



BioLax

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving

Magnesium (citrate)	100 mg
Konjac root (glucomannan)	900 mg
Chia seed (<i>Salvia hispanica</i>)	450 mg
Guar gum	450 mg
Dandelion root (<i>Taraxacum officinale</i>)	300 mg
Ginger root (<i>Zingiber officinale</i>)	300 mg
Cape aloe (<i>Aloe ferox</i>)	200 mg

OTHER INGREDIENTS: Cellulose, stearic acid.

SUGGESTED USE: As a dietary supplement, take 2-4 capsules as needed for optimal bowel regulation or as directed by your healthcare professional.

*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.

BIO LAX

SUPPORTS GASTROINTESTINAL FUNCTION AND REGULARITY*

- Contains a unique combination of highly viscous soluble fibers*
- Supports growth of healthy gastrointestinal microflora*
- Non-habit forming*
- Helps support liver and gall bladder function*
- Helps reduce the buildup of toxins within the digestive tract by supporting regular elimination*

MAGNESIUM (CITRATE) is a chelated form of magnesium and is well absorbed and bioavailable. Magnesium is the fourth most abundant mineral in the body and supports numerous functions including enzyme regulation, calcium transport, and parathyroid hormone activity. It is estimated that nearly 60% of the U.S. population does not meet the RDA for magnesium, leading to possible negative effects on cardiovascular, neurological, and bone health. Magnesium promotes bowel regularity by normalizing tension within the colon walls. Relaxing colonic muscles allows for peristaltic action for improved intestinal transit time.*

KONJAC ROOT (GLUCOMANNAN) is a soluble, fermentable polysaccharide complex derived from the elephant yam. Glucomannan can absorb up to 50 times its weight in water, making it one of the most highly viscous dietary fibers. As a source of soluble fiber, glucomannan has been shown to support healthy blood lipids, appetite control, and blood sugar metabolism. Glucomannan also increases fecal bulk, promoting increased intestinal transit time for bowel regularity. In a study of 93 patients affected by chronic constipation, glucomannan at a daily dose of one gram TID resulted in significant improvement in symptoms after one month of treatment.*

CHIA SEED (SALVIA HISPANICA) provides the omega-3 fatty acid alpha-linolenic acid and is an excellent source of high-molecular weight-soluble fiber. The outer shell of the chia seed is high in mucilloid-soluble fiber, meaning it forms a gel-like substance when in contact with water. When this process takes

BIOLAX

REFERENCES:

1. Chakūrski I, et al. Treatment of chronic colitis with an herbal combination of *Taraxacum officinale*, *Hipericum perforatum*, *Melissa officinalis*, *Calendula officinalis* and *Foeniculum vulgare*. *Vutr Boles*. 1981;20(6):51-4.
2. Chicco AG, et al. Dietary chia seed (*Salvia hispanica* L.) rich in alpha-linolenic acid improves adiposity and normalises hypertriglycerolaemia and insulin resistance in dyslipaemic rats. *Br J Nutr*. 2009 Jan;101(1):41-50. Epub 2008 May 20.
3. Murakami K, et al. Association between dietary fiber, water and magnesium intake and functional constipation among young Japanese women. *Eur J Clin Nutr*. 2007 May;61(5):616-22. Epub 2006 Dec 6.
4. Moshfegh, AJ, et al. Presence of Inulin and Oligofructose in the Diets of Americans. *Journal of Nutrition*. 1999 Jul;129(7 Suppl):1407S-11S.
5. Passaretti S, et al. Action of glucomannans on complaints in patients affected with chronic constipation: a multicentric clinical evaluation. *Ital J Gastroenterol*. 1991 Sep-Oct;23(7): 421-5.
6. Schütz K, et al. *Taraxacum*--a review on its phytochemical and pharmacological profile. *J Ethnopharmacol*. 2006 Oct 11;107(3):313-23. Epub 2006 Jul 22.

place in the gastrointestinal tract, it can slow the uptake of carbohydrates by the digestive system, facilitating a more stable glycemic response. These beneficial effects on blood sugar and also the high dose of essential fats have led chia seeds to be used to support both blood sugar and cardiovascular health.*

CAPE ALOE (*ALOE FEROX*), also known as red aloe, is a species of aloe plant indigenous to South Africa. *Aloe ferox* is best known for its beneficial effects on gastrointestinal motility, making it a beneficial herb for both digestive function and bowel regularity.*

GINGER ROOT (*ZINGIBER OFFICINALE*) is a natural digestive aid and assists with the reduction of gas and bloating. It is also a powerful anti-inflammatory and may assist in the reduction of nausea.*

DANDELION ROOT (*TARAXACUM OFFICINALE*) is a rich source of vitamins A, C, and the B vitamins and has been historically used for a variety of medical uses. Dandelion has bitter principles which help stimulate the release of bile and other digestive juices. Dandelion promotes healthy intestinal function and has mild laxative effects that support healthy elimination. Dandelion is also a prebiotic and therefore supports the gastrointestinal microflora population.*

*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.