



MotiliFlow: Natural Support for Healthy Bowel Function*

MotiliFlow is a novel formula designed to support a healthy colon and help facilitate healthy bowel function. The primary function of the colon is to reclaim water and to provide temporary storage for solid waste product, known as stool. As stool passes through the colon, water and electrolytes are removed. With the absence of water, stool can become hard and increasingly difficult to pass, resulting in constipation. MotiliFlow uses two proven ingredients, magnesium hydroxide and Triphala, to help with bowel motility and tonicity in people with occasional constipation.

Magnesium Hydroxide

Magnesium hydroxide, a well known ingredient in laxative and antacid formulas, works by osmosis, drawing water from surrounding tissues to the intestines. This local increase of water not only softens the stool but actually increases its volume. This promotes intestinal motility, which is the coordinated contraction of the small intestine's smooth muscle in order to move food through and facilitate healthy digestion.

Triphala

Triphala is a classic formula in Ayurvedic medicine, the world's oldest medical system originating in India over three thousand years ago. Ayurvedic medicine follows three governing principles, or doshas: Vata, which regulates the nervous system; Pitta, which maintains metabolic processes; and Kapha, which supports structural integrity. Good health and well-being is achieved by balancing these three principles. Triphala consists of equal parts of three fruits: Amalaki, Haritaki, and Bibhitaki. Amalaki (known as Indian gooseberry or amla) is a strong natural antioxidant and is considered one of the best rejuvenating herbs in Ayurveda. Haritaki has the strongest laxative powers of these three fruits; it also has astringent properties and balances Vata. Bibhitaki is an excellent rejuvenating herb, with both laxative and astringent properties. It helps to eliminate excess mucous, balancing the Kapha dosha.

The powerful combination of magnesium hydroxide and Triphala in MotiliFlow can be used for short periods of time as a fast-acting mild laxative for occasional constipation, or as a daily bowel tonic to help strengthen and tonify the bowels.

Recommended Use: Take two capsules with eight ounces of water at bedtime, or as directed by your health care practitioner.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving		% Daily Value
Triphala (<i>Emblia officinalis</i> , <i>Terminalia bellirica</i> , <i>Terminalia chebula</i>)(fruit)	1 g	*
Magnesium Hydroxide	400 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

*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