

NATURAL LAXATIVE

*A synergistic formula that combines the laxative properties of Senna and Aloe with soothing herbs that enhance digestive activity.**

DIRECTIONS

Adults take one to three tablets with a glass of water in the evening or as directed by a health care professional. For occasional use only.

DESCRIPTION OF FORMULA

Natural Laxative is a comprehensive, well balanced, all-natural herbal formula that works quickly and gently for occasional constipation. The key components of this product are Senna and Cape Aloe, naturally rich in active anthraquinones that are known to help enhance and stimulate intestinal activity. Complementing this formula is a proprietary blend of different herbs that provides beneficial effects for the gastrointestinal smooth muscle and mucosa. Dandelion and Boldo support the body's natural elimination processes, while Fennel, Caraway and Cumin help soothe the intestinal tract.*

Senna (leaves and fruits) is approved by the German Commission E monographs for temporary constipation and evacuation of the bowel prior to diagnostic tests. The structure of the chemical compounds found in Senna pass unaltered through the stomach and small intestine and arrive at the large intestine where they release their laxative activity. Then, they are reabsorbed and eliminated with the feces. The onset of their laxative action is usually within 8 to 12 hours after taking.*

Aloe is approved by the Commission E of Germany for treatment of temporary constipation. The herb is also used for colorectal relief due to its soothing and emollient properties. In European folk medicine the herb was employed for its ability to positively influence digestion and ease elimination. Their onset for activity is also within 8 to 12 hours after oral administration.*

Dandelion is native to Asia but is now a common plant in many parts of the world. Its medicinal virtues were probably introduced in Europe by the Arabs in the 10th Century. Both the Persians and the East Indians used it for liver health. Dandelion roots have been reported in European Monographs to increase bile elimination; they also act as a mild laxative and support overall digestion.*

Chicory is native to Europe and has been cultivated through the ages. Chicory is an excellent tonic for the liver and digestive tract. The root is similar to dandelion root for supporting the action of the stomach and liver. It is taken as a mild laxative and also as an aid for digestion.*

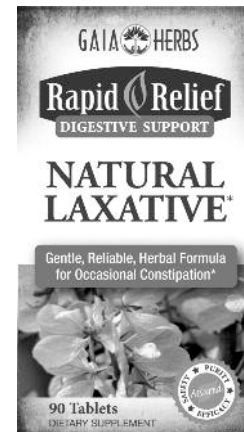
Supplement Facts

Serving size: 1
Servings per container: 90

	Amount Per Serving	%Daily Value
Senna (<i>Cassia angustifolia</i>) leaf	122 mg	†
Cape aloe (<i>Aloe ferox</i>) juice powder	91 mg	†
Proprietary Blend	187 mg	†

Dandelion (*Taraxacum officinale*) root; Organic Chicory (*Cichorium intybus*) root; Fennel (*Foeniculum vulgare*) seed; Caraway (*Carum carvi*) seed; Boldo (*Peumus boldus*) leaf; Cumin (*Cuminum cyminum*) seed; Fennel (*Foeniculum vulgare*) essential oil.

† Daily Value not established



Fennel fruits (also called seeds) are rich in essential oils and have been prized for their calming abilities. In scientific experiments, fennel essential oil has been reported to have anti-spasmodic effects on the intestinal smooth muscle of animals. Fennel is reportedly used as a stomachic and as a carminative in treating flatulence and other gastrointestinal-related issues. The use of Fennel has therefore been approved by the Commission E of Germany for the treatment of dyspeptic discomforts to support gastrointestinal tract health, and to alleviate feelings of fullness and flatulence.*

Caraway fruits are used to prevent the formation of intestinal gas and soothe the stomach. Caraway is also widely used as a domestic spice; it is also extensively used in commercial food products, particularly baked goods. Traditionally, it was used as a stomachic and carminative agent. The German Commission E monographs have approved Caraway for the treatment of dyspeptic issues, as well as for gastrointestinal health, flatulence, feelings of fullness, and nervous stomach.*

Boldo is a tree that is native to the Chilean Andes. Its leaves, containing the compound Boldine, induce the flow of bile and stimulate liver activity while activating the secretion of gastric juices. For this reason, according to the German Commission E monographs, Boldo leaves may be useful in subjects with dyspepsia or temporary constipation due to impaired biliary secretion.*

Cumin is an essential oil rich plant that in traditional medicine has been used to prevent the formation of gas and stomach discomforts. Cumin fruits are a major flavor component in many foods, including baked goods, condiments and relishes.*

SAFETY EVALUATION

This product contains Senna and Cape Aloe. Do not use this product if you have or develop diarrhea, abdominal pain of unknown origin, acute intestinal obstruction, inflammatory bowel diseases (i.e. ulcerative colitis, enterocolitis, appendicitis, Crohn's disease) since Senna and Cape Aloe may worsen these conditions. This product is not indicated for children less than 12 years of age or for prolonged periods of

time. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before using this product.*

COMPLEMENTARY HERBS AND USEFUL ADVICE:

A condition of temporary constipation requires a reconditioning of the small and large intestine in order to recover normal secretion and motility. Therefore, primary considerations should be directed towards the diet, with special emphasis on adequate water intake (about 6-8 cups of water a day) and an increase in the consumption of dietary fiber (at least 20-25 grams of fiber a day) through food (cereals, fruits and vegetables) and supplements such as our CHIA*Fresh*[™] Daily Fiber. Probiotics are also helpful as well as herbs that support digestive processes and hepatic functions such as our Milk Thistle Phyto-Caps[™] or Liver Health Liquid Phyto-Caps[™]. Always remember to chew food slowly and completely and avoid foods with high fat content (fries, butter, sauces, fatty cheeses, whipped cream, etc.) as well as carbonated beverages.*

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.