

## NATURAL SUPPORT FOR BOWEL CLEANSING & REGULARITY\*

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	% DV
Vitamin C (as magnesium ascorbate)	100 mg	167%
Magnesium (as magnesium hydroxide, magnesium ascorbate)	200 mg	50%
Cape Aloe leaf latex extract ( <i>Aloe ferox</i> ) (18% aloin)	300 mg	**
Triphala Powder (providing equal parts Amla fruit ( <i>Emblica officinalis</i> ), Belleric Myrobalan fruit ( <i>Terminalia bellerica</i> ), Chebulic Myrobalan fruit ( <i>Terminalia chebula</i> ))	100 mg	**
Barberry bark powder ( <i>Berberis vulgaris</i> )	75 mg	**
Turkey Rhubarb root powder ( <i>Rheum palmatum</i> )	75 mg	**
Marshmallow root powder ( <i>Althaea officinalis</i> )	40 mg	**
Sweet Fennel seed powder ( <i>Foeniculum vulgare</i> )	40 mg	**
Organic Ginger root powder ( <i>Zingiber officinale</i> )	40 mg	**

\*\* Daily Value (DV) not established.

**Other ingredients:** Cellulose (capsule), vegetable stearate, silicon dioxide, microcrystalline cellulose.

**Does not contain gluten.**

**SUGGESTED USE:** 2 CAPSULES AT BEDTIME OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

- Helps support healthy colonic function & elimination.\*
- Provides gentle, safe relief for occasional constipation.\*
- With magnesium hydroxide & buffered vitamin C.\*
- Researched herbs feature Ayurvedic *Triphala* & Cape Aloe.\*

**Colon Select™** contains a unique blend of researched ingredients shown to help promote healthy regularity and lower bowel cleansing. Although medical texts suggest that in healthy people, the normal frequency of evacuation ranges from 3 times per day to 3 times per week, the longer stool sits in the bowel the more uncomfortable most people become. Delayed transit of feces through the colon and difficult or incomplete evacuation define *constipation*, a common complaint in people of all ages and especially elders where prevalence is reported at 15% to 20% of community-dwelling seniors, and up to 50% of nursing home residents. Whether acute or chronic, constipation impairs quality of life, causing symptoms such as abdominal pain and distension, appetite loss and irritability. **Colon Select™** can help provide gentle, safe and effective relief for occasional constipation.

VITAMIN C is well known as one of our most important antioxidant nutrients. In addition to playing essential roles in immune health, skin elasticity and liver detoxification, vitamin C helps increase osmotic pressure in the bowel to support colon hydration. Some studies suggest a lack of dietary vitamin C, due to chronic low fruit and vegetable intake, may contribute to impaired bowel activity, while people with constipation often suffer from increased oxidative stress which may be countered by vitamin C.

MAGNESIUM is an essential mineral that provides smooth muscle relaxation and osmotic activity. Like vitamin C, magnesium helps pull water into the large bowel, hydrating the mucosa and easing passage of stool. In particular, the *hydroxide* form has been used for decades to help support elimination in people of all ages. A 1993 study found it helped effectively promote painless daily bowel movements in young children; a 1987 comparative study of nursing home patients found that subjects taking magnesium hydroxide experienced more frequent bowel movements and better stool consistency than those taking a bulk laxative.

CAPE ALOE EXTRACT is a bitter tasting powder made from the crystallized sap of *Aloe ferox* plants grown in South Africa. **Colon Select™** contains pharmaceutical grade cape aloe with a content of at least 18% aloin, the primary active constituent in the compound. Taken internally, cape aloe is well known to induce a laxative effect. Cape aloe also has been shown to help relieve symptoms of joint pain and stiffness, and to provide anti-microbial/anti-parasitic activity.

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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TRIPHALA is a famous Ayurvedic remedy comprised of three fruits—*Emblica officinalis* (Amla), *Terminalia bellerica* and *Terminalia chebula*—combined in a specific ratio, generally 1:1:1. Triphala is rich in antioxidant activity (Amla alone is one of the richest natural sources of vitamin C) with a total tannin content of 20%, helping it to effectively combat oxidative stress. In addition to promoting bowel regularity and digestive tone, Triphala has been shown to help protect the liver and to provide anti-microbial, cardioprotective and anti-mutagenic activity.

FIVE-BOTANICALS BLEND Colon Select™ contains a supportive blend of five, time-honored whole herb powders offering synergistic actions to help support healthy, comfortable elimination of waste and toxins. **Barberry Bark** is a natural source of berberine, a well-known antioxidant alkaloid researched to support healthy intestinal motility. Barberry also provides immune and antimicrobial support. **Turkey Rhubarb** helps to gently stimulate the contractions of smooth muscle in intestinal lining, promoting peristalsis. **Marshmallow Root** contains mucilaginous polysaccharide fibers that help to moisten and firm bowel contents, calm and protect irritated intestinal walls and lubricate the lining of the colon to enable a smooth and comfortable passage of stool. **Sweet Fennel** is an aromatic, carminative herb that helps prevent and expel intestinal gas and ease stomach ache. Fennel also has been studied to inhibit the growth of pathogenic gut microbes including *Candida albicans*. Organic **Ginger Root** is a prokinetic that helps to stimulate intestinal motility. Ginger also combats upset stomach, indigestion and nausea.

Colon Select™ is designed to work overnight to relieve occasional constipation. Suggested use is 2 capsules at bedtime, ideally taken with 8 ounces of water (provided sleep will not be disturbed by drinking this quantity before bedtime). Because individual bowel habits and sensitivities vary, however, it may be desirable to take only 1 capsule the first night and increase to 2 the second night, as indicated by results. Dosage may be titrated up or down by 1 capsule per night until desired effects are achieved.

In addition to taking Colon Select™ when needed, recommended strategies for improving bowel regularity include ensuring adequate daily exercise and fluid intake. Practicing elimination-supportive habits such as allowing sufficient time to visit the toilet each morning, and never failing to respond to Nature's call, are also helpful. Dietary recommendations for healthy colon function include the avoidance of refined, processed foods, consuming fresh vegetables or fruits at every meal and maintaining an adequate intake of dietary fiber to help promote healthy stool formation.

## REFERENCES

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