



# ColonMax

- A Natural Formula to Help Relieve Occasional Constipation\*
- Helps Eliminate Waste and Toxins\*
- No Cascara Sagrada or Senna
- No Binders or Fillers

Sometimes in day-to-day life, or even while taking an internal cleanse, people can experience difficult elimination. Natural health experts agree that 2-3 bowel movements daily is healthiest for the body. The natural health definition for constipation is fewer than 2-3 bowel movements per day.

**ColonMax** is a natural solution for occasional constipation.\* It combines herbs and magnesium that help to gently encourage 2-3 healthy bowel movements per day and help stimulate sluggish colons.\* Magnesium helps to retain water in the bowel, which makes waste easier to pass.\* Cape aloe, rhubarb and triphala help to stimulate and strengthen bowel contractions.\* Marshmallow and slippery elm help to soothe and lubricate the bowel.\*

### ColonMax's unique formula combines these natural ingredients:

- **Magnesium** - helps increase stool hydration\*
- **Cape Aloe** - gentle laxative herb
- **Rhubarb** - gentle laxative herb, helps maintain stool hydration\*

- **Slippery Elm** - helps soothe the intestinal tract\*
- **Marshmallow** - supports a healthy intestinal lining\*
- **Triphala** - an Ayurvedic blend of three fruits (Amalaki, Bibhitaki, and Haritaki) that helps support peristalsis\*

If you are experiencing occasional constipation, other suggestions to incorporate into your lifestyle include:

- Increase daily fiber intake to 25-35 grams per day
- Drink half your body weight in ounces of water daily
- Try going to the bathroom at the same time every day
- Take digestive enzymes with your food to assist with food breakdown and nutrient absorption
- Take a probiotic supplement with high Bifidobacteria to support the health of the large intestine
- Take essential fatty acids to help lubricate the bowel
- Exercise 3 times per week

Available in 60ct. and 100ct.

## Supplement Facts

Serving Size: 2 Capsules

	Amount per Serving	%DV**
Magnesium (as magnesium hydroxide)	230 mg	58%
<b>Proprietary Blend</b>	1,200 mg	
Cape Aloe leaf (Aloe ferox)		***
Rhubarb root (Rheum officinalis)		***
Slippery Elm bark (Ulmus rubra)		***
Marshmallow root (Althaea officinalis)		***
Triphala (blend of Amalaki, Bibhitaki and Haritaki)		***

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*\* Daily Value not established

Other Ingredients: Vegetable capsule (vegetable fiber and water)

**Directions:** Take 2 capsules at night. May start with 1 capsule the first night then increase to 2 capsules if needed.

**WARNING:** Do not use this product if you are pregnant or nursing. Consult your physician before taking this or any product if you are trying to conceive, have frequent diarrhea, are taking medication or have a medical condition. Not for prolonged use. Do not exceed recommended dose. **Notice:** This product contains rhubarb and cape aloe. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Please read and follow directions carefully.



ColonMax was formulated by Brenda Watson, C.N.C., president of Advanced Naturals and the founder of natural healthcare clinics specializing in internal cleansing and detoxification.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.