tonify spleen qi, moisten the lungs, moderate urgency and toxicity, drain fire, and for sore throat, digestive tract ulcers and food poisoning. (Bensky et al, 2004, Yen K, 1992)

**Chinese Peony root (*Paeonia lactiflora*)**

Chinese Peony root has been used in TCM to calm and curb the liver yang and to alleviate pain, including flank, chest, and abdominal pain from constrained liver qi or from disharmony between the liver and spleen. This herb is used to soften and comfort the liver, stop painful spasms in the abdomen, stop cramping pain or spasms in the hands and feet, and alleviate abdominal pain associated with dysenteric disorders. (Bensky et al, 2004, Yen K, 1992)

**Tangerine peel (*Citrus reticulata*)**

Tangerine peel has been used traditionally to regulate qi, adjust the middle, and relieve the diaphragm: for spleen or stomach stagnant qi patterns with such symptoms as epigastric or abdominal distention, fullness, bloating, belching, and nausea and vomiting. It is commonly used to treat different types of nausea and vomiting. (Bensky et al, 2004, Yen K, 1992)

**Siler root (*Ledebouriella seseloides*)**

Siler root has been used traditionally for wind disorders; to treat dampness, diarrhoea, and pain in the bowels; headache, dizziness, and stiffness of the neck in external wind-cold patterns; wind, cold, and damp bi; aching pain in the joints; hypertonicity of the limbs; and lockjaw. (Bensky et al, 2004, Yen K, 1992)

**Chinese Goldthread rhizome (*Coptis chinensis*)**

Chinese Goldthread rhizome has been used traditionally to clear heat and drain dampness: for damp-heat in the stomach or intestines accompanied by diarrhoea or dysenteric disorder. The herb has also been used for vomiting and/or acid regurgitation from stomach heat, and for abdominal pain due to heat diarrhoea. (Bensky et al, 2004, Yen K, 1992)

**Costus root (*Saussurea lappa*)**

Costus root has been used traditionally to promote the flow of qi, stop pain, strengthen the spleen, and eliminate food stagnation, fullness in the chest and abdomen, and dysenteric disease accompanied by tenesmus. (Bensky et al, 1994; Yen K, 1992)

**Fragrant Angelica root (*Angelica dahurica*)**

Fragrant Angelica root has been used in TCM to release the exterior, open the orifices, dry dampness, and is frequently used for wind-cold frontal headaches. The herb enters the lung, spleen, and stomach channels to dispel wind; dry dampness, disperse swelling, and relieve pain. (Bensky et al, 2004, Yen K, 1992)

**Ingredient Summary:**

**Turmeric rhizome (*Curcuma longa*) 4:1 extract (equivalent to 760 mg)**

- Traditionally used as an anti-inflammatory.
- Traditionally used to relieve stomach complaints such as nausea, cramping and flatulence.
- Traditionally used for dyspeptic conditions.

**Goldenseal root and rhizome (*Hydrastis Canadensis*) 4:1 extract (equivalent to 760 mg)**

- Traditionally used to help alleviate infectious and inflammatory conditions of the digestive tract.
- Traditionally used as a digestive aid for upset stomach, and as a laxative/diuretic.

**Ginger Root rhizome (*Zingiber officinale*) 4:1 extract (equivalent to 260 mg)**

- Clinically shown to help prevent nausea and vomiting associated with motion sickness and/or seasickness.
- Traditionally used (in Western herbalism) to relieve digestive upsets/disturbances including flatulence, dyspepsia, spasm indigestion and nausea.
- Traditionally used (in Western herbalism) to relieve coughs and colds.

The herbs listed below act in supportive role and claims have not been attributed to them:

**Capillary Artemisia herb (*Artemisia capillaris*)**

- Traditionally used in treating jaundice due to either damp-heat or cold-dampness.

**Bai-zhu Atractylodes rhizome (*Atractylodes macrocephala*)**

- Traditionally used to dry dampness and promote water metabolism in cases of fluid accumulation affecting digestion.

**Codonopsis root (*Codonopsis pilosula*)**

- Traditionally used for lack of appetite, diarrhoea, vomiting, or any chronic illness with spleen deficiency.

**Schisandra berry (*Schisandra chinensis*)**

- Traditionally used to tonify the kidney, and in diarrhoea, enduring dysentery,

vomiting, and any chronic illness with spleen deficiency.

**Job's Tears seed (*Coix lacryma-jobi*)**

- Traditionally used in edema, diarrhoea, leg qi, painful urinary dribbling, and damp-warmth.

**Chinese Thoroughwax root (*Bupleurum chinense*)**

- Traditionally used to help with alternating fever and chills, malarial and dysenteric disease.

**Psyllium seed (*Plantago asiatica*)**

- Traditionally used as a bulk-forming laxative to promote bowel movements, and to provide gentle relief of constipation and/or irregularity.

**Poria sclerotium (*Poria cocos* F.A. Wolf)**

- Traditionally used in leeching out dampness, and for diarrhoea, edema, spleen deficiency compounded by dampness with symptoms of loss of appetite, diarrhoea and epigastric distention.

**Magnolia bark (*Magnolia officinalis*)**

- Traditionally used in reducing and eliminating abdominal distention and fullness, reducing phlegm, to calm wheezing; and for nausea and diarrhoea.

**Phellodendron bark (*Phellodendron amurense*)**

- Traditionally used in heat dysentery and diarrhoea, jaundice, steaming bones (TCM term describing a condition of deep internal heat; patient describes a heat that seems to come from the bones), hemorrhoids, and hemafecia.

**Chinese Giant Hyssop aerial parts (*Agastache rugosa*)**

- Traditionally used in vomiting and diarrhoea, dysenteric disease, and to dispel middle burner turbid dampness, unbind the stomach, and to release the exterior

**Ginger root (*Zingiber officinale*)**

- Traditionally used to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative).

**Chinese Ash Branch bark (*Fraxinus chinensis*)**

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**Chinese Licorice root (*Glycyrrhiza uralensis*)**

- Traditionally used to tonify the spleen, moisten the lungs, moderate urgency and toxicity, drain fire, and for sore throat, digestive tract ulcers and food poisoning.

**Chinese Peony root (*Paeonia lactiflora*)**

- Traditionally used to calm and curb the liver yang and to alleviate pain, including flank, chest, and abdominal pain from constrained liver qi or from disharmony between the liver and spleen.

**Tangerine peel (*Citrus reticulata*)**

- Traditionally used to regulate qi, adjust the middle, and relieve the diaphragm: for spleen or stomach stagnant qi patterns with such symptoms as epigastric or abdominal distention, fullness, bloating, belching, and nausea and vomiting.

**Siler root (*Ledebouriella seseloides*)**

- Traditionally used for wind disorders; to treat dampness, diarrhoea, and pain in the bowels.

**Chinese Goldthread rhizome (*Coptis chinensis*)**

- Traditionally used to clear heat and drain dampness: for damp-heat in the stomach or intestines accompanied by diarrhoea or dysenteric disorder.

**Costus root (*Saussurea lappa*)**

- Traditionally used to promote the flow of qi, stop pain, strengthen the spleen, and eliminate food stagnation, fullness in the chest and abdomen, and dysenteric disease accompanied by tenesmus.

**Fragrant Angelica root (*Angelica dahurica*)**

- Traditionally used to release the exterior, open the orifices, dry dampness, and for wind-cold frontal headaches.

**References**

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