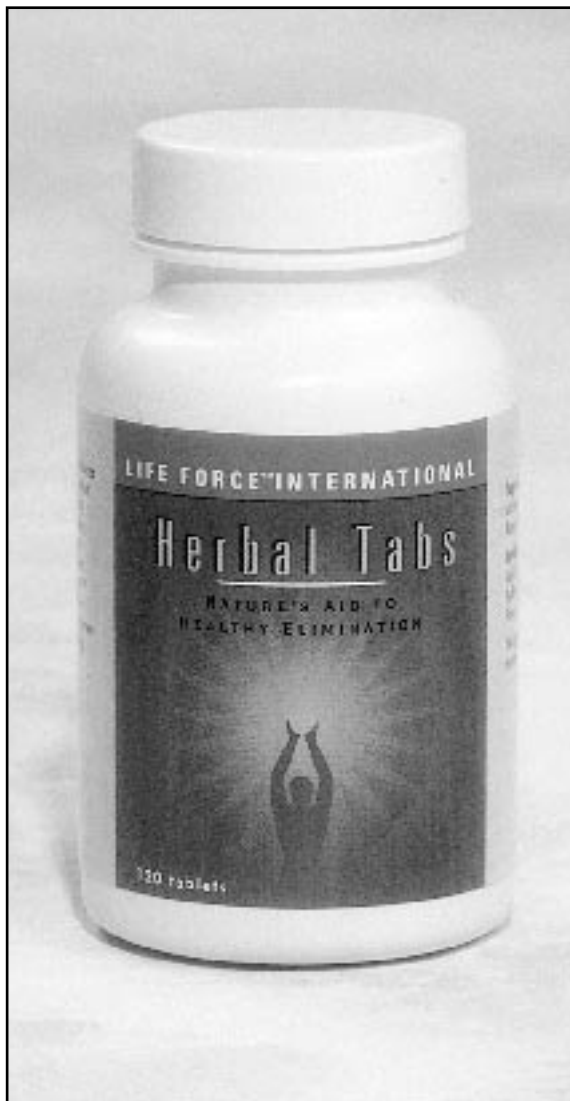


To Order Herbal Tabs Click Here

# TECHNICAL DATA SHEET

## HERBAL TABS



Life Force International's **Herbal Tabs** is a proprietary and synergistic formula of herbs, enzymes, and sea vegetation. This combination promotes intestinal cleansing and supports healthy elimination. Herbal Tabs is NOT a synthetic chemical laxative, and is non-habit forming. Additionally, it contains no chemical stimulants, sugar, salt, or preservatives.

Studies show that more people seek relief from intestinal complaints than all other ailments combined.<sup>1,2</sup> This fact underscores the importance of taking good care of our gastrointestinal tract, more commonly known as our GI tract. A healthy GI tract requires healthy peristaltic action of the colon. Some of the herbs in Herbal Tabs are known to support this healthy function. Proper nutritional support for this vital body system is a major key to health.

### Ingredients:

Senna (Leaf), Buckthorn (Bark), Peppermint (Leaf), Sea Vegetation Powder (Fucus Gardneri, Ulva Lactuca, Alaria Valida, Nereocystis Luetkeana, Laminaria, Ulva Linza, Gigartina, Costaria Costata, and Rhodymenia Pertusa), Licorice (Root), Cascara Sagrada (Bark), Pepsin, Psyllium (Seed), Acacia, Fennel Seed, Rhubarb (Root), Anise Seed, Chamomile (Flower), Blue Malva (Flower), Citrus Rind and, Ginger (Root).

### Other Ingredients:

Calcium (Carbonate), Cellulose Gum, Stearic Acid (Vegetable Source), Silicon Dioxide and Magnesium Stearate.

### Potential Benefits From Ingredients That:

- Aid healthy elimination.<sup>12</sup>
- Aid regularity.<sup>11</sup>
- Provide natural phytonutrients to help nourish the colon.
- Help to cleanse the bowels.<sup>10</sup>
- Support healthy digestion, and is not habit forming.<sup>29,30</sup>
- Are free of chemical laxatives, stimulants, sugar, salt, and preservatives.

PRODUCT SPECIFICATIONS	
PRODUCT NUMBER	LF113
DESCRIPTION	30-day supply
QUANTITY	120 tablets



## PRODUCT DATA SHEET

### Additional Educational Information For The Ingredients:

<i>INGREDIENT</i>	<i>BENEFITS</i>
<i>Senna</i>	Is an herb that has been effectively and safely utilized historically for supporting healthy elimination. <sup>3, 4, 5, 6</sup>
<i>Buckthorn Bark</i>	Has historically been utilized for its mild cleansing and intestinal stimulation.
<i>Peppermint</i>	Has demonstrated the ability to enhance digestion. <sup>7, 8</sup>
<i>Licorice Root</i>	Is one of the oldest and most frequently used herbs in Traditional Chinese Medicine. A major bioactive constituent, Glycyrrhizic acid, has clinically demonstrated many beneficial biological activities. <sup>9</sup>
<i>Cascara Sagrada</i>	Has been clinically studied and shown to support healthy elimination. <sup>10, 11</sup>
<i>Psyllium Husks</i>	Is an effective bulking agent that has been clinically shown to be superior to prescription compounds for alleviating chronic constipation. It absorbs many times its own weight and requires adequate amounts of water (preferably 16 oz. when taken and total of 64 oz throughout the day) to produce optimum benefits. Some studies indicate that it may be helpful in lowering high cholesterol levels. <sup>12, 13, 14, 15</sup>
<i>Fennel Seed</i>	Has demonstrated in clinical studies that it can enhance digestion and other biological functions. <sup>16</sup>
<i>Citrus Peel</i>	Has been clinically studied and believed to possess compounds that are biologically beneficial. <sup>17</sup>
<i>Ginger</i>	Has long been used to enhance digestion in the intestines as well as safely help alleviate nausea. <sup>18, 19, 20, 21</sup>
<i>Pepsin</i>	Is well known for its ability to assist in the digestive process. <sup>22</sup>
<i>Rhubarb Root</i>	Has been historically used to assist in healthy elimination. It has also been clinically shown to assist in preventing unhealthy bacteria from accumulating in the colon (intestines). Clinical studies have also shown that it enhances the electrical activity of the colon. <sup>23, 24</sup>
<i>Anise Seed</i>	Has demonstrated clinically that it can help to expel gas. <sup>25</sup>
<i>Chamomile Flower</i>	Has clinically demonstrated anti-inflammatory properties. <sup>26</sup>
<i>Blue Malva Flower</i>	Is an herb that has been used historically as an anti-microbial. <sup>27</sup>
<i>Sea Vegetation</i>	Is a combination of herbs from the sea that provides additional health support. <sup>28</sup>

### Suggested Use:

*Stand-Alone Use* – Begin taking 1-2 tablets both in the morning and evening. Be sure to drink lots of good water. If the desired result is not achieved after one day's use, increase by one tablet every evening, until a satisfactory result is achieved. Many customers find it beneficial to use Herbal Tabs daily or as a helpful boost between regular Colon Cleanses.

*As Part of the Colon Cleanse Program* – Herbal Tabs is an integral part of our three-product Colon Cleanse program, which also includes Activated Charcoal and Intestinal Tone. Please follow the Colon Cleanse Program instructions for Herbal Tabs use when taken as part of this program.

## PRODUCT DATA SHEET



*As Part of the Regeneration Program* – Herbal Tabs is an integral part of our five-product Regeneration Program, which also includes Body Balance, Activated Charcoal, Intestinal Tone and Taheebo. Please follow the Regeneration Program instructions for Herbal Tabs use when taken as part of this program.

### **Servings:**

Herbal Tabs comes in a bottle of 120 tablets, which yields 60 servings @ 2 tablets per serving. When using 2 servings daily, Herbal Tabs is a 30-day supply.

### **Caution:**

Keep out of reach of children.

Do not use in conjunction with laxatives.

Pregnant or lactating women are also advised to consult their health care professional prior to using any new product.

### **Shelf Life & Storage:**

Once opened, Herbal Tabs has a shelf life of 6 months. Unopened, it has a shelf life of 2 years. Store in a cool, dry place.

\* 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.

### **References:**

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

- 1) Prevalence of functional bowel disorders and related health care seeking: a population-based study. Icks, A., Haastert, B., Enck, P., Rathmann, W., Giani, G. *Gastroenterol.* 2002 Mar;40(3):177-83. PMID: 11901451
- 2) Epidemiology and health care seeking in the functional GI disorders: a population-based study. Koloski, N.A., Talley, N.J., Boyce, P.M. *Am J Gastroenterol.* 2002 Sep;97(9):2290-9. PMID: 12358247
- 3) Senna—an old drug in modern research. Lemli, J. *Pharmacology* 1988 36 Suppl 1: 3-6 PMID: 3285362
- 4) Safety and efficacy of a bulk laxative containing senna versus lactulose in the treatment of chronic constipation in geriatric patients. Kinnunen, O., Winblad, I., Koistinen, P., Salokannel, J. *Pharmacology* 1993 Oct;47 Suppl 1:253-5. PMID: 8234438
- 5) Laxatives and the special role of senna. Godding, E.W. *Pharmacology* 1988 36 Suppl 1: 230-6 PMID: 2835784
- 6) Chronic constipation in long stay elderly patients: a comparison of lactulose and a senna-fibre combination. Passmore AP, Wilson-Davies K, Stoker C, Scott ME. *BMJ* 1993 Sep 25 307:6907 769-71 PMID: 8219947
- 7) Influence of peppermint oil on absorptive and secretory processes in rat small intestine. Beesley, A., Hardcastle, J., Hardcastle, P.T., Taylor, C.J. *Gut* 1996 Aug 39:2 214-9 PMID: 8991859

## PRODUCT DATA SHEET



HERBAL TABS

- 8) Influence of peppermint oil on absorptive and secretory processes in rat small intestine. Beesley, A., Hardcastle, J., Hardcastle, P.T., Taylor, C.J. *Gut* 1996 Aug 39:2 214-9 PMID: 8991859
- 9) Chemical modification of glycyrrhizic Acid [Licorice root] as a route to new bioactive compounds for medicine. Baltina, L.A. *Curr Med Chem.* 2003 Jan;10(2):155-71. PMID: 12570715
- 10) Cleansing of the colon without enemas [Cascara sagrada]. Rosengren, J.E., Aberg, T. *Radiologe* 1975 Nov 15:11 421-6 PMID: 1215526
- 11) Systematic review of the effectiveness of laxatives (Cascara) in the elderly. Petticrew, M., Watt, I., Sheldon, T. *Health Technol Assess.* 1997;1(13):i-iv, 1-52. PMID: 9483163
- 12) Comparative laxation of psyllium with and without senna in an ambulatory constipated population. Marlett, J.A., Li, B.U., Patrow, C.J., Bass, P. *Am J Gastroenterol* 1987 Apr 82:4 333-7 PMID: 3565338
- 13) [Clinical study of a new preparation from plantago seeds and senna pods] Bossi, S., Arsenio, L., Bodria, P., Magnati, G., Trovato, R., Strata, A. *Acta Biomed Ateneo Parmense* 1986 57:5-6 179-86 PMID: 2955623
- 14) Psyllium is superior to docusate sodium for treatment of chronic constipation. McRorie, J.W., Daggy, B.P., Morel, J.G., Diersing, P.S., Miner, P.B., Robinson, M. *Aliment Pharmacol Ther* 1998 May 12:5 491-7 PMID: 9663731
- 15) Cholesterol-lowering effects of psyllium intake adjunctive to diet therapy in men and women with hypercholesterolemia: meta-analysis of 8 controlled trials. Anderson, J.W., Allgood, L.D., Lawrence, A., Altringer, L.A., Jerdack, G.R., Hengehold, D.A., Morel, J.G. *Am J Clin Nutr.* 2000 Feb;71(2):472-9. PMID: 10648260
- 16) Relaxant effects [of fennel] on tracheal and ileal smooth muscles of the guinea pig. Reiter, M., Brandt, W. *Arzneimittelforschung* 1985 35:1A 408-14 PMID: 4039178
- 17) In vitro absorption and metabolism of nobiletin, a chemopreventive polymethoxyflavonoid in citrus fruits. Murakami, A., Kuwahara, S., Takahashi, Y., Ito, C., Furukawa, H., Ju-Ichi, M., Koshimizu, K. *Biosci Biotechnol Biochem.* 2001 Jan;65(1):194-7. PMID: 11272829
- 18) Ginger—chemistry, technology, and quality evaluation: part 1. Govindarajan, V.S. *Crit Rev Food Sci Nutr* 1982 17:1 1-96 PMID: 7049579
- 19) Nausea and vomiting in pregnancy: safety and efficacy of self-administered complementary therapies [Ginger]. Tirank D. *Complement Ther Nurs Midwifery.* 2002 Nov;8(4):191-6. Review. PMID: 12463608
- 20) Influence of dietary spices [ginger] or their active principles on digestive enzymes of small intestinal mucosa in rats. Platel, K., Srinivasan, K. *Int J Food Sci Nutr* 1996 Jan 47:1 55-9 PMID: 8616674
- 21) Influence of dietary spices [ginger] or their active principles on digestive enzymes of small intestinal mucosa in rats. Platel, K., Srinivasan, K. *Int J Food Sci Nutr* 1996 Jan 47:1 55-9 PMID: 8616674
- 22) Significance of peptic digestion [pepsin] in rat pancreatic secretory response to dietary protein. Guan, D., Green, G.M. *Am J Physiol.* 1996 Jul;271(1 Pt 1):G42-7. PMID: 8760105
- 23) [Effects of rhubarb on electrical and contractive activities of the isolated intestine in rats] Jin, B.L., Ma, G.J., Wang, H.X., Wang, X.L. *Zhongguo Zhong Yao Za Zhi* 1989 Apr 14:4 239-41, 256 PMID: 2505806

## PRODUCT DATA SHEET

---



- 24) [Rhubarb decoction prevents intestinal bacterial translocation during necrotic pancreatitis] Chen, X., Ran, R. *Hua Xi Yi Ke Da Xue Xue Bao* 1996 Dec 27;4 418-21 PMID: 9389017
- 25) Inhibitory effects of spices [Anise seed] on growth and toxin production of toxigenic fungi. Hitokoto, H., Morozumi, S., Wauke, T., Sakai, S., Kurata, H. *Appl Environ Microbiol* 1980 Apr 39:4 818-22 PMID: 6769391
- 26) Evaluation of antiinflammatory activity of a chamomile extract topical application. Tubaro, A., Zilli, C., Redaelli, C., Della Loggia, R. *Planta Med* 1984 Aug 50:4 359 PMID: 6505092
- 27) Screening seeds of Scottish plants [Malva]for antibacterial activity. Kumarasamy, Y., Cox, P.J., Jaspars, M., Nahar, L., Sarker, S.D. *J Ethnopharmacol.* 2002 Nov;83(1-2):73-7. PMID: 12413709
- 28) Biosorption of heavy metals by marine algae. Hamdy, A.A. *Curr Microbiol.* 2000 Oct;41(4):232-8.
- 29) The carry-over effect on the bowel habit in elderly long-term patients of long-term bulk-forming products containing stimulant laxative. Kinnunen, O., Salokannel, J. *Acta Med Scand* 1987 222:5 477-9 PMID: 3122528
- 30) Two-year carcinogenicity study with sennosides in the rat: emphasis on gastro-intestinal alterations. Lyden-Sokolowski, A., Nilsson, A., Sjoberg, P. *Pharmacology* 1993 Oct 47 Suppl 1: 209-15 PMID: 8234431

*For Use in the US Market Only*

**HERBAL TABS**