



## ▼ INGREDIENTS

Supplement Facts	
Serving Size: 2 capsules	
Amount Per Serving	% Daily Value
Proprietary Blend.....900 mg *	
Psyllium Husk (Seed); Barberry (Root); Cascara Sagrada (Bark); Licorice (Root); Peach (Bark); Clay; Poke (Root); Stillingia (Herb); Calcium Carbonate; Citric Acid; Cream of Tartar; Baking Soda	
* Daily Value not established.	
Other Ingredients: Cellulose and Leucine	

## ▼ DOSAGE

- 1-2 capsules up to twice a day for 1-4 months, or as directed.

## ▼ PACKAGING

- 60 capsules/eco-bottle.

## ▼ PERSPECTIVE

The importance of colon health and healthy colon function has skyrocketed as science reveals the ever-increasing role of bowel microbiota on overall cellular function. Rising concerns regarding dietary irritants (hybridized grains), genetically modified foods, antibiotics in commercial meat products, and overuse of sugar in the standard diet all point to the necessity of a healthy diet, as well as occasional supplemental support.

## ▼ LIFESTYLE



## #14 C (Colon)

Designed to be a bowel tonic rather than a laxative, this specialized formula supports normal, healthy motility. The herbal blend has hydragogue properties to gently draw water into the bowel to assist normal intestinal processes.

## ▼ INDICATIONS

- Supports healthy peristalsis
- Supports normal bowel function
- Drainage support
- Very gentle encouragement to motions
- Supports healthy elimination processes
- Promotes normal tissue comfort

## ▼ KEY COMPONENTS

- **Stillingia** – Herb with a long tradition of overall bowel support.
- **Cascara Sagrada** – Historic colon botanical in a non-gripping form, supports normal peristaltic contractions, supports healthy colonocytes, non-habit forming.
- **Peach Bark** – In nature, the bark of the peach tree serves to protect the tree from invasive species. Helps support normal purification processes of gastric epithelial cells.
- **Licorice Root** – Often cited as a soothing influence. Often used to smooth the action of Cascara Sagrada.
- **Poke (Root)** – A phytolacca species used in Native American herbology and Southern cooking (poke salad). Contains a protein, PAP, being studied for its support of normal purification and healthful impact.
- **Psyllium Husks** – A hydragogue (draws water into the bowel), soluble fiber, supports normal bowel evacuation, adaptogenic function, provides mucilage.
- **Citric Acid** – A mild, organic, tribasic acid in citrus fruit. Serves as a necessary intermediate molecule for normal function of the Citric Acid Cycle that makes ATP (Adenosine Triphosphate), the chemical energy that the body requires to conduct normal digestive processes.
- **Cream of Tartar** – A source of potassium electrolytes necessary for normal bowel function.

## ▼ CONTRAINDICATIONS

For these ingredients at these levels, there are no overt contraindications.

Consideration, however, should be given to the fact that Cascara Sagrada in very high doses can cause gripping muscular contractions and thus is not recommended during the later stages of pregnancy.

## ▼ CLINICIAN CONSENSUS

- General Bowel Function Support:
  - #14 C** - Colon
  - #131 FBR** - Fibers
  - #400 APHA** - pH Balance
  - #854 Neurosyn** - Neuro-Cognitive & Memory Support

## ▼ BACKGROUND

Doc Wheelwright discovered a secret from the Nez Perce Indians who hung the herb, Cascara Sagrada, high in their teepees where the smoke from the fireplace oxygenated it and removed the "contracting/ gripping" quality. Doc's focus with this formula was bowel tissue integrity and normal peristalsis support. Unlike laxative formulas, C (Colon) is not habit forming. Doc wanted it to draw water into the intestines which then would help the normal stool texture, as well as support the normal purification processes of the intestinal lumen. Also unlike laxative formulas that irritate the bowels, C (Colon) was designed to build and support the colon as living tissue.

## ▼ SYNERGISTIC CONSIDERATIONS

- **#1** Activator
- **#2** Builder
- **#100 ABC** - Acidophilus & Bifidus Complex
- **#138 MBC** - Microbiome Colonizers
- **#433 GCEL** - Intracellular Glutathione
- **#610 ACCELL**
- **#200 Aloe Vera**
- **#400 APHA** - pH Control
- **#17 D** - Digest
- **#18 Ds** - Digest-s
- **#428 DSIR** - Intergen
- **#467 LGUT** - Leaky Gut
- **#854 Neurosyn** - Neuro-Cognitive
- **#930 G.I. Purge**
- **#934 G.I. Wellness**
- **#131 FBR** - Fibers

## ▼ INFORMATION RESOURCES

- 3-min video at [www.systemicformulas.com](http://www.systemicformulas.com)

**Quality Control:** All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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