

LB-X

DIN 02233070, 100 capsules, Herbal combination, Stock No. 1227-4

Originally formulated by John R. Christopher, LB-X is one of Nature's Sunshine's great herbal laxatives. LB-X enhances the eliminative and detoxifying functions of the body. The herbs increase the production of digestive fluids and enzymes, especially bile, and reduce smooth muscle cramps.

Did you know?

Laxative herbs promote bowel activity with mild purgation. These are used when there is blood toxicity, constipation, gall stones, hypertension, insufficient fibre in the diet or when there is a skin condition present caused by constipation where the toxins in the small intestine are being absorbed into the blood and being eliminated through the skin. During fevers laxative herbs will promote cooling of the system by eliminating heat from the intestines.²

NSP Advantage

100 capsules. Herbal combination / Traditional Herbal Laxative.

Active Ingredients: 120 mg of buckthorn (*Rhamnus frangula*) bark, 80 mg of wild yam (*Dioscorea villosa*) root, 70 mg of yellow dock (*Rumex crispus*) root, 54 mg of Turkey rhubarb (*Rheum officinale*) root, 45 mg of ginger (*Zingiber officinale*) root, and 36 mg of fennel (*Foeniculum vulgare*) seeds.

Other ingredients: Maltodextrin, red raspberry (*Rubus idaeus*) leaves, peppermint (*Mentha piperita*) leaves, capsicum (*Capsicum annuum*) fruit and marshmallow (*Althaea officinalis*) root. Contains naturally-occurring amounts of fibre, iron, manganese, and silicon.

Recommendation: Take two to four capsules daily with a meal.

1. Pedersen, Mark, Nutritional Herbology, Wendell W. Whitman Co., 1994, pp. 195-196.

2. Santillo, Humbart, Natural Healing with Herbs, Hohm Press, 1993, pp.24-25.

Features & Benefits

- Cleanses and detoxifies the bowel.
- Restores healthy tone to prolapsed or loose bowels.
- Increases the flow of bile.
- Improves peristaltic action.
- Promotes the production of friendly bacteria in the intestine.
- Reduces gas and pain in the bowel. Ginger is known to help relieve digestive upsets/disturbances including flatulence, spasm indigestion and constipation.
- Soothes irritated tissues in the gastrointestinal tract.
- Traditionally used for constipation, flatulence, hemorrhoids, jaundice, liver imbalances, and weak digestion.¹