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ColonRx™ utilizes two proven ingredients, *magnesium hydroxide* and *triphala*, to improve bowel motility and tonicity. ColonRx™ 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 tonify 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. A study of 64 elderly patients who were already using laxatives prior to the study showed that magnesium hydroxide caused more frequent bowel movements as well as more normal stool consistency than bulk-forming laxatives.¹

Triphala is one of the most widely used botanical formulas in Ayurvedic medicine for gastrointestinal health, including promoting smooth functioning of the bowels and relieving constipation.² It is considered to have balancing and rejuvenating effects on the three basic elements that govern human life: *Vata*, which regulates the nervous system; *Pitta*, which maintains metabolic processes; and *Kapha*, which supports structural integrity.

Research on triphala supports an array of health benefits. It is a powerful antioxidant, including total body and GI protection against gamma radiation damage (EMFs). In one particular study, radiation-induced mortality was reduced by 60% in rats fed triphala.³ A separate study performed in India showed triphala to have potential for diabetes via maintenance of healthy blood sugar levels.⁴ "Experimental studies in the past decade have shown that Triphala is useful in the prevention of cancer and that it also possesses antineoplastic, radioprotective and chemoprotective effects."⁵ Triphala has even been studied against human pancreatic cancer cells and suggests that the inhibitory effects on the growth of human pancreatic cancer cells is mediated by the activation of p53.

Triphala's classic formula consists of equal parts of three fruits: Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*).

- Amalaki, commonly known as Indian gooseberry or amla, is considered one of the best rejuvenating herbs in Ayurveda. It is the edible fruit from a small tree native to India and is a strong natural antioxidant, containing 20 times more vitamin C than orange juice. In India, amalaki is known as the "nurse herb" because it strengthens the immune system and cools the body, balancing the Pitta dosha.
- Haritaki, 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.
- Bibhitaki, is an excellent rejuvenative (counters the effects of age and stress on the body) 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.

For a list of references cited in this document, please visit:

https://www.designsforhealth.com/techsheet-references/ColonRX_References.pdf

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

Supplement Facts

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) | 1 g * |
| Magnesium Hydroxide | 400 mg * |

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

ColonRx™ may be helpful for:

- Improving bowel movements/constipation
- Cleansing and detoxifying bowels

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.