

# Fen-Cho®

## The Phytonutrients Found in Fen-Cho Encourage Natural and Consistent Intestinal Movement

Infrequent or difficult bowel movements occur when waste materials move too slowly through the large intestine. While occasional irregularity poses no threat to our health, increasing episodes of constipation can lead to a number of different complaints. Since waste materials collect in the large intestine, it should empty on a daily basis to maintain intestinal health. Antigens and other materials from different bacteria in the bowel and undigested food can give rise to unpleasant symptoms of gas and bloating, fatigue, and irritability. The lack of adequate fiber and fluids in the diet often lead to a slow down of intestinal activity. Other contributing factors include lack of exercise, advanced years, metabolic inconsistencies, bowel conditions, and poor diet. The natural ingredients combined in Fen-Cho complement a healthy diet, adequate hydration, and regular exercise to help move intestinal contents regularly.†

### How Fen-Cho Keeps You Healthy

#### *Supports healthy intestinal function*

Collinsonia root (a member of the mint family) helps support the gastrointestinal tract. While collinsonia root acts as an astringent to all mucosal surfaces, it also stimulates and tones the mucosal membranes in the gastrointestinal tract to help support regularity and gastrointestinal health. Collinsonia root promotes proper gastric juice flow and improves appetite.†

Fenugreek seeds contain steroid saponins or saponinins; mucilage (fiber); bitter fixed oil; volatile oil; choline; trigonelline and other alkaloids; iron; calcium; chromium; potassium; flavonoids; and vitamins A, B-complex, and C. Fenugreek contributes highly nourishing demulcent fiber that provides bulk to help keep intestines clean and mobile.†

Okra provides high levels of insoluble fiber to help keep the intestinal tract healthy. Okra fruit contains mucilage, which is believed to be responsible for the effectiveness in maintaining the comfort of the lining of the gastrointestinal tract. Mucilage promotes healing due to its ability to coat various tissues providing lubrication as well as a cooling action. Okra's lubricating properties allow waste materials to pass through the intestines more easily.†

Bovine bile salts help emulsify fats in the intestines to further enhance waste removal function. Sodium and potassium work together to help maintain water balance throughout the body.†



Introduced in 1964



**Content:**  
40 capsules

**Suggested Use:** Two capsules per meal, or as directed.

**Supplement Facts:**  
Serving Size: 2 capsules  
Servings per Container: 20

	Amount per Serving	%DV
Calories	4	
Sodium	50 mg	4%

**Proprietary Blend:** 686 mg  
Collinsonia (root), fenugreek (seed), okra (fruit), and purified bovine bile salts.

Other Ingredients: Gelatin, exsiccated disodium phosphate, water, colors, and calcium stearate.

*Two capsules supply approximately: 360 mg exsiccated disodium phosphate, 260 mg collinsonia root powder, 260 mg fenugreek seed powder, 80 mg purified bovine bile salts, and 50 mg okra powder.*

**Special Information:** *May be contraindicated for the patient following a sodium-restricted diet.*

**Caution:** *If pregnant or lactating, consult your health care professional before using this product.*

**Sold through health care professionals.**

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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## What Makes Fen-Cho Unique

### Product Attributes

Contains a unique blend of collinsonia root, fenugreek seed, okra, and bile salts for a variety of nutritional benefits

- › Supports the flow of waste material through the intestinal tract
- › Promotes proper gastric juice flow
- › Contributes highly nourishing demulcent fiber providing bulk
- › Has lubricating properties allowing materials to pass through the intestines more easily
- › Synergistic cofactors from whole food ingredients increase natural physiological effect
- › Phytonutrients from a variety of plant sources naturally maximize intestinal support
- › Bovine bile salts promote the healthy breakdown of fats in the intestines†

### Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Fen-Cho®.

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