

Naturemedies Sugar Beet Colon Defence 100 caps

HIGH-STRENGTH HERBAL COLON CLEANSER FOR FAECAL BULK AND BOWEL FUNCTION



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Usage:

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

Naturemedies Sugar Beet Colon Defence 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 Sugar Beet Colon Defence contains a range of active herbal ingredients specifically selected to contribute to an increase in faecal bulk and normal bowel function. The sugar beet fibre in this formula, in particular, contributes to an increase in faecal bulk in two ways: the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass.

As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain normal bowel function. The ingredients 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. They also act to gently cleanse, stimulate and tone the bowel wall, supporting a move towards unassisted bowel movements.

Approved EFSA health claims:

Sugar beet fibre contributes to an increase in faecal bulk.

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.

Cayenne: 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.

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.

Sugar beet fibre: This fibre has been included in the formula because it has been scientifically proven to contribute to an increase in faecal bulk in two ways: 1) the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while 2) the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass. As such, this source of fibre may have a beneficial physiological effect for people who want to improve or maintain a normal bowel function.

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.

Clove bud: Cloves are a fragrant spice, with oil being distilled from the buds. Its active constituents include a heavy volatile oil, a camphor resin, flavonoids and sterols. It is a natural antiseptic, known to support digestion.

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.

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 a 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.

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.

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.

