



**WORLDWIDE
HEALTH CENTER**
Natural Health Products & Remedies

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COLFORM

100
Capsules

Food Supplement

**COMPLEX SYNERGISTIC
HERBAL FORMULA**

COLFORM contains **10 active herbal ingredients:** Barberry bark, Burdock root, Glucomannan powder, Aloe Vera, Liquorice root, Cayenne, Dandelion root, Fennel seed, Ginger root, and Rhubarb root. They act to gently stimulate and tone the bowel wall, supporting a move towards unassisted bowel movements.

Together, these natural ingredients help to **soften the stool, stimulate the liver** and **improve peristalsis**, which in turn produces bowel movements and expels layers of old encrusted mucus and faecal matter that may have accumulated over time.

COLFORM is a well-known herbal colon cleanser and bowel support combination based on a formula by American master herbalist, **Dr. John R. Christopher**.



**A high-strength herbal
colon cleanser with 10
active herbs for healthy
bowel and digestive
transit support**

PRODUCT INFORMATION

Each 810 mg proprietary blend vegetarian capsule provides:

- Barberry bark powder (10:1)
- Burdock root powder
- Dandelion root powder (4:1)
- Fennel seed powder
- Ginger root powder (20:1)
- Cayenne powder
- Rhubarb powder
- Glucomannan powder
- Aloe Vera extract (200:1)
- Licorice root extract (4:1)

NO ADDED: artificial colours, flavourings, preservatives, dairy products, gluten, lactose, soya, sugar, wheat and yeast.

Ingredients: Rhubarb powder, Capsule Shell: Hydroxypropyl Methylcellulose (HPMC), Burdock root powder, cayenne powder, fennel seed powder, ginger root extract (20:1), glucomannan powder (90%), Anti-caking Agent: Magnesium Stearate (vegetable source), aloe vera extract (200:1), licorice root extract (4:1), barberry bark extract (10:1), dandelion root extract(4:1)

Directions: Take 1 or 2 capsules, 1 to 3 times per day or as advised.

CAUTION:

Do not exceed the recommended daily intake.

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

Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**



ABOUT THE INGREDIENTS

Barberry bark: Barberry is a natural helper for **digestive complaints** and also supports the **liver, gallbladder** and **spleen**. Its active ingredients are the isoquinolone alkaloids, particularly **berberine** It also has an **antiseptic** and **anti-bacterial effect** when taken orally, useful against **dysbiosis**. It stimulates bile flow, eases liver congestion and is ideal for an inflamed gallbladder and intestinal inflammation.

Cayenne: This hot herb and chilli pepper is rich in vitamins A, B6, C, E, riboflavin, potassium and manganese. It also contains the active ingredient **capsaicin**, which supports **healthy blood flow** (and therefore natural **detox**), a **healthy metabolism, digestion, gastrointestinal secretions** and acts as an **anti-spasmodic** for relief of pain and as a **carminative**.

Dandelion root: Dandelion is a rich source of vitamins A, C, D and B complex vitamins, as well as minerals such as iron, potassium, and zinc. It has traditionally been used to support **healthy fluid balance** in the body and as a **natural helper** for the **stomach** and **digestive system**. It also provides support for the **liver and gallbladder**, by helping to clear toxins.

Fennel seed: Fennel has become a popular component of colon cleansing programs because it supports the body's natural **elimination of excess waste and toxins** from the colon and a healthy **acid/alkaline balance**. It is also a gentle **digestive** and **carminative** herb, used to counteract flatulence, disperse windy colic and alleviate intestinal spasms, griping and irritable bowel.

Ginger root: Ginger has been used for centuries to support a **healthy gastrointestinal tract** and **efficient digestion**. It alleviates occasional **gas, bloating** and **nausea** and is known as a 'hot bitter' herb which promotes **gastric acidity**. It is used for many stomach conditions and has **anti-inflammatory, carminative, anti-spasmodic, expectorant, vasodilator** and **circulatory stimulant** actions. Gingerol, a compound in ginger, is also a powerful antioxidant.

Rhubarb root: Widely used as part of **colon cleansing** programs, because it contains: **anthraquinones, emodin, tannins, flavonoids** (including rutin) and several polyphenols. Rhubarb is a **strong herbal laxative, astringent-bitter, gastric stimulant, anti-inflammatory, stomach tonic** and **antiseptic**. It is also used for disorders of the liver, gallbladder and stomach.

Burdock (Arctium lappa): Burdock is used traditionally as a diuretic and a **digestive aid**. It contains high concentration of fibre, **inulin** that helps stimulate the digestive system and moves food smoothly through the bowels, so it **relieves constipation** and **prevents bloating**. Inulin is also able to reduce inflammation in the gut and eliminate many types of harmful bacteria that can cause diarrhoea and gastrointestinal problems.

Glucomannan: The powder of glucomannan works as a **prebiotic** in your system, which helps the bowel movements. It is considered as a **natural laxative** which means that the intake of it can promote a larger, bulkier stool that more easily passes through the colon. There are a lot of studies that found glucomannan to be an **effective constipation treatment**.

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Aloe Vera: The extract of Aloe Vera as a **laxative** is well-researched. It contains anthraquinones that acts as a **potent laxative** that increases intestinal water content, stimulates mucus secretion and increases intestinal peristalsis which are contractions that break down food and mix the chyme. In a double-blind randomized controlled trial **Aloe Vera extract** was reported to have a **laxative effect** compared to a placebo that was stronger than the stimulant laxative phenolphthalein, making Aloe Vera a **natural constipation relief** remedy.

Liquorice root (*Glycyrrhiza glabra*): Liquorice is an **adaptogen herb** and has been used for thousands of years as a leaky gut remedy. The active ingredient in liquorice plant is the triterpenoid **glycyrrhizin** which is a potent anti-inflammatory, mild natural laxative and expectorant. Published in the *Journal Evidence-based Complementary and Alternative Medicine*, an extract of **Glycyrrhiza glabra** was found to be effective against functional dyspepsia, which includes not only heartburn but also a natural remedy for nausea, indigestion and stomach pain.

Beneficial for:

- ✓ Constipation / irregularity
- ✓ Sluggish bowels
- ✓ Haemorrhoids
- ✓ Clearing bowel 'pockets'
- ✓ Diverticula
- ✓ As part of an internal cleansing programme
- ✓ As an effective stool softener
- ✓ To complement colonic hydrotherapy treatments



SUITABLE
FOR
VEGETARIANS

