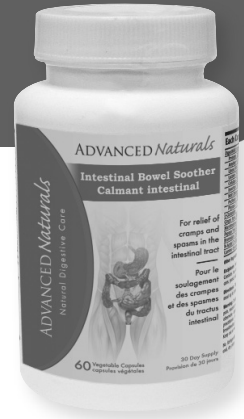


# Intestinal Bowel Soother

## PRODUCT INFORMATION

### WHAT IS INTESTINAL BOWEL SOOTHER?

Intestinal Bowel Soother is a unique combination of Chinese and Western herbs that helps to soothe the intestines and bowel by reducing inflammation, cramps, and spasms. This can be helpful for those with intestinal problems such as Crohn's, Colitis, and I.B.S. Many women have also found it helpful in alleviating menstrual cramps.



### HOW IT WORKS

Intestinal Bowel Soother works by combining Western herbal medicine with Chinese herbal medicine. The Western herbal blend of Intestinal Bowel Soother work in 5 different ways:

1. The anti-spasmodic herb ginger root relaxes and calms the bowel.
2. Anti-microbial herbs such as goldenseal and turmeric kill off bad bacteria which can contribute to irritation in the intestinal tract.
3. Carminative herbs such as ginger root and turmeric expel gas from the body and reduce flatulence.
4. Anti-inflammatory herbs such as ginger root, goldenseal and turmeric reduce irritation and inflamed tissue.
5. Antiseptic herbs such as ginger root and turmeric help to prevent infection by inhibiting the growth of micro organisms.

The Chinese herbal blend in the Intestinal Bowel Soother works to soothe, calm, and provide support to the bowel. According to the Journal of the American Medical Association, this particular blend (used in a double blind study) was shown to be effective with IBS sufferers (1998).

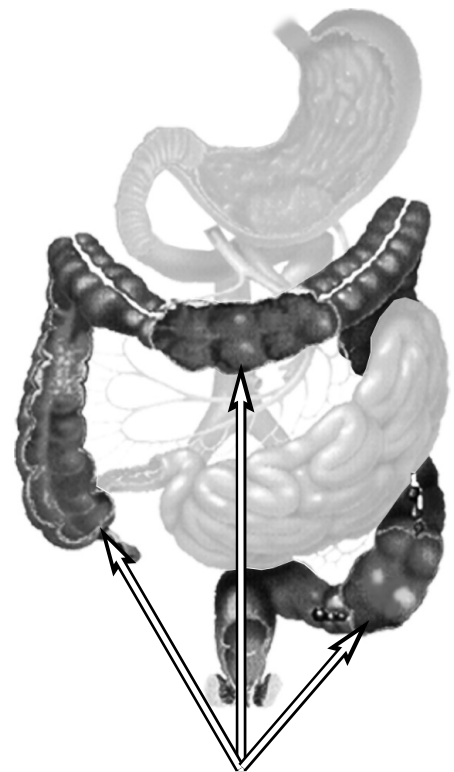
### DIRECTIONS FOR USE

Take 2 capsules per day, as needed with water on an empty stomach.

### WHAT TO EXPECT

Intestinal Bowel Soother will help to reduce or eliminate painful irritation, cramping, and spasms due to intestinal tract / colon sensitivities (ex. Irritable Bowel Syndrome, Crohn's). It also helps to alleviate cramping due to menstruation or P.M.S.

### Digestive System



**Colon / Bowel**

# INGREDIENTS

## INTESTINAL BOWEL SOOTHER

Intestinal Bowel Soother contains a mix of ingredients to soothe the intestines /bowel

**Proprietary Western Herbal Blend** - has five properties:

**Anti-Inflammatory:**

- ♦Ginger Root
- ♦Goldenseal
- ♦Turmeric

**Anti-Spasmodic:**

- ♦Ginger Root

**Carminative (expel gas from the body; relieves flatulence):**

- ♦Ginger Root
- ♦Turmeric

**Antiseptic**

- ♦Ginger Root
- ♦Turmeric

**Anti-Microbial**

- ♦Goldenseal
- ♦Turmeric

**Proprietary Chinese Herbal Blend** - *The Journal of American Medical Association found this particular blend of Chinese Herbs to be effective with IBS sufferers:*

*(Capillary Artemisia Herb (artemesia capillaris herba)/ Bai-zhu Atractylodes Root (Atractylodes macrocephala/ rhizome)/ Codonopsis Root (Codonopsis pilosula, radix)/ Job's Tears Seed (Coix lacryma-jobi, semen)/ Schisandra Berry (Schisandra chinensis, fructus)/ Chinese Giant Hyssop Aerial Parts (Agastache rugosa, herba)/Chinese Licorice Root (Glycyrrhiza uralensis, radix)/ Chinese Thoroughwax Root (Bupleurum chinense, radix)/ Ginger Root (Zingiber officinale, rhizome)/ Chinese Ash Branch Bark (Fraxinus chinensis, cortex)/ Magnolia Bark (Magnolia officinalis, cortex)/ Phellodendron bark (Phellodendron amurense, cortex)/ Poria (Poria cocos)/ Psyllium Seed (Plantago asiatica, semen)/ Chinese Goldthread Rhizome (Coptis chinensis, rhizome), Chinese Peony Root (Paeonia lactiflora, radix)/ Costus Root (Saussurea lappa, radix)/ Siler Root (Ledebouriella seseloides, radix)/ Tangerine Peel (Citrus reticulata, pericarpium)/ Fragrant Angelica Root (Angelica dahurica, radix))*

### REFERENCES

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- Expanded Commission E Monographs, Therapeutic Guide To Herbal Medicine. American Botanical Council. [http://herbalgram.org/commissione/Monographs/Monograph\\_0365.html](http://herbalgram.org/commissione/Monographs/Monograph_0365.html) 27/04/2005.
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- Herbal Information Centre - <http://www.kcweb.com/herb>
- American Botanical Society - HerbalGram: Ginger and Atractylodes as an Anti-inflammatory. <http://cms.herbalgram.org/herbalgram/issue29/article872.html>
- American Botanical Society - HerbalGram: Herbs and Spices with Antioxidant and/or Antimicrobial Compounds. <http://cms.herbalgram.org/herbalgram/issue39/article481.html>
- American Botanical Society - Java Turmeric Extracts for Microbial Control. <http://cms.herbalgram.org/herbalgram/issue64/article2739.html>
- The Ananda Apotheary. <http://www.anandaapotheary.com/aromatherapy-essential-oils-news/2008/05/studies-demonstrate-antispasmodic.html>

### Intestinal Bowel Soother - Each capsule contains

#### Proprietary Western Herbal Blend

Goldenseal Root, 4:1 Extract (Hydrastis canadensis)	190mg
Turmeric Root, 4:1 Extract (Curcuma longa)	190mg
Ginger Root, 4:1 Extract (Zingiber officinale)	65mg

#### Proprietary Chinese Herbal Blend

Capillary Artemisia Herb (artemesia capillaris herba)	38.7mg
Bai-zhu Atractylodes Root (Atractylodes macrocephala, rhizome)	26.7mg
Codonopsis Root (Codonopsis pilosula, radix)	20.7mg
Job's Tears Seed (Coix lacryma-jobi, semen)	20.7mg
Schisandra Berry (Schisandra chinensis, fructus)	20.7mg
Chinese Giant Hyssop Aerial Parts (Agastache rugosa, herba)	13.5mg
Chinese Licorice Root (Glycyrrhiza uralensis, radix)	13.5mg
Chinese Thoroughwax Root (Bupleurum chinense, radix)	13.5mg
Ginger Root (Zingiber officinale, rhizome)	13.5mg
Chinese Ash Branch Bark (Fraxinus chinensis, cortex)	13.5mg
Magnolia Bark (Magnolia officinalis, cortex)	13.5mg
Phellodendron bark (Phellodendron amurense, cortex)	13.5mg
Poria (Poria cocos)	13.5mg
Psyllium Seed (Plantago asiatica, semen)	13.5mg
Chinese Goldthread Rhizome (Coptis chinensis, rhizome)	9mg
Chinese Peony Root (Paeonia lactiflora, radix)	9mg
Costus Root (Saussurea lappa, radix)	9mg
Siler Root (Ledebouriella seseloides, radix)	9mg
Tangerine Peel (Citrus reticulata, pericarpium)	9mg
Fragrant Angelica Root (Angelica dahurica, radix)	6mg

**Other Ingredients:** Vegetable capsules, vegetable cellulose

**Excipients:** None

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

**Warning:** Consult a health care practitioner if you have a history of gallstones, biliary tract obstructions, stomach ulcers, or kidney disease. Consult a health care practitioner prior to use if you have high blood pressure or are taking blood thinning medications, sedative drugs, barbiturates, or if your symptoms persist or worsen. Do not use prior to, or after recent surgery. Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

WANT MORE INFORMATION ABOUT  
IBS AND OTHER BOWEL DISORDERS?  
VISIT US ONLINE AT  
[WWW.ADVANCEDNATURALS.CA](http://WWW.ADVANCEDNATURALS.CA)

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