

Essential Bowel Support™



For Intestinal Health and Regularity

- Reduces intestinal discomfort, including occasional gas and bloating
- Supports regularity and helps maintain long-term intestinal function
- Promotes healthy intestinal mucosal tissue

A healthy digestive system is extremely important to optimum health. In fact, many of our present-day health concerns can be traced to gastrointestinal (GI) tract problems. Gastrointestinal issues may impact up to 20% of the adult population in the United States. The Essential Bowel Support™ formula combines botanicals from three herbal traditions, Ayurveda, Chinese, and European, to reduce intestinal discomfort, support regularity and cleansing, and to help maintain long-term healthy intestinal function.*



PLANETARY®
HERBALS

*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.

Botanicals Used for Normalizing GI Tract Function

The botanicals used in Essential Bowel Support are based on the more than 40 years of clinical experience of renowned herbalist and clinician Michael Tierra, and shown to be beneficial in numerous clinical studies.

Triphala, key to Essential Bowel Support's health benefits, is considered the most important formula in Ayurveda for supporting optimal GI health. Triphala consists of three fruits: Amla, Harada and Behada—these three sour and astringent fruits work by tonifying and strengthening intestinal tissues, as well as relieving occasional intestinal discomforts, and providing nourishing antioxidants to the GI tract.

The bael tree grows wild throughout India, and every part of this tree has been used in Ayurveda for thousands of years. The bael tree's unripe fruit is traditionally used to support intestinal health, including occasional diarrhea, and as an astringent and demulcent for soothing the bowel lining.*

Essential Bowel Support also features turmeric, marshmallow root, ginger rhizome, and cardamom fruit. Turmeric (standardized to 95% curcuminoids) is supported by a multitude of clinical and preclinical trials, and has long been used to help restore digestive balance.

Marshmallow root's 1,000 years of traditional use as a balm to soothe mucous membranes and for regenerating epithelial tissue has been supported by science. Likewise, evidence suggests that ginger may help promote healthy digestive function, while cardamom is traditionally

used to prevent and expel gas, reduce bloating, and address occasional digestive discomfort.

Long-term Digestive Support

The GI tract manages digestion, nutrient absorption, elimination, detoxification, hormone secretion and energy. Planetary® Herbals Essential Bowel Support™ was developed from the clinical practice of one of the world's leading authorities on herbal health care, Michael Tierra L.Ac., OMD, while working directly with his clients. This formula can be a vital part of maintaining your GI tract health.

Planetary® Herbals products are formulated by expert herbalists dedicated to drawing upon the principals and botanical wisdom of the planet's major herbal traditions, while fully embracing the latest knowledge emerging from scientific research. Our attention to herb selection, formulation details, and quality assurance, as well as a product line based on the over 40 years of experience of one of the foremost authorities in herbal healthcare, helps ensure customers true and lasting health benefits.*

References:

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