

Quality is our Passion
Passion Flower (*Passiflora incarnata*)

Colax: Gentle Bowel Cleansing Formula

Colax is a unique combination of Cascara stem bark, Dandelion Root, Yellow Dock root, Dill seed and Chamomile flower which supports normal lower digestive function.*

Large intestine: helps with waste removal

Natural clinicians have long understood the connection between a healthy, vital body and normal, healthy elimination.¹ The body has several systems that deal with elimination, including the large intestine of the gastrointestinal tract. The main function of the large intestine (or colon) is the absorption of water, which is the most important step in the making of feces (waste). The amount of time that food spends in the large intestine varies from 8 to 15 hours. If the passage is too slow, and too much water is absorbed, dehydration of the feces may cause occasional constipation. Peristalsis is the movement produced by the smooth muscle that pushes the contents (food and the resulting waste material) along the gastrointestinal tract.² A healthy intestine has a healthy tone in its tissue layers, including the smooth muscle layers, and it has healthy reflex responses.^{3*}

The large intestine is the natural habitat for a large and diverse population of microorganisms (called 'flora'), mainly bacteria. In normal healthy circumstances the relationship is mutually beneficial for both partners: bacteria and host (you!). For example, the intestinal flora helps release absorbable nutrients and substances that can be used for energy.⁴ The normal passage of feces through the large intestine is an important factor in helping to maintain a healthy population of intestinal flora. Healthy intestinal flora contributes to a healthy intestine and overall good health.^{5*}

The liver makes bile which is stored in the gallbladder and is released when needed into the duodenum and down the intestinal tract. Bile has a number of functions including assisting in fat digestion and absorption, and excretion of several important waste products from the blood.³ Bile also stimulates peristalsis in the large intestine.^{6*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	30	
Amount per Serving		%DV
Calories	3	
Calcium	40 mg	4%
Cascara stem bark 4:1 extract from <i>Rhamnus purshiana</i> stem bark 560 mg	140 mg	†
Dandelion root 4:1 extract from <i>Taraxacum officinale</i> root 375 mg	93.75 mg	†
Yellow Dock root 4:1 extract from <i>Rumex crispus</i> root 375 mg	93.75 mg	†
Dill seed 4:1 extract from <i>Anethum graveolens</i> seed 375 mg	93.75 mg	†
Chamomile flower 4:1 extract from <i>Matricaria rectita</i> flower 280 mg	70 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica and sodium starch glycolate.

Caution: This product contains *Rhamnus purshiana* (Cascara). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. Consult your health care professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Contraindicated in closure of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in gallstones.

Product No	Content
M1200	30 Tablets



A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

Associate Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

How Colax Keeps You Healthy

Supports healthy bowel function and healthy elimination

Cascara has been used traditionally to support healthy bowel function and healthy elimination. It may do this by:^{7,8}

- encouraging normal peristalsis in the large intestine
- supporting healthy tone of the large intestine*

Cascara is supported in this action by Dandelion Root and Yellow Dock which have also been used traditionally for this purpose.^{7,9*}

Natural clinicians have used certain herbs (called carminatives) to help relieve an occasional spasm in the large intestine. Chamomile and Dill seed are used traditionally in this way, and for that reason are often combined with herbs that encourage normal peristalsis (such as Cascara, Dandelion Root and Yellow Dock).^{1,9,10*}

Provides temporary relief of occasional, mild constipation

Cascara and Yellow Dock have been used traditionally for temporary relief of occasional, mild constipation.^{7,9*}

Stimulates bile production and flow, and provides digestive support

Dandelion Root is traditionally used to assist the normal production of bile in the liver.⁷ A placebo-controlled trial with healthy volunteers found that Cascara stimulated the normal emptying of the gallbladder.¹¹ This has the dual effect of assisting with the digestion of fat and improving elimination by encouraging healthy bowel function.*

What Makes Colax Unique

Colax is unique in the professional herbal products industry because:

- MediHerb tests the quantity of bisabolol and essential oil in Chamomile raw materials

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards
- Unique extraction method using cold percolation (this protects the delicate plant constituents, ensuring a full range of constituents)
- Control of all stages of the manufacturing process - from plant to tablet to you

References

- ¹ Mills S, Bone K. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Churchill Livingstone, Edinburgh, 2000.
- ² Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- ³ Guyton AC, Hall JE. *Textbook of Medical Physiology*, 10th Edn. W.B. Saunders, Philadelphia, 2000.
- ⁴ Guarner F. *Digestion* 2006; **73**(Suppl 1): 5-12
- ⁵ Khalif IL, Quigley EM, Konovitch EA et al. *Dig Liver Dis* 2005; **37**(11): 838-849
- ⁶ Kirwan WO, Smith AN, Mitchell WD et al. *Gut* 1975; **16**(11): 894-902
- ⁷ British Herbal Medicine Association. *British Herbal Compendium*, Vol 1. BHMA, Bournemouth, 1992.
- ⁸ Osol A, Farrar GE et al. *The Dispensatory of the United States of America*, 24th Edn. Lippincott, Philadelphia, 1947.
- ⁹ *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983.
- ¹⁰ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- ¹¹ Foert E, Willmes K, Buchsel R. *Gastroenterol* 1994; **106**(4 Suppl S): A338



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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