



Gall Bladder Formula

(formerly BLG-X)

Stock #1202-0 (100 capsules)

Gall Bladder Formula is considered a digestive system tonic for enhancing digestion and improving liver function. Gall Bladder Formula contains herbs that stimulate the production of digestive fluids and enzymes—particularly bile—as well as enhance circulation, relax muscle spasms, soothe inflamed tissues, promote urination, and improve the body's detoxification processes.

Gall Bladder Formula is often used for bloating, chronic constipation, congestion, digestive disorders, fever, flatulence, gallbladder congestion, inflammatory skin conditions, jaundice, liver problems, and menstrual cramps.

Catnip exhibits a soothing, sedative effect on the digestive system, relieving colic, diarrhea, flatulence, nervous indigestion, stomach upset, stress-induced dyspepsia, and headaches associated with digestive problems. Catnip has also been found to stimulate appetite prior to meals and improve digestion following meals. In addition, catnip acts as a mild antispasmodic to alleviate chronic coughs and abdominal and menstrual cramping.

Crampbark relieves muscle spasms throughout the body and eases smooth muscle tension in the intestines. This relaxing action helps restore healthy blood flow to the affected areas which, in turn, promotes the delivery of needed nutrients and the elimination of accumulated wastes. Crampbark also calms nerves and relieves nervous tension, acts as an astringent, and relieves pain, possibly due to the presence of coumarins. Crampbark has been traditionally used for colic, dysmenorrhea, headaches, high blood pressure, irritable bowel syndrome, muscle cramps, nervous constipation, rheumatism and arthritis-related muscle rigidity.

Fennel seeds contain a volatile oil which is responsible for the herb's antispasmodic properties and its ability to help relieve gas. In fact, fennel is perhaps most commonly used to reduce abdominal distension (bloating) and ease stomach pain. Research shows fennel increases the production of digestive fluids, reduces inflammation, and acts as an antiseptic and diuretic. Fennel has often been used for amenorrhea, anorexia, colds, colic, constipation, coughs, diarrhea, dyspepsia, flatulence, flu, and heart problems. European research shows fennel not only relaxes the smooth muscle lining of the digestive tract and helps alleviate gas, but also destroys certain bacteria. In Germany, fennel is commonly prescribed for gas pains, indigestion and infant colic.

Ginger contains a volatile oil and other compounds which act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract which reduces gas and pain in the bowel. Ginger has been clinically proven to substantially reduce diarrhea, nausea and vomiting associated with the common 24-hour and three-day flus. Ginger also induces perspiration, making it useful in the treatment of fevers, including malaria. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions.

Oregon Grape, a close relative of barberry, enhances glandular function, especially of the liver and thyroid; improves digestion and absorption of nutrients; increases appetite; purifies the blood and relieves lymphatic stagnation. Oregon grape also enhances the production of bile, which stimulates peristalsis and assists the liver in eliminating stored toxins. Oregon Grape is a good source of berberine, a substance with remarkable infection-fighting properties.

Peppermint contains menthol which is clinically proven to stimulate digestive fluids and bile, dilate blood vessels, induce perspiration, and relieve smooth muscle spasms, especially in the lower bowel. Peppermint also contains essential oils which stimulate digestion by enhancing gallbladder activity and increasing bile production. These oils help normalize gastrointestinal action by eliminating gas and relieving cramps. Clinical trials conducted in Britain and Denmark during the 1990's confirmed the medicinal value of peppermint for treating irritable bowel syndrome. Peppermint is also beneficial for headaches and migraines stemming from digestive weakness. Peppermint is thus recommended for abdominal distension (bloating), colic, dysmenorrhea, flatulence, gastric ulcers, gastroenteritis, indigestion, irritable bowel syndrome, loss of appetite, menstrual/muscle cramps, nausea/morning sickness, nervous disorders, rheumatism, and spastic colon.

Wild yam contains steroidal saponins, phytosterols (beta-sitosterol), alkaloids, tannins, and starch. Wild yam possesses antispasmodic, anti-inflammatory, and anti-rheumatic properties, promotes perspiration, and acts as a

diuretic. Wild yam contains the steroidal saponin dioscin, which produces an anti-inflammatory action, confirming the herb's use for treating rheumatic conditions and gastrointestinal inflammation such as diverticulitis, gallbladder inflammation, and irritable bowel syndrome. Wild yam's antispasmodic action relieves colic, cramps and spastic colon. Wild yam has also been found to help reduce blood cholesterol levels and blood pressure, indirectly benefiting the liver by increasing the organ's efficiency and reducing stress. Thus, wild yam is recommended for its therapeutic action on digestion functions, as well as general liver health.

Companion products:

Herbs - alfalfa, dandelion, garlic, licorice, marshmallow, psyllium, red clover, Artemisia Combination, Enviro-Detox, Herbal Pumpkin, LIV-J, Papaya Mint, Para-Cleanse, Skin Detox (Ayurvedic), Small Intestine Detox, Super Algae, Tiao He Cleanse

Vitamins/Supplements - Aloe Vera Juice, B-complex, Beta-Carotene w/Mixed Carotenes, Black Currant Oil, Bowel Detox, Calcium-Magnesium, Caprylimune, Citrus Bioflavonoids, Chlorophyll, Flax Seed Oil, Food Enzymes, Grape, Master Gland, Milk Thistle Combination, PDA, Proactazyme, Super Supplemental

Homeopathics - Candida, Detoxification, Eczema/Psoriasis, Inflammation, Parasites