



ITG Colon-Lax may be helpful for:

- Improving bowel movements/constipation
- Cleansing and detoxifying bowels

It utilizes two proven ingredients, magnesium hydroxide and triphala, to improve bowel motility and tonicity. It can be used as both a fast acting mild laxative for short periods of time as needed, or as a daily bowel detoxifier for anyone in need of a long-term tonic to help strengthen and detoxify the bowels.

Magnesium hydroxide is a well-known ingredient in laxative and antacid formulas. It works by osmosis which draws water from surrounding tissues to the intestines. This local increase of water not only softens the feces, but actually increases the volume of the feces, which promotes intestinal motility.

Triphala is one of the most widely used botanical formulas in Ayurvedic medicine for gastrointestinal health, including promoting smooth functioning of the bowels and reliving constipation.

Triphala’s classic formula consists of equal parts of tree fruits:

- Amalaki (*Emblica officinalis*): Commonly known as Indian gooseberry or amla. It is the edible fruit from a small tree native to India and is a strong natural antioxidant, containing 20 times more times vitamin C than orange juice.
- Bibhitaki (*Terminalia bellirica*): Is an excellent rejuvenative with both laxative and astringent properties. It eliminates excess mucous in the body, balancing the Kapha dosha. In addition, bibhitaki is a powerful treatment for a variety of lung conditions, including bronchitis and asthma.
- Haritaki (*Terminalia chebula*): Has the strongest laxative powers of the three fruits contained in triphala. The herb also has astringent properties and balances Vata. The tannins in astringent herbs give them their ability to tighten or tone tissues.

| Supplement Facts | |
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| Serving Size 2 capsules | |
| Servings Per Container 30 | |
| Amount Per Serving | % Daily Value |
| Triphala (<i>Emblica officinalis</i> , <i>Terminalia bellirica</i> , <i>Terminalia chebula</i>)(fruit) [standardized to contain 45% tannins] | 1000 mg * |
| Magnesium Hydroxide | 400 mg * |
| *Daily Value not established. | |

Other Ingredients: Microcrystalline cellulose, Vegetable stearate.

Recommended Use: Take 2 capsules with water before bedtime. Contains 60 Vegetarian capsules