

TRADITIONAL LAXATIVE

Used in herbal medicine as a stimulant laxative for the short-term relief of occasional constipation and to ease bowel movements (by acting directly on the large intestine).

60 soft-gels

GELATIN

PESTICIDE FREE

GMO FREE

NPN 80040182

Constipation

Digestion occurs partly through the phenomenon of peristalsis, which refers to contractions in the intestines that help food advance through the digestive tract. Constipation involves a delay or difficulty in evacuating feces. This can be either slow transit constipation, when food stagnates in the colon, or it can be outlet constipation, when feces accumulates in the rectum. The Traditional Laxative by Léo Désilets Maître Herboriste is specially formulated to relieve occasional constipation, which can be due to poor diet, physical inactivity, stress, or occurring during travel.

The Traditional Laxative formula contains 3 complementary medicinal ingredients combining stimulant and emollient laxatives. Emollient laxatives work by softening and wetting the feces by increasing water absorption, which facilitates transit through the intestines. Stimulant laxatives, for their part, increase peristalsis, or intestinal motility. The effectiveness of plants that have a stimulant laxative effect is related to their anthranoid content.

Aloe ferox

Aloe latex is a potent purgative that contains 20% to 40% anthranoids. Its effectiveness in treating constipation is recognized by the Commission E in Germany, which establishes monographs on herbal remedies, l'ESCOP (European Scientific Cooperative on Phytotherapy), and the World Health Organization.



MEDICINAL INGREDIENTS

Cascara sagrada (Frangula purshiana, Aged bark) 100 mg
 Cape aloe (Aloe ferox, Leaf) 83 mg
 Slippery elm (Ulmus rubra, Stem bark inner) 20 mg

NON-MEDICINAL INGREDIENTS

Canola oil, Canadian fir needle oil, gelatin, glycerin, beeswax - white, purified water and activated charcoal

RECOMMENDED DOSE

Adults and adolescents 12 years and older: 1-2 capsules 1 time a day. Allow at least 6-12 hours for laxative effect to occur. Take two to three times per week. If results are not observed, the frequency of use may be increased up to once daily. Take a few hours before or after taking other medications or health products. Take a single dose at bedtime.

DURATION OF USE

Consult a health care provider for use beyond 7 days.

PRECAUTIONS AND WARNINGS

Consult a health care practitioner before using if you are taking thiazide diuretics, corticosteroids, liquorice root, or any other drugs that may aggravate an electrolyte imbalance. Consult a health care practitioner before using if you have a kidney disorder or are taking heart medications like cardiac glycosides or antiarrhythmic agents. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner before using if you have fecal impaction or any symptoms of abdominal pain, nausea, vomiting or fever. Reduce the dosage or discontinue use if you experience abdominal pain, cramps, spasms and/or diarrhea.

CONTRAINDICATIONS

Do not use if you are pregnant or breastfeeding. Do not use if you have an abnormal constriction of the gastro-intestinal tract, an existing or possible bowel obstruction, a sluggish digestive tract, appendicitis, an inflammatory bowel disease, like Crohn's disease or ulcerative colitis, or abdominal pain of unknown cause, undiagnosed rectal bleeding, severe dehydration with loss of fluids and electrolytes or diarrhea.

ADVERSE REACTIONS

Hypersensitivity can manifest. If this is the case, discontinue use.

USDA CLASSIFICATION (ALOE FEROX | FRANGULA PURSHIANA | ULMUS RUBRA) ¹

Kingdom : Plantae | Plantae | Plantae

Division : Magnoliophyta | Magnoliophyta | Magnoliophyta

Class : Liliopsida | Magnoliopsida | Magnoliopsida

Order : Liliales | Rhamnales | Urticales

Family : Aloaceae | Rhamnaceae | Ulmaceae

Genus : Aloe L. | Frangula Mill. | Ulmus L.

Species : Aloe ferox Mill. | Frangula purshiana A. Gray | Ulmus rubra Muhl.

Rhamnus purshiana

Rhamnus purshiana, or Cascara sagrada, is a stimulant laxative that contains anthranoids (approximately 8%). Originating on the pacific coast of North America, the bark of this tree can be used to treat constipation. Its usage is recognized by the Commission E in Germany.

Ulmus rubra

Also known as slippery elm or red elm, ulmus rubra is a large tree that grows in Quebec and in the rest of eastern North America. Its inner bark, or liber, was used by Amerindians notably to heal irritations of the digestive tract. In our day, slippery elm is used as an emollient laxative to treat constipation or to provide food that is emollient and easily digestible.



LEO DESILETS

Léo Désilets Master Herbalist

is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.