



## Gentle Move

Stock # 952-9 (90 capsules)

Gentle Move is formulated to help improve bowel movement frequency and stool consistency, without the use of harsh, stimulant laxatives. Gentle Move provides a blend of nutrients known for their ability to produce soft, painless stools and otherwise support healthy digestion and intestinal function. Each capsule of Gentle Move contains:

**Magnesium hydroxide**, the most commonly used magnesium salt, is a well-known osmotic laxative. Osmotic laxatives soften stools by increasing the amount of water in the large intestine through osmosis—the chemical process by which water is attracted to an area with a higher salt content. A study involving elderly patients with constipation found that magnesium hydroxide caused a more frequent bowel habit and more normal stool consistency than a bulk laxative. Another study, involving volunteers with normal bowel habits, showed that magnesium hydroxide increased the number of bowel movements and increased the percentage of stool water and stool volume. Although magnesium hydroxide has been shown to be safe and effective, its use should be avoided in patients with renal

insufficiency (weakened kidney function).<sup>1-4</sup>

**Triphala extract** - Triphala is an antioxidant-rich Ayurvedic herbal formula containing equal portions of the fruits of *Emblica officinalis*, *Terminalia chebula* and *Terminalia bellerica*. Triphala has traditionally been used for a variety of intestinal disorders, including constipation, diarrhea, infection and inflammation. Triphala also exhibits broad-spectrum antimicrobial activity, with research having confirmed its antibacterial action against *Escherichia coli* (E. coli), a common cause of food poisoning.<sup>5-7</sup>

**Yellow Dock** (*Rumex crispus*) is perhaps best known as an alterative (blood cleanser) and mild laxative used for a wide range of problems stemming from excess toxins in the body. Yellow dock contains small amounts of anthraquinones, which are responsible for the herb's laxative action. Anthraquinones exert their laxative effects through two distinct mechanisms: 1) enhancing intestinal motility by inducing peristaltic movements; and, 2) stimulating the accumulation of fluid within the colon. In smaller doses that produce normal bowel motion, the use of anthraquinones can be safe and effective. In larger doses, anthraquinone laxatives can cause diarrhea and, with prolonged use, the excessive loss of electrolytes, especially potassium.<sup>8-11</sup>

**Ginger** (*Zingiber officinale*) has been used since antiquity in Chinese and Ayurvedic medicine as a gastrointestinal tonic for the treatment of constipation, flatulence (intestinal gas), and indigestion. Ginger contains various compounds that act as digestive stimulants, encouraging the production of digestive fluids and saliva. In addition, ginger exerts prokinetic activity to enhance the propulsion of intestinal contents, while exerting antispasmodic (muscle-relaxing) effects to reduce intestinal cramping. Research has also confirmed that ginger exhibits antibacterial activity against *E. coli*.<sup>8,12-16</sup>

**Marshmallow** (*Althaea officinalis*) has been used for a variety of gastrointestinal problems, including constipation, enteritis (inflammation of the small intestine), irritable bowel syndrome and ulcerative colitis. Marshmallow's effects are due in large part to its mucilage (a type of soluble dietary fiber) content. Mucilage coats the mucous membranes of the gastrointestinal tract and provides relief from local irritations, inflammation and pain. Mucilage also acts as a bulk laxative, increasing the water content and volume of stool, thus producing softer, bulkier stools. Furthermore, a recent study found that marshmallow exhibited antibacterial activity against *E. coli*.<sup>1,8-10,13,14,17</sup>

**Slippery Elm** (*Ulmus rubra*) is well-known for its healing effect on irritated or inflamed mucous membranes. Slippery elm contains mucilage, a type of soluble dietary fiber that acts as a bulk laxative, increasing the water content and volume of stool to produce softer, bulkier stools. Slippery elm mucilage also coats and soothes inflamed tissues on contact, providing protection against further irritation or injury and drawing out toxins and irritants. Thus, slippery elm may be especially helpful for conditions such as diarrhea, diverticulitis (inflammation of diverticula), intestinal colic and irritable bowel syndrome.<sup>1,8-10,18,19</sup>

### References:

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