

3C™ (Complete Colon Cleanse)



This enhanced reformulation of a traditional colon cleanse formula can be effectively used as part of an overall detoxification program.

3C™ (Complete Colon Cleanse) is an encapsulated bulk fiber formula with herbs and probiotics that are useful for gastrointestinal detoxification support. It is now well recognized that diet plays a major role in the progress of many chronic degenerative diseases. Many of the common diseases seen today were extremely rare before the 20th century. A key factor has been the drastic decrease of fiber intake in today's diets. Diseases associated with low fiber diets include disease of the colon and gastrointestinal disorders (e.g. irritable bowel, colitis, appendicitis, hemorrhoids, etc.), heart disease and gallstones, obesity and diabetes mellitus, among many others. Although diet should be the major source of fiber, in cases of digestive incompetence, 3C™ (Complete Colon Cleanse) is a good supplement for gut repair. Besides being an excellent source of fiber for proper bowel cleanse, it also contains anti-microbial and demulcent herbs that help to heal the gastrointestinal tract. The probiotic in 3C™ (Complete Colon Cleanse) provide further benefit by supporting the re-establishment of the healthy intestinal flora.

Colon Health: Constipation is a pervasive problem in modern society and is principally associated with the food we eat leading to the build up of mucous and impacted toxic fecal matter in the colon. This accumulation of fecal material inhibits the proper functioning of the colon and impedes the passage of fresh feces, which further compounds the problem. It is common for an individual's colon to be packed with a lifetime's accumulation of old, hardened feces. Until this material is completely removed from the body optimal health will not be achieved.

A sluggish or impacted colon can lead to autointoxication, brought on by putrefaction as foul odours and toxic substances are generated. The accumulation of mucoid material along the walls of the small intestine interferes with the absorption of nutrients resulting in the nutritional benefits of the foods one eats no longer being realized. This build up of material can also lead to distortions of the shape of the colon, cause constrictions, a prolapsed (drooping) colon, inflamed diverticulum and hemorrhoids (the latter condition resulting from straining during bowel movements). In an advanced stage, this toxic build up can manifest as colon cancer - one of the most prevalent forms of cancer in Canada today.

When colon cleansing is performed in conjunction with lymph detoxification and followed by a program of kidney and liver drainage, it positions the body to achieve optimal health. Combined with eating predominantly non-mucous forming and high fiber foods and drinking plenty of water, supplementation with 3C™ (Complete Colon Cleanse) is an effective way to achieve a healthy colon and an efficiently functioning digestive system. The function of some ingredients in 3C is to support the digestive tract after the cleansing process.

... for ingredient descriptions see the reverse side →



Medicinal Ingredients: Each vegetarian capsule contains:

Luvos™45 mg	Absorbs toxins & impurities; addresses constipation; normalizes microflora
Borage (Borago officinalis, seed oil)150 mg	High in omega 6 EFA and high fiber source
Fenugreek (Trigonella foenum-graecum, seed)25 mg	Demulcent, vulnerary, anti-inflammatory, anti-spasmodic, hypotensive
Flax (Linum usitatissimum, seed)150 mg	High in omega 3 and high fiber source
Glucomannan (Amorphophallus konjac, root)50 mg	High viscous fiber to improve bowel movement; glycemic control
Marshmallow root (Althaea officinalis, root)25 mg	Demulcent, emollient, diuretic, anti-inflammatory
Oat bran (Avena sativa)150 mg	Fiber source; nutritive, demulcent, vulnerary
Papain5 mg	Anti-inflammatory digestive agent
Plum (Prunus domestica, fruit)30 mg	Laxative
Slippery elm (Ulmus rubra, bark)25 mg	Demulcent, emollient, nutritive, anti-inflammatory
Triphala, a blend of: Amla150 mg	Laxative effect and rich in polyphenols with antimutagenic activities.
(Emblca officinalis, fruit), Haritaki (Chebulic myrobalan fruit), Bhibitaki (Beleric myrobalan, fruit)		
Lactobacillus sporogenes50 mg	Supports healthy intestinal bacteria & stimulates bowel movement

Non-medicinal Ingredients: Magnesium stearate, microcrystalline cellulose

Recommended dose (adult): Take 3 to 6 capsules with 8 oz. of water two times a day or as directed by a healthcare practitioner.

Recommended use or purpose: Bowel cleansing support.

Caution/Warnings: Consult a practitioner if taking anticoagulants, antiplatelet, blood-thinners, aspirin, monoamine oxidase inhibitors.

Contraindications: This product is not recommended for the elderly or children under two. Do not use if pregnant or breastfeeding.

Ingredients Description:

Luvos™ is an ice-age deposit that has the ability to absorb toxins, impurities, heavy metals and other internal contaminants, normalize intestinal microflora and prevent constipation. It is a natural anti-acid and source of trace minerals. See Luvos™ monograph.

Borage seed (*Borago officinalis*) is an anti-inflammatory agent, and the preparation of borage also might be used as a sedative, pain-relieving, or sudorific, cardiotoxic agent¹. Borage oil is derived from borage seed. In folk medicine, borage is used as an anti-inflammatory agent for kidney and bladder disorders. Borage contains tannin, which accounts for its astringent properties, whereas the presence of mucilage shows its mild expectorant action. Borage also contains some mineral salts and gamma-linolenic acid (GLA).

Fenugreek seed (*Trigonella foenum-graecum*) is traditionally used as a tonic to increase the appetite and improve digestion. It also stimulates the intestine and used as an expectorant. It is also a mucilaginous demulcent and treats chronic affections of the stomach and the bowels as a laxative, or treat gastritis.

Flax seed (*Linum usitatissimum*) is used as a bulk forming laxative.

Glucomannan (*Amorphophalus konjac*): is a polysaccharide chain of glucose and mannose derived from the root of a tuber. It improves bowel movements as it is seven times more viscous (slippery) than psyllium, thereby making it an effectively bulking agent than can be used in place of psyllium (at lower quantities to achieve the same or increased effect). It also decreases total and LDL cholesterol and improve glycemic control².

Marshmallow root (*Althaea officinalis*) is approved by the German Commission E for internal use for mild inflammation of the gastric mucosal. It helps with symptoms associated with gastritis, peptic and duodenal ulceration, common and ulcerative colitis, and enteritis³. A study was also performed and was shown the antibacterial activity of Marshmallow roots against anaerobic and facultative aerobic periodontal bacteria.

Oat bran (*Avena sativa*) was shown to increase stool weight by providing rapidly fermented soluble fiber in the proximal colon for bacterial growth, which is sustained until excretion by fermentation of the insoluble fiber⁴. Patients with quiescent ulcerative colitis can also safely use it and it increases the fecal butyrate level⁵.

Papain, derived from papaya, is an enzyme with a strong anti-inflammatory effect^{6,7}.

Plum fruit (*Prunus domestica*) has antioxidant activity⁸. The laxative action of both prune and prune juice could also be explained by their high sorbitol content. Prunes contain large amounts of phenolic compounds, mainly as neochlorogenic and chlorogenic acids, which may aid in the laxative action and delay glucose absorption⁹.

Slippery elm bark (*Ulmus rubra*) exerts antioxidant effect and it may benefit in individual who has inflammatory bowel disease¹⁰. It also has a demulcent effect and could be used for Crohn's disease and ulcerative colitis¹¹.

Triphala blend contains Amla fruit, Belleric Myrobalan, fruit and Chebulic Myrobalan fruit. This blend is rich in polyphenols. The experimental results indicate that an acetone extract of bark and fruit of the medicinal plants under study harbors constituents with promising antimutagenic/anticarcinogenic potential¹². The highest protection against GI (gastrointestinal) death was observed for 12.5 mg/kg triphala, where a highest number of survivors were reported up to 10 days post-irradiation. While 10 mg/kg triphala i.p. provided the best protection as evidenced by the highest number of survivors after 30 days post-irradiation in this group when compared with the other doses of triphala¹³.

Lactobacillus Sporogenes promotes the proper growth of healthy bacteria in the intestinal environment, stimulates bowel movements, relieves constipation, reduces intestinal toxicity and stops diarrhea by controlling intestinal flora. It also has some antimicrobial activity and was shown to be due to the production of hydrogen peroxide¹⁴.

References

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