

Stomach Ease™

Nature's Harmony[®] Stomach Ease[™] is a herbal formula that acts as a gentle laxative to ease intestinal discomfort and bring safe relief from constipation.

Only 100% natural ingredients are used in this formula.

PRODUCT CODE: 400484 (100 Tablets); 400486 (250 Tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For a laxative effect.	Tablet	Take 2 tablets daily at bedtime. Promtoes bowel movement in six to twelve hours. Do not use for more than a week at a time unless advised by a health care practitioner

DESCRIPTION:

Nature's Harmony[®] Stomach Ease[™] Herbal Laxative contains senna leaves, cascara sagrada bark, licorice root, juniper berries, rhubarb root, gentian root, buchu leaves and oil of peppermint. The herbs in this unique combination have been chosen for their beneficial laxative and diuretic effects.

Recommended Daily Allowance:	N/A
Food Sources:	None.
Causes of Deficiency:	Sudden lifestyle changes such as travel, diet and illness, excess use of laxatives.
Symptoms of Deficiency:	N/A
Complementary Nutrients:	Dietary fibre, probiotics.

HOW IT WORKS:

Nature's Harmony[®] Stomach Ease[™] Herbal Laxative provides both laxative and diuretic effects. This rapidly dissolving natural laxative encourages peristalsis (muscle contractions) of the large intestine and results in a bowel movement within 6 to 12 hours of ingestion. It also possesses diuretic properties and helps relieve water retention.



DID YOU KNOW...

Senna is an Arabic name and its medicinal use was first described in the writings of Arabian physicians in the ninth century AD.

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RESEARCH:

This natural laxative is supported by traditional use.

SIDE EFFECTS:

A laxative may cause mild, temporary diarrhea. Overdose of product may cause more intense digestive upset or complications.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Do not use if you have impaired kidney or liver functions, high blood pressure, heart disease or are taking heart medications or thiazide diuretics, corticosteroids, licorice root or other drugs that may aggravate electrolyte imbalance. Do not use if you are a male with decreased libido. Do not use in the presence of abdominal pain, nausea, fever, vomiting, hemorrhoids or other symptoms of appendicitis or inflamed bowel or if you have a chronic gastrointestinal disorder. Overuse or extended use may cause dependence for bowel function. Do not take any type of laxative for more than one week, unless your health care practitioner has ordered a special schedule for you. Do not take within two hours of a medication. Consult a health care practitioner prior to use if you have diabetes, hypokalemia, or are taking hormonal therapies, diuretics, potassium depleting agents, or MAO inhibitors. Discontinue use if hypersensitivity occurs. Reduce dose or discontinue use if abdominal cramps, spasms and/or pain occur.

OTHER CONSIDERATIONS:

Do not take any type of laxative for more than a week, unless you are under the supervision of a health care practitioner. Overuse or extended use may cause dependence for bowel function.

LABEL:

