



## ⇒ Product Review ⇐

September 2018 #317

### ***COLON SELECT™ – A NEW GI SUPPORT PRODUCT FROM MOSS NUTRITION***

As we all know, slow transit time and sluggish elimination has become an epidemic finding with many of our patients, and certainly with the US population in general. Therefore, over the last 3–4 years we at Moss Nutrition have been actively making efforts to improve existing products and come out with new ones that can better assist you in improving GI health in your patients no matter what the clinical presentation. Our latest product is **Colon Select™**, which is designed to address patient issues revolving around constipation and slow transit time. As you will see from the technical bulletin on the product, **Colon Select™** is a formulary comprised of several nutrients and herbs. Most of the herbs in the product are some fairly well known western herbs.

However, one, **Triphala Powder**, is actually not one herb but a combination of three herbs that fall under the general heading of Ayurvedic herbs. Furthermore, because it is considered an Ayurvedic formulary, I would guess that many of you may not be familiar with it compared with the western herbs in **Colon Select™**. Therefore, with the above in mind, I would now like to present some highlights from an excellent review on Triphala entitled “Therapeutic uses of *Triphala* in Ayurvedic Medicine” by Peterson et al {Peterson CT et al, 2017 #2433}.

The first two quotes I would like to feature discuss the nature of Triphala and its history:

**“*Triphala* (Sanskrit; tri = three and phala = fruits) is a well-recognized and revered polyherbal medicine consisting of dried fruits and three plant species *Emblica officinalis* (Family Euphorbiaceae), *Terminalia bellerica***

**(Family Combretaceae), and *Terminalia chebula* (Family Combretaceae) that are native to the Indian subcontinent.”**

In addition:

**“The formula consists of the fruits of *Amalaki* or the Indian Gooseberry, *bibhitaki*, and *Haritaki* of the three plants generally in equal proportions and has been used in traditional medicine in India for over 1000 years according to the writings of the great physician Charak in the foundational text of Ayurveda called the *Charaki Samhita* as well as in another key text called the *Sushruta Samhita*.”**

The next quote highlights the fact that, even though Triphala can provide health benefits in many ways, its primary use is with the GI tract:

**“As both Ayurveda and Western medicine agree that health and disease begin in the gut, *Triphala* represents an essential foundational formula as it promotes efficient digestion, absorption, elimination, and rejuvenation.”**

The next few quotes go into detail as to how Triphala can improve gut health:

**“Ayurvedic medicine uses *Triphala* as a pillar of gastrointestinal treatment; however, the complexity of the three *rasayanas*, or rejuvenative herbs, in the formulation allows for many applications. Moreover, studies have validated a number of potential uses of *Triphala*, which include free radical scavenging, antioxidant, anti-inflammatory, immunomodulating, appetite stimulation, gastric hyperacidity reduction, dental caries prevention, antipyretic, analgesic, antibacterial, antimutagenic, wound healing, antistress, adaptogenic, hypoglycemic, and anticancer, hepatoprotective, chemoprotective and radioprotective effects. *Triphala* may also promote proper digestion and absorption of food, reduce serum cholesterol levels, improve circulation, relax bile ducts, prevent**

immunosenescence, maintain homeostasis of the endocrine system and increase production of red blood cells and hemoglobin.”

The next quote points out the specific biochemical components of *Triphala* and their impact:

“The major constituents of the formula are the tannins, gallic acid, and ellagic acid, and chebulinic acid, which are potent antioxidants that may account at least in part, for the observed immunomodulatory activity of the formula. *Triphala* also contains other bioactive compounds such as flavonoids (e.g., quercetin and luteolin), saponins, anthraquinones, amino acids, fatty acids, and various carbohydrates. In addition, *Triphala*-derived polyphenols such as chebulinic acid are also transformed by the human gut microbiota into bioactive metabolites, which have demonstrated potential *in vitro* to prevent oxidative damage.”

I will be discussing the interesting relationship between gut microflora and *Triphala* in more detail later in this monograph.

The next quote reviews some of the research on the impact of *Triphala* on GI function:

“In a rodent model, *Triphala* replenished depleted protein in the intestinal villi of the brush border as well as glutathione and phospholipid levels; the formula simultaneously decreased myeloperoxidase and xanthine oxidase levels in intestinal epithelium. In rats, *Triphala* exerted a gastroprotective effect on stress-induced ulcer. One human clinical trial that investigated the use of *Triphala* in patients with gastrointestinal disorders reported that treatment reduced constipation, mucous, abdominal pain, hyperacidity, and flatulence while improving the frequency, yield, and consistency of stool. *Triphala* also reduced colitis in a mouse model, and the treatment effect was attributed to antioxidant effects and high levels of flavonoids contained in *Triphala*.”

The next quote I would like to feature discusses the interesting, above mentioned relationship between *Triphala* and gut microflora:

“It is known that phytochemicals in *Triphala* such as quercetin and gallic acid promote the growth of *Bifidobacteria* and *Lactobacillus* species while inhibiting the growth of undesirable gut residents such as *E. coli*. In addition, the lactic acid bacteria possesses enzymatic activity (e.g., tannase) to degrade plant tannins such as gallic acid contained in *Triphala*. For example, *Triphala*-derived polyphenols such as chebulinic acid are transformed by the human gut microbiota into metabolites such as urolithins, which have the potential to prevent oxidative damage. The authors speculate that the bioactivity of *Triphala* is elicited by the gut microbiome to generate a widened spectrum and abundance of anti-inflammatory compounds.”

With the above in mind, you might conclude that *Triphala* might be even more beneficial when dosed concurrently with a probiotic supplement. In agreement, Peterson et al state:

“*Triphala*-induced benefits in both the elderly and persons of all ages may be enhanced by coadministration of specific probiotic species. Thus, probiotic formulations consisting of bacterial species capable of mediating the increased digestion, bioabsorption and bioactivity of *Triphala* may increase and make more uniform the response and impact of *Triphala* treatment on human populations.”

Therefore, with the above in mind, please consider the use of **Probiotic Select™** when employing **Colon Select™** with your patients.

For more information on **Colon Select™**, please see the technical bulletin enclosed or visit the Moss Nutrition website, the **Colon Select™** product page: [www.mossnutrition.com](http://www.mossnutrition.com).

In closing, I did want to mention that **Colon Select™** has been available before the writing of this newsletter for about two months. During that time we have already received a number of positive reports about how the product quickly and effectively improves transit time and alleviates many issues associated with constipation. Therefore, we are excited about **Colon Select™** and look forward to your feedback.