

Colax

Maintain Healthy Bowel Function and Regularity*

Colax contains Cascara, Yellow Dock and Dandelion which are traditionally used in herbal preparations to:

- ✓ Support healthy bowel function and regularity
- ✓ Promote regular intestinal motility and healthy elimination
- ✓ Cleanse the lower digestive tract*

Yellow Dock and Dandelion are traditionally used in herbal preparations to:

- ✓ Support healthy liver and gallbladder function
- ✓ Support normal bile production*

Yellow Dock is traditionally used in herbal preparations to:

- ✓ Promote general, healthy detoxification and elimination function*

Chamomile and Dill essential oils are traditionally used in herbal preparations to:

- ✓ Relieve occasional symptoms of indigestion, including bloating and flatulence
- ✓ Help relieve gas-associated mild gastrointestinal discomfort*

MediHerb Colax is a formula that contains traditional herbal extracts of Cascara, Dandelion and Yellow Dock, as well as essential oils of Dill and Chamomile to help maintain normal intestinal regularity and elimination via the bowel.*

Healthy Regular Bowel Motions

Having regular bowel motions (or 'movements') is a sign of a healthy digestive system. However, regularity can be affected by many factors such as health status, dietary habits (i.e. not consuming enough fiber or water), medications, or lack of exercise, or age.^{1,2,3} As a general rule, food takes anywhere from 12 to 72 hours to travel through the digestive tract, while a 'regular' bowel motion – which can be different from person to another – occurs anywhere between three times a day to three times a week, with stools normally soft and comfortable to pass. However, when bowel motions occur less than three times per week and are harder to pass, we are likely to experience mild gastrointestinal discomfort and occasional symptoms of indigestion such as mild bloating and flatulence.²



M1780 60 Tablets

Suggested Use:

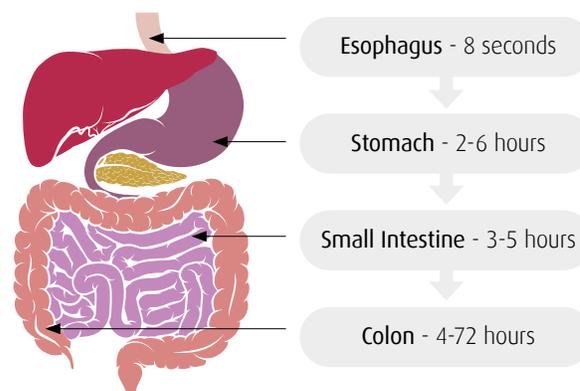
1 tablet 3 – 4 times daily, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	60		
	Amount per Serving	%DV	
Cascara stem bark 12:1 extract from <i>Frangula purshiana</i> stem bark 1.12 g	93.33 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 (<i>Anethum graveolens</i>) seed essential oil	15 mg	†	
Chamomile (<i>Matricaria recutita</i>) flower essential oil	2 mg	†	
† Daily Value (DV) not established.			

Other Ingredients: Microcrystalline cellulose, maltodextrin, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

Caution: Contraindicated in blockage of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in the presence of gallstones. This product contains *Frangula 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.

Figure 1: Eating to Elimination. How long does it take?⁴



How Colax Supports Your Health:



Healthy Bowel Function:

- The herbs contained in MediHerb Colax - in particular Cascara,^{5,6,7,8,9,10} Dandelion^{5,10,11,12} and Yellow Dock^{5,8,11} - have long-standing traditional uses in promoting healthy bowel function, normal intestinal motility, elimination, and therefore regular bowel motions.*



Healthy Liver & Gallbladder Function:

- Dandelion and Yellow Dock are used traditionally to support healthy liver and gallbladder function, including normal bile production^{5,10,12} and bile secretion (respectively).^{*5,11,13}



Relief for Indigestion, Bloating and Flatulence:

- For those with occasional symptoms of indigestion, such as mild gastrointestinal discomfort, bloating and flatulence, traditionally used essential oils of Chamomile^{14,15} and Dill¹⁵ may provide additional relief.*

References

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- ¹⁴ Health Canada. *Aromatherapy – Essential Oils*. Monographs. 2015. Available from: <http://webprod.hc-sc.gc.ca/nhp/bdipsn/atReq.do?atid=aromatherap&lang=eng>
- ¹⁵ Price S. and Price L. *Aromatherapy for Health Professionals*. 3rd ed. London: Churchill Livingstone; 2007



MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

Please consult the product packaging label for the most accurate product information.

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