

Colon Therapy

PRODUCT INFORMATION



WHAT IS COLON THERAPY?

Colon Therapy is a unique, all natural herbal and mineral colon support formula for relief of occasional constipation.

HOW IT WORKS

Colon Therapy enhances elimination through two different mechanisms. The first mechanism is through hydration of the colon. One of the most common causes of constipation is dehydration. Colon Therapy allows for proper hydration of the colon by using the mineral, magnesium hydroxide. Magnesium hydroxide helps to regulate water into the bowel. If sufficient levels are ingested, a state of hydragogue (water flushed into the bowel) is created in the colon. When the colon is fully hydrated, elimination can occur without the need of harsh and purgative laxatives.

The second mechanism enhanced by Colon Therapy is peristalsis. The herbs, cape aloe and rhubarb contain the active ingredient 'anthraquinone' which stimulates smooth muscle contraction of the colon. Triphala, an ayurvedic herb traditionally used in India, also stimulates peristalsis. By hydrating the colon, as well as stimulating peristalsis, elimination can be achieved at a normal level (2-3 times per day).

Colon Therapy is formulated to improve elimination while avoiding the side effects of laxatives. Most laxatives purge the colon of its contents instead of helping to achieve a natural bowel movement. Herbs such as cascara sagrada and senna, have this purging action which can irritate and weaken the colon. Over time, the colon can become dependant on these purging herbs and lose its ability to contract properly. This can cause infrequent elimination.

DIRECTIONS FOR USE

Adults: Take 1 capsule in the evening on an empty stomach as needed. Oral dosage produces action in 30 minutes to 6 hours. Do not take within 2 hours of other medications. Drink a full glass of water (250 ml or 8 ounces) of water or other liquid with each oral dose.

WHAT TO EXPECT

Depending on your current level of elimination, Colon Therapy can have different effects. In the first few days, there may be loosening of the stool. This is a positive thing. If stools become too loose, FibreMAX can be used to solidify stool. Colon Therapy may increase bowel movements up to 3 times per day. If your bowel movements had been occurring less than once per day, then taking Colon Therapy may increase this to once per day or more.

SUPPORT PRODUCTS

FibreMAX: Fibre absorbs toxins ensuring they are not re-absorbed into the bloodstream, but instead are brought to the colon for elimination. FibreMAX is recommended as part of your cleansing program, as well as for maintenance afterwards.

ADVANCED *Naturals*

8-1273 North Service Road East • Oakville, ON • L6H 1A7

INGREDIENTS

COLON THERAPY

There are a number of different categories of ingredients used in Colon Therapy. These ingredients are used to gently stimulate the bowel and to promote regular elimination of toxins.

Herbs for the Bowel

- ◆ Increase bowel hydration
 - ◆ *magnesium hydroxide*
- ◆ Stimulate peristalsis
 - ◆ *cape aloe gel* (a bitter made from the skin and inner leaves of the aloe plant which contains anthraquinones)
 - ◆ *rhubarb root* (ground root of the plant which contains anthraquinones)
 - ◆ *triphala* (an ayurvedic herb derived from a combination of three fruits native to India)
- ◆ Soothe intestinal lining
 - ◆ *marshmallow* (protects and soothes the mucus membranes)
 - ◆ *slippery elm* (a mucilaginous herb that coats and soothes inflamed tissue)
- ◆ Tone and strengthen
 - ◆ *triphala* (an ayurvedic herb derived from a combination of three fruits native to India)
- ◆ Expectorant
 - ◆ *marshmallow root* (draws excess mucus from the bowel)

Colon Therapy - Each capsule contains

Magnesium hydroxide (elemental)	125mg
Cape Aloe Gel (Aloe ferox)	250mg
Chinese Rhubarb Root (Rheum palmatum)	200mg
Slippery Elm Bark (Ulmus rubra)	50mg
Marshmallow Root (Althaea officinalis)	50mg
Triphala	50mg
Belleric myrobalan fruit (Terminalia bellirica - 16.7mg)	
Chebulic myrobalan fruit (Terminalia chebula - 16.7mg)	
Indian gooseberry fruit (Phyllanthus emblica -16.7mg)	

Non-medicinal ingredients: Vegetable Capsules (Hypromellose, water)

Excipients: None

Contains no dairy, wheat, gluten, soy, corn, yeast, animal products, additives or preservatives.

Advanced Naturals does not use genetically modified ingredients. All ingredients are NON-GMO.

Warning: Do not use if you have Crohn's disease or ulcerative colitis. Consult a health care practitioner prior to use if you have diabetes. Discontinue use if abdominal pain, nausea, fever, or vomiting occurs. Loose stools or diarrhea may occur. If loose stools persist, discontinue use. If use is required for longer than 7 consecutive days please discuss with a health care practitioner. Do not use if pregnant, nursing, or after recent surgery. Keep out of reach of children.

REFERENCES

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