

Colon Cleanse™

Recommended Use:

▶ Constipation

▶ Bowel cleanse

▶ Detoxification

▶ Colon health

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 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, 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 autointoxication, 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.

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

Medicinal Ingredients:

Each vegetarian capsule contains/

Oat (<i>Avena sativa</i> , seeds)	150 mg
Borage (<i>Borago officinalis</i> , seed oil)	150 mg
Flax (<i>Linum usitatissimum</i> , seeds)	150 mg
Glucomannan (<i>Amorphophallus konjac</i> , roots)	50 mg
Bibhitaki (<i>Beleric myrobalan</i> ; fruit)	50 mg
Haritaki (<i>Chebolic myrobalan</i> , fruit)	50 mg
Amla (<i>Emblica officinalis</i> ; fruit)	50 mg
Plum (<i>Prunus domestica</i> , fruit)	30 mg
Marshmallow (<i>Althaea officinalis</i> , roots)	25 mg
Fenugreek (<i>Trigonella foenum-graecum</i> , seeds)	25 mg
Slippery elm (<i>Ulmus rubra</i> , bark)	25 mg
Papain (papaya fruit)	5 mg (10 FCC PU)

Non-medicinal Ingredients: Magnesium stearate, microcrystalline cellulose, silicone dioxide, hydroxypropyl methylcellulose.

Recommended Dose (adults): Take 6 capsules with at least 8 oz. of water or other fluids 2 times a day or as directed by a health care practitioner.

Do not take before bedtime. Taking this product with insufficient liquid may result in choking and/or blockage of the throat, esophagus or intestine.

Recommended Duration of Use: For occasional use only. Consult a health care practitioner for use beyond three days.

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.

NPN 80039430 • 120 capsules



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 cardiogenic agent¹. Borage oil is derived from borage seed and is high in omega 6 EFA 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, whereas the presence of mucilage shows its mild expectorant action. Borage also contains some mineral salts and gamma-linolenic (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 is used as an expectorant. It is also a mucilaginous demulcent and treats chronic affects 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 control².

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 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*) is a fibre source as has been shown to increase 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 fibre⁴. 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 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 absorption⁹.

Slippery elm bark (*Ulmus rubra*) exerts antioxidant effect and it may benefit in individuals 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 has laxative effects. The experimental results indicate that an acetone extract of bark and fruit of the medicinal plants under study harbours constituents with promising antimutagenic/anticarcinogenic potential¹². 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 triphala¹³.

References:

1. PDR for Herbal Medicines. Second Edition. Medical Economics Company, NJ:2000.
2. ADA Reports: Position of the American Dietetic Association: Health implications of dietary fiber. *J. Am. Dietet. Assoc.* 2002;102:993-100
3. Blumethal, Goldberg, Brinckmann. Herbal Medicine. Expanded Commission E Monographs. Integrative Medicine Communications (MA); 2000.
4. Chen HL, Haack VS, Janecky CW, Vollendorf NW, Marlett JA. Mechanisms by which wheat bran and oat bran increase stool weight in humans. *Am J Clin Nutr.* 1998 Sep;68(3):711-9.
5. Hallert C, Bjorck I, Nyman M, Poussette A, Granno C, Svensson H. Increasing fecal butyrate in ulcerative colitis patients by diet: controlled pilot study. *Inflamm Bowel Dis.* 2003 Mar;9(2): 166-21
6. Rakhimov MR. Anti-inflammatory activity of domestic papain. *Eksp Klin Farmakol.* 2001 Jul-Aug;64(4):48-9.
7. Gupta OP, Sharma N, Chand D. A sensitive and relevant model for evaluating anti-inflammatory activity papaya latex induced rat paw inflammation. *J Pharmacol Toxicol Methods.* 1992 Aug;28(1):15-9.
8. Kayano S, Kikuxaki H, Fukutsuka N, Mitani T, Nakatani N. Antioxidant activity of prune (*Prunus domestica* L.) constituents and a new synergist. *J AgricFood Chem.* 2002 Jun 19;50(13):3708-12.
9. Stacewicz-Sapuntzakis M, Bowen PE, Hussain EA, Damayanti-Wood BI, Farnsworth NR. Chemical composition and potential health effects of prunes: a functional food? *Crit Rev Food Sci Nutr.* 2001 May;41(4):251-86
10. Langmead L, Dawson C, Hawkins C, Banna N, Loo S, Rampton DS. Antioxidant effects of herbal therapies used by patients with inflammatory bowel disease: an in vitro study. *Aliment Pharm Ther.* 2002 Feb;16(2):197-205.
11. Joseph E. Pizzorno Jr. and Michael T. Murray. *Textbook of Natural Medicine.* Churchill Livingstone; 1999. p. 1335-1349.
12. Arora S, Kaur K, Kaur S. Indian medicinal plants as a reservoir of protective phytochemicals. *Teratog Carcinog Mutagen.* 2003;Suppl 1:295-300.
13. Jagetia GC, Baliga MS, Malagi KJ, Sethukumar Kamath M. The evaluation of the radioprotective effect of Triphala (an Ayurvedic rejuvenating drug) in the mice exposed to gamma-radiation. *Phytomedicine.* 2002 Mar;9(2):99-108.