# Colon Health Support



## **DESCRIPTION**

Colon Health Support is a gluten-free dietary supplement designed to help balance, soothe and replenish the gastrointestinal tract.

## **FUNCTIONS**

The unique value of Colon Health Support is the comprehensiveness of its formula. To that end, Colon Health Support contains:

- Proprietary Balance Blend to support regularity, the immune system and healthy microbial balance. This blend contains soluble fiber, psyllium seed husk, FOS (fructooligosaccharides), flax seed meal and apple pectin.
- Proprietary Soothe Blend to help nourish and soothe the GI tract as well as support overall function. This blend contains N-acetyl glucosamine, L-glutamine, peppermint, chamomile, aloe leaf powder, horsetail rush, rosemary and ginger root powder.
- Natural Antioxidant Blend to encourage detoxification, energy and to reduce oxidative stress. This blend contains alfalfa powder, spirulina, beet juice powder, chlorella-cracked cell powder, parsley juice powder, broccoli powder, red raspberry powder, acerola berry juice powder, cranberry juice powder, watercress and blessed thistle.
- Detoxification Blend to support detoxification and the elimination of unwanted material. This blend includes arabinogalactans, bentonite clay, olive leaf extract, black walnut (green hull) powder, kelp, artichoke, burdock, garlic and dandelion root.

## **INGREDIENTS OF INTEREST**

- Aloe which helps to support healing of the lining of the stomach and keep the folds and pockets of the colon free of toxic materials that gather there.
- Arabinogalactans which support colon health by acting as a fermentable fiber to promote growth of probiotic bacteria such as lactobacillus and bifidobacteria in the colon. They also work in the GI tract by activating immune cells.
- Artichoke helps promote the flow of bile. Good bile
  flow is also necessary for detoxification which is
  carried out by the liver. Bile serves as a carrier for the
  toxins that are excreted by the liver which are then
  sent to the intestine for their exit from the body.

- Bentonite clay is a natural clay used for detoxification
  of toxins and unwanted material. Bentonite also helps
  clean the colon by scraping the linings of the colon
  thereby freeing it of the various wastes deposited by
  years of eating an unhealthy diet.
- Burdock promotes the flow and release of bile, which helps to cleanse the liver. It also aids the digestive process. The mucilage, "bitter" and insulin contents in burdock also help to support good digestion, as well as soothe the digestive tract.
- Chlorella supports cell reproduction, as well as
  restorative processes that promote healthy organs and
  tissues. Chlorella also aids the body in the breakdown
  of unwanted materials like heavy metals, and supports proper digestion by promoting the growth of
  beneficial bacteria and assisting in the elimination of
  unwanted materials from the body.
- Fibersol-2 is a soluble fiber that has been shown to support proper bowel function, regularity, fecal volume, beneficial micro flora as well as a clean and healthy digestive tract.
- FOS aids in the elimination of unwanted substances and supports GI tract health. FOS is considered a soluble fiber and pre-biotic that support the growth of beneficial bacteria. Since FOS is not digested, it increases the material in the digestive tract and promotes regularity.
- L-glutamine is a key component in the maintenance of healthy intestinal mucosa. It fuels intestinal cells and maintains villi. A lack of glutamine may lead to a loss of enterocyte (cells in the small intestine) integrity in the lining of the intestines, which may affect digestion and absorption or allow pathogens into the body.
- N-acetyl glucosamine improves the integrity of the mucosal lining.
- Olive leaf extract works directly against unwanted materials by stimulating protective cells (phagocytes) to ingest these materials without suppressing the immune system or damaging the body's beneficial flora.
- Spirulina supports healthy functioning of the liver and immune system, to aid in detoxification.

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#### FORMULA (WW #10370)

#### **4 Capsules Contain:**

Balance & Capture Proprietary Blend ......................... 1,395 mg Containing soluble fiber (Fibersol® brand), psyllium seed husk, FOS, flaxseed meal, apple pectin.

Other Ingredients: Vegetable cellulose, microcrystalline cellulose, vegetable stearate.

Gluten Free

Contains: Shrimp, crab and tree nuts (black walnut)

### **INDICATIONS**

Colon Health Support offers a complete, natural formulation for total colon health.

## **SUGGESTED USE**

As a dietary supplement, adults take 4 capsules daily between meals, or as directed by a healthcare professional. Recommended amount can be divided throughout the day.

#### SIDE EFFECTS

Warning: If pregnant or nursing, consult a healthcare practitioner before taking this product.

#### **STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

#### **REFERENCES**

Jaganathan SK, et.al. Chemopreventative effect of apple and berry fruits against colon cancer. World J Gastroenterol.2014 Dec 7;20(45):17029-36

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Kim MH, Kim H. The Roles of Glutamine in the Intestine and Its Implication in Intestinal Diseases. Int J Mol Sci. 2017 May 12;18(5)

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