3C - Complete Colon Cleanse™

**Recommended Use:**
- Constipation
- Bowel cleanse
- Detoxification
- Colon health

3C Complete Colon Cleanse is a bulk fibre formula with herbs used for gastrointestinal detoxification support. It is now well recognized that diet plays a major role in the progress of many chronic degenerative diseases, with a drastic decrease in fibre intake being a key factor. Diseases associated with low fibre diets include colon and gastrointestinal disorders (ex. irritable bowel, colitis, appendicitis, hemorrhoids etc.), heart disease, gallstones, obesity, diabetes mellitus, and many others. Besides being an excellent source of fibre for proper bowel cleansing, 3C - Complete Colon Cleanse also contains anti-microbial and demulcent herbs that help heal the gastrointestinal tract.

**Colon Health:**
Constipation is a pervasive problem in modern society and is principally associated with food we eat, leading to the buildup of mucous and impacted toxic fecal matter in the colon. This accumulation inhibits the proper functioning of the colon and bowel evacuation.

A sluggish or impacted colon can lead to auto-intoxication, brought on by fermentation and putrefaction as gases and toxic substances are generated. The accumulation of mucoid materials along the walls of the small intestine interfere with absorption of nutrients. This accumulation can also lead to distortion of the colon, causing constrictions, distention, prolapse, diverticuli and hemorrhoids (the latter condition resulting from straining during bowel movement). In an advanced stage, this toxic buildup can be associated with colon cancer, one of the most prevalent forms of cancer in Canada today.

### Medicinal Ingredients

Each vegetarian capsule contains:

- Borage (Borago officinalis) .......................................................... 150 mg
- Fenugreek (Trigonella foenum-graecum) ...................................... 25 mg
- Flax (Linum usitatissimum) .......................................................... 150 mg
- Glucomannan (Amorphophallus konjac) ..................................... 50 mg
- Marshmallow root (Althea officinalis) ........................................ 25 mg
- Oat bran (Avena sativa) ............................................................... 150 mg
- Papain (fruit of papaya) .............................................................. 5 mg
- Plum (Prunus domestica) ............................................................ 30 mg
- Slippery elm (Ulmus rubra) ........................................................... 25 mg
- Triphala, a blend of: Amla (Emblica officinalis), Haritaki (Chebulic myrobalan), Bhibitaki (Beleric myrobalan) .......................................................... 150 mg

**Non-medicinal ingredients:**
Magnesium stearate, microcrystalline cellulose, silicon dioxide.

**Recommended Dose (Adult):** Take 6 capsules with at least 8 oz. of water two times a day or as directed by a health care practitioner.

**Direction for Use:** Take (or mix) this product with at least 8 ounces (a full glass) of water or other fluid. Taking this product with insufficient liquid may result in choking and/or blockage of the throat, esophagus or intestine. Do not take immediately before going to bed.

**Caution/warnings:** Take lots of water with this product. Consult a practitioner if you take anticoagulants, antiplatelet, blood-thinning drugs, aspirin, monoamine oxidase inhibitors, anti-inflammatory agent, or other enzyme products. Consult a health care practitioner prior to use if you have gastrointestinal lesion/ulcer or diabetes. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate attention.

**Contraindications:** This product is not recommended for the elderly or children under two. Do not use if pregnant or breastfeeding, or if you have difficulty swallowing. Discontinue use if you experience a rare case of hypersensitivity such as allergy. Loose stools, flatulence, diarrhea, and abdominal discomfort have been known to occur. If you are having surgery or if you have allergy to latex or fruits (such as avocados, bananas, chestnuts, passion fruit, fig, mango, kiwi, pineapple, peach and tomato), consult a health care practitioner prior to use.

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.
When colon cleansing is performed, it positions the body to achieve optimal health. This can be combined with lymphatic, liver and kidney drainage when appropriate. Combined with eating a predominately non-mucous forming and high fibre foods and drinking plenty of water, supplementation with 3C Complete Colon Cleanse is an effective way to achieve a healthy colon and efficiently functioning digestive system.

**Borage seed** (Borago officinalis) is an anti-inflammatory agent, and is also used as a sedative, pain-reliever and cardiotonic agent. Borage oil is derived from borage seed and is high in omega 6 EPA and high fibre source. 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, to achieve the same or increased effect. It is also a mucilaginous demulcent and treats chronic effects of the stomach and the bowels as a laxative or gastritis.

**Flax seed** (Linum usitatissimum) is used as a bulk forming laxative. It is high in omega 3 and high fibre source.

**Glucomannan** (Amorphophalus konjac) is a polysaccharide chain of glucose and mannose derived from the root of a tuber. It is a highly viscous fibre to improve bowel movement and glycemic control. 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 control.

**Marshmallow root** (Althaea officinalis) is approved by the German Commission E for internal use for mild inflammation of the gastric mucosal. It is used as a demulcent, emollient, diuretic and has anti-inflammatory properties. It helps with symptoms associated with gastritis, peptic and duodenal ulceration, common and ulcerative colitis, and enteritis. 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) is a fibre source as has been shown to increases stool weight by providing rapidly fermented soluble fibre in the proximal colon for bacterial growth, which is sustained until excretion by fermentation of the insoluble fibre. Patients with quiescent ulcerative colitis can also safely use it and it increases the fecal butyrate level.

**Papain**, derived from papaya, is an enzyme with a strong anti-inflammatory effect.

**Plum fruit** (Prunus domestica) has antioxidant activity. The laxative action of both prune and prune juice can be explained due to the 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 absorption.

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

**Triphala blend** contains Amla fruit, Belleric Myrobalan fruit and Chebulic Myrobalan fruit. This blend is rich in polyphenols has laxative effects. The experimental results indicate that an aceitone extract of bark and fruit of the medicinal plants under study harbours constituents with promising antimutagenic/anticarcinogenic potential. The highest protection against GI death in mice was observed for 12.5 mg/kg triphala, where the highest number of survivors were reported up to 10 days post-irradiation. While 10 mg/kg triphala 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 triphala.

**References**