

Naturemedies Rhubarb Colon Clear Boost 100 caps

HIGH-STRENGTH HERBAL COLON CLEANSER FOR HEALTHY BOWEL AND DIGESTIVE TRANSIT SUPPORT



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Usage:

Take 1 or 2 capsules, 1 to 3 times per day or as advised.

Naturemedies Rhubarb Colon Clear Boost is a well-known herbal colon cleanser and bowel support combination, based on a formula by master herbalist, Dr. John R. Christopher.

Popular with colonic hydrotherapists, Naturemedies Rhubarb Colon Clear Boost contains a range of active herbal ingredients which help to cleanse the intestinal tract, soften the stool, stimulate the liver and improve peristalsis. This, in turn, helps to produce bowel movements and expel layers of old encrusted mucus and faecal matter that may have accumulated over time.

It acts to gently cleanse, stimulate and tone the bowel wall, supporting a move towards unassisted bowel movements.

Rhubarb: Rhubarb is a strong herbal laxative, astringent-bitter, gastric stimulant, anti-inflammatory, stomach tonic and antiseptic. It is also used for disorders of the liver, gallbladder and stomach.

Burdock root: Burdock is one of the most potent tonics of herbalism. It contains a broad spectrum of nutrients, including fatty acids, organic acids, phenolic acids, lignans, sesquiterpenes, tannin, mucilage and inulin (a prebiotic), along with iron, sulphur and B-vitamins. It is widely used to support liver function and as a cleansing botanical.

Cayenne pepper: This 'hot' herb and chilli pepper is rich in vitamins A, B6, C, E, riboflavin, potassium and manganese. It also contains the active ingredient capsaicin, which supports healthy blood flow (and therefore natural detox), a healthy metabolism, digestion, gastrointestinal secretions and acts as an anti-spasmodic for relief of pain and as a carminative.

Fennel seed: Fennel has traditionally been used as a culinary herb because of its aroma and anise-type flavour, but it has also become a popular component of colon cleansing programmes because it supports the body's natural elimination of excess waste and toxins from the colon and healthy acid/alkaline balance. It is also a gentle digestive and carminative herb, used to counteract flatulence, disperse windy colic and alleviate intestinal spasms, griping and irritable bowel.

Ginger root: Ginger has been used for centuries to support a healthy gastrointestinal tract and efficient digestion. It alleviates occasional gas, bloating and nausea and is known as a 'hot bitter' herb which promotes gastric acidity. It is used for many stomach conditions and has anti-inflammatory, carminative, anti-spasmodic, expectorant, vasodilator and circulatory stimulant actions. Gingerol, a compound in ginger, is also a powerful antioxidant.

Glucmannan: A water-soluble polysaccharide that is classed as a form of soluble dietary fibre and is usually derived from konjac root. As such, it is widely used for the treatment of constipation, because it can decrease digestive transit time and is viewed as a "bulk-forming laxative".

Aloe vera leaf: Aloe vera, a spiky, cactus-like plant of the lily family, is best known for its soothing and calming properties. As well as containing 18 amino acids and vitamins (it is a vitamin B12 precursor), it also supports a lower toxic load, acts as an antioxidant and supports intestinal integrity and natural cleansing.

Liquorice root: This root stimulates the production of digestive fluids and bile, soothes ulcers, helps reduce intestinal inflammation, and supports the healthy function of the kidneys, liver and bladder. Its action in soothing ulcers is unique. Rather than inhibit the release of acid, licorice stimulates the normal defense mechanisms that prevent ulcer formation. Specifically, licorice improves both the quality and quantity of the protective substances that line the intestinal tract; increases the life span of the intestinal cell;

and improves blood supply to the intestinal lining.

Barberry bark: Barberry is a natural helper for digestive complaints and also supports the liver, gallbladder and spleen. Its active ingredients are the isoquinolone alkaloids, particularly berberine. It also has an antiseptic and anti-bacterial effect when taken orally, useful against dysbiosis. Stimulates bile flow, eases liver congestion and is ideal for an inflamed gallbladder and intestinal inflammation.

Dandelion root: Dandelion is a rich source of vitamins A, C, D and B complex vitamins, as well as minerals such as iron, potassium and zinc. It has traditionally been used to support healthy fluid balance in the body and as a natural helper for the digestive system. It also provides support for the liver and gallbladder, by helping to clear toxins. The root is a bitter tonic and pancreatic regulator, which also offers spleen support and promotes bile flow.

