



CSTFORM

100 ml tincture



CONSTIPATION FORMULA

According to the National Institutes of Health, constipation is one of the most common gastrointestinal complaints, affecting one in three persons.

CSTFORM is a food supplement contains mild laxatives that relieves digestive spasms and colic, promotes bowel movements, increases bile flow, and reduces gas and bloating.

PRODUCT INFORMATION

Ingredients:

Cascara bark (*Rhamnus purshiana*), Senna leaf (*Cassia angustifolia*), Liquorice root (*Glycyrrhiza glabra*), turmeric root (*curcuma longa*)

Directions:

Take 35 drops x 3 times daily in a little water, away from food.

Do not exceed the recommended daily intake.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Do not take if pregnant or breast feeding.

** This statement has not been evaluated by the EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.*

ABOUT THE INGREDIENTS

- ✓ **Cascara bark (*Rhamnus purshiana*):** Cascara bark is a natural laxative made from the reddish-brown bark of a tree (*Rhamnus purshiana*). The active ingredients of Cascara sagrada (*Rhamnus purshiana*), also known as sacred bark or California buckthorn) are hydroxyanthraquinone glycosides found in the dried bark of the plant. *Rhamnus* is indicated in chronic constipation and it is a gentle, tonifying laxative. It increases the secretions of the stomach, liver and pancreas, and is very remarkable in its action in torpor of the colon and constipation. It is, unquestionably, one of the very best and safest laxatives ever discovered.



- ✓ **Senna leaf (*Cassia angustifolia*):** It contains a powerful natural laxative called anthraquinone and it acts as a mild purgative. Senna contains active ingredients which increases the volume and pressure of the intestinal contents. This will stimulate colon motility resulting in propulsive contractions.
- ✓ **Liquorice root (*Glycyrrhiza glabra*):** Liquorice can be used in the relief of abdominal colic, chronic constipation because it promotes peristalsis and aids in assimilation. Peristalsis is the process that forces faeces in the large intestine through the gastric system.

BENEFICIAL FOR:

- Chronic constipation
- Lower bowel function
- Laxative abuse
- Internal cleansing
- Bowel regularity
- Irritable Bowel Syndrome

- ✓ **Turmeric root (*Curcuma longa*):** New studies have found that turmeric could ease intestinal ailments and the antioxidant and anti-inflammatory properties of turmeric could even ease symptoms of IBS and keep it in remission.

