



Intestinal Soothe & Build

Stock #1106-2 (100 capsules)

Intestinal Soothe & Build is an herbal formula designed to soothe inflammatory gastrointestinal (GI) tract conditions and promote healing of the GI mucosa. Intestinal Soothe & Build contains herbs that reduce inflammation and swelling, relieve pain, fight infection, and enhance the elimination of toxins and other irritants. Intestinal Soothe & Build contains:

Slippery elm (*Ulmus rubra*) is well-known for its healing effect on irritated or inflamed mucous membranes and is also recognized as a natural remedy for heartburn. Slippery elm's high mucilage content soothes inflamed tissues on contact, drawing out toxins and irritants and providing protection against further irritation or injury. The benefits of slippery elm are firmly established in traditional herbal medicine for conditions such as acidity, colic, diverticulitis, gastroenteritis, gastrointestinal inflammation, and irritable bowel syndrome. In fact, a European study using inflamed human colorectal biopsies from patients with active ulcerative colitis confirmed slippery elm's antioxidant effects and potential therapeutic action for the treatment of inflammatory bowel disease. Furthermore, individuals with weak or overly-sensitive digestive systems may also benefit from slippery elm's nutritive content and its ability to aid problems related to poor digestion and absorption, including allergies, food sensitivities and nutritional deficiencies.¹⁻⁷

Chamomile (*Matricaria recutita*) has a history of use for gastrointestinal disorders, with in vitro studies confirming its inhibition of *Helicobacter pylori*—a gram-negative bacterium considered the primary cause of gastritis (inflammation of the stomach lining) and peptic ulcer disease. Additional studies have shown that chamomile provides antibacterial, antifungal, anti-inflammatory, antispasmodic (relaxes muscle spasms), analgesic (pain-relieving), mild sedative, and wound-healing activities. Chamomile contains volatile oils that are mainly responsible for the herb's analgesic, anti-inflammatory and antispasmodic effects; however, chamomile flavonoids also possess significant anti-inflammatory activity. Chamomile is approved by the German Commission E for use primarily for the treatment of stomach disorders, including gastrointestinal cramps and spasms and inflammatory diseases of the gastrointestinal tract such as colitis, gastritis and Crohn's disease. Chamomile is also approved for bacterial and inflammatory disorders of the mucous membranes.⁸⁻¹⁴

Plantain (*Plantago major*) has been used for centuries in nearly all parts of the world for inflammation of mucous membranes, infections, wound-healing and pain relief, as well as intestinal ailments such as dysentery, chronic diarrhea, and even bleeding hemorrhoids. Numerous biological properties have been demonstrated by plantain extracts including astringent, anti-inflammatory, analgesic, antibacterial, anticandidal, diuretic, immunomodulatory, mild laxative, and wound-healing activities. A preliminary Brazilian study found that plantain significantly inhibited inflammation and relieved pain in animals given an oral extract. Plantain's soothing effect on inflammation and irritation may be due, in part, to its mucilage content. Plantain is not recommended for individuals with a history of intestinal obstruction.^{8-10,15-20}

Rose hips (*Rosa canina*), the dried fruit of roses, are a rich source of vitamin C and the vitamin C cofactors (flavonoids) needed to increase capillary circulation and reduce capillary fragility and permeability—a condition where weak capillary walls lead to leakage of blood components, causing easy bruising and, in more serious cases, hemorrhages in various body tissues. Rose hips also contain astringent tannins that tighten tissues and slow the discharge of fluids—effects that are beneficial in the treatment of diarrhea, gastritis, hemorrhoids and varicose veins. Furthermore, an animal study confirmed a statistically significant gastroprotective effect for rose hips against experimentally-induced ulcers in rats. The rose hips extract studied was even more effective than the reference drug, misoprostol, which is FDA-approved in the United States for the prevention of NSAID-induced gastric ulcers.^{1,8,21-25}

Bugleweed (*Lycopus americanus*) is primarily known for its use in the treatment of overactive thyroid function, although the German Commission E approves bugleweed for nervousness and insomnia. Historically, bugleweed has also been used as an analgesic, astringent, mild sedative and gastrointestinal aid for stomach cramps, as well as internal bleeding, colitis and ulcers. Research has confirmed that bugleweed contains astringent compounds that can help stop bleeding and shrink inflamed and swollen tissues, as well as reduce mucus production. Bugleweed also demonstrates some diuretic activity.^{1,17,26-28}

Marshmallow (*Althaea officinalis*) is well-known for its ability to soothe inflamed mucous membranes and aid in the healing of minor wounds and abrasions. Marshmallow's healing effect is due in large part to its mucilage content, which coats the internal mucosa, protecting it from local irritation and inflammation. According to the German Commission E, marshmallow also stimulates phagocytosis—the ingestion of bacteria or other foreign bodies by phagocytes (a type of white blood cell). Such anti-inflammatory, anti-irritant and immune-stimulant properties support

the use of marshmallow for the treatment of gastrointestinal tract inflammation. Furthermore, a recent study found that marshmallow exhibited antibacterial activity against *Escherichia coli*, a common cause of "food poisoning."^{8-10,29-32}

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