

Optimal Colon Function, Yes!

When eating and drinking things we typically would stay far away from, most notice the digestive distress these treats produce before anything else; gas, bloating, irregularity, and so on start plaguing you daily.

Biotics Research has formulated a wonderful product to keep digestive distress at bay. [Colon Plus™](#) is a blend of natural ingredients specifically designed to keep your colon performing optimally. Colon Plus™ comes in a powder form and, also a gel cap. Originally, [Colon Plus™](#) was released as a powder. Due to lack of patient compliance (having to mix and taste), Biotics Research started producing this formula in capsule form, and patient compliance increased. Typical dosages are as follows: Use one teaspoon of the powder in a glass of warm water in the a.m. and p.m. or five capsules, three times a day, just before meals.

[Colon Plus™](#) has a proprietary blend of peppermint and anise that relieves flatulence. Substances that relieve irritants and inflammation (aloe vera and flaxseed) and have natural laxative properties. These natural laxatives are not the same as senna tea.

- Psyllium seed powder acts as a bulking agent, keeping waste in the colon hydrated and well-formed for easier passing.
- Prune powder, which is known for aiding in eliminations.
- Mannitol, along with natural laxative properties, has a non-enzymatic reaction, with free radicals providing some antioxidant protection.

Included in the blend are Calcium Ascorbate and Kelgin. These are both heavy metal detoxing agents. Hello, aluminum foil and food coloring! With that said, we find many practitioners adding [Colon Plus™](#) into their heavy metal protocols. Keeping the colon steadily moving and supporting a healthy epithelium is a major factor in keeping toxins from re-entering the system. The bulking agents added into the blend are also important for detox. The apple pectin and psyllium both create a gel-like bulk, trapping toxins and carrying them out with elimination.

Enzymes also have a role in colon health. Bromelain, a well-known proteolytic enzyme, has proven useful in supporting bowel issues specifically inflammatory in nature. Peppermint is included in the mix. It has a dual purpose, encouraging digestive enzymes and providing naturally occurring chlorophyll. Chlorophyll has been used to ease constipation and is a popular bowel detox.

Last, but certainly not least, [Colon Plus™](#) provides bowel flora support. Biotics Research understands the importance of healthy gut flora. Including Lactobacillus acidophilus into the mix ensures your flora have extra helpers to support the colon in a time of need. Do keep in mind, for those who are extremely dairy sensitive, Lactobacillus acidophilus is derived from dairy; an ultra-trace amount equaling <.001 ppm of milk constituents are used during the fermentation of probiotic ingredients should be fine for the masses, I just wanted to bring it to

your attention. This product was formulated long before the concept of prebiotics became popular, but certainly, with the addition of Lactobacillus acidophilus this is truly a prebiotics and probiotic product.

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