



Available in 60 vegetarian capsules

- Helps to maintain proper muscle function
- Stimulant laxative
- Short-term relief of occasional constipation
- Promotes bowel movement (by direct action on the large intestine).

Discussion

ColonX™ addresses an issue of universal importance: gastrointestinal (GI) health. GI regularity and function is vital to physiological balance and overall well-being. How well the body digests, assimilates, and eliminates metabolic fuel and metabolic waste determines health at the cellular level. Toxins that enter the body must be detoxified and their metabolites must exit the body. Gastrointestinal elimination plays a major role in detoxification by expelling the remnants of toxic molecules. If these harmful remnants are not eliminated, they can recirculate throughout the body.*

Magnesium Magnesium citrate, the type of magnesium in ColonX, is used for colonoscopy preparation. Chosen for its promotion of muscle relaxation and effective elimination of feces through the bowel, magnesium citrate is also highly bioavailable.^[1] It should be noted that particular forms of magnesium may be absorbed differently. Please note that while magnesium citrate is best suited to support gastrointestinal elimination, the patented amino acid chelates such as the lysyl glycinate and dimagnesium malate chelates in XYMOGEN's OptiMag 125™ formula are designed to be bioavailable and easily absorbed.*

As a macromineral, magnesium supports cell, tissue, and organ function and participates in over 300 metabolic reactions in the body. This essential mineral plays a pivotal role in energy-producing reactions, detoxification, muscle and nerve function, and skeletal structure.^[2,3] Magnesium can readily become depleted due to inadequate intake, poor absorption, excessive losses, and drug-induced nutrient depletions.*

Cape Aloe (*Aloe ferox*) Cape Aloe has a long history of use in South Africa and continues to be closely studied for its valuable attributes,^[4] specifically how it supports GI regularity. The herb is ideally used in the short term to support the elimination of feces and subsequently the elimination of toxins. Recent research suggests that Cape Aloe supports gastrointestinal regularity and is well tolerated.

Administration of the herb in animals showed no negative toxicological effects at doses of up to 200 mg/kg body weight over a seven-day period.*^[5]

Triphala Triphala comprises three sour, astringent fruits: *Emblica officinalis* (amla), *Terminalia bellerica* (behada), and *Terminalia chebula* (harada). This tannin-rich herbal compound has been used traditionally for supporting digestion, assimilation, and elimination.^[6] Triphala is considered to be a cornerstone of the art and practice of Ayurveda, and it is used throughout India in herbal products. Modern-day clinical trials have confirmed the benefits of traditional uses of triphala, especially gastrointestinal support. Researchers indicated that triphala positively supports appetite, GI health, and rejuvenation.*^[7]

ColonX is intended for short-term use only and should never be consumed during pregnancy. Follow directions and label cautions carefully.*

ColonX™

Medicinal Ingredients (per vegetarian capsule)

Magnesium (Magnesium citrate)	100 mg
Cape Aloe (<i>Aloe ferox</i>) Latex	25 mg
Triphala Extract (15:1)	125 mg
(<i>Embluca officinalis</i>) Fruit	41.7 mg
(<i>Terminalia bellerica</i>) Fruit	41.7 mg
(<i>Terminalia chebula</i>) Fruit	41.7 mg

Non-Medicinal Ingredients

HPMC (capsule), stearic acid, magnesium stearate, silica, and medium-chain triglycerides.

Recommended Dose

Adults: Take 2 capsule 2 to 3 times per week or as directed by your healthcare practitioner. Allow at least 6 to 12 hours for laxative effect to occur. If results are not observed, the frequency of use may be increased up to once daily. Take a single dose at bedtime and a few hours before or after taking other medications or health products. Consult a healthcare practitioner for use beyond 7 days. For occasional use only.

Consult a healthcare practitioner prior to use if you are taking thiazide diuretics, corticosteroids, licorice root or other medications or health products which may aggravate electrolyte imbalance, have a kidney disorder, or are taking cardiac medications (e.g. cardiac glycosides or antiarrhythmic medications), if you have fecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea. Consult a healthcare practitioner if symptoms persist or worsen. If allergy occurs, discontinue use.

Do not use if you are pregnant or breastfeeding; you have abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis), abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, hemorrhoids or diarrhea.

References

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2. Laires MJ, Monteiro CP, Bicho M. Role of cellular magnesium in health and human disease. *Front Biosci.* 2004 Jan 1;9:262-76. [PMID: 14766364]
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4. Magwa ML, Gundidza M, Cooposamy RM, et al. Chemical composition of volatile constituents from the leaves of *Aloe ferox*. *Afr J Biotechnol.* 2006 Sept;5(18):1652-1654.
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6. Jagetia GC, Baliga MS, Malagi KJ, et al. The evaluation of the radioprotective effect of Triphala (an ayurvedic rejuvenating drug) in the mice exposed to gamma-radiation. *Phytomedicine.* 2002 Mar;9(2):99-108. [PMID: 11995956]
7. Mukherjee PK, Rai S, Bhattacharyya S, et al. Clinical study of "triphala" – a well-known phytomedicine from India. *Iranian J Pharmacol Ther.* 2006 Jan;5(1):51-54. <http://www.bioline.org.br/request?pt06008>. Accessed June 18, 2012.

Additional references available upon request



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