



## LB Extract

Stock #1794-1 (2 fl. oz.)

LB Extract is a liquid herbal laxative formula, ideal for children or adults who are unable to swallow capsules or tablets. LB Extract helps promote the elimination and detoxification functions of the body by increasing the flow of bile and other digestive fluids which stimulate peristaltic action in the colon. LB Extract also decreases abdominal cramping.

LB Extract is ideal for constipation, as well as jaundice, liver imbalances, and poor digestion.

LB Extract contains distilled water, grain alcohol, and glycerin, along with extracts of the following herbs. Alcohol and water are used to extract the active substances from the herb plants. These ingredients are then mixed with glycerin to form a more palatable liquid mixture which can be taken straight or mixed with water or juice.

LB Extract can be rubbed onto a child's abdominal area where it will be absorbed into the body through the skin.

**Alfalfa** improves the efficiency of digestion by stimulating appetite and absorption of nutrients. Alfalfa reduces blood pressure and normalizes oestrogenic hormones. Alfalfa also provides a good supply of vitamins A, B1, niacin (B3) and C. Alfalfa is commonly used for anorexia, arthritis, debility, gout, hypertension, and weak digestion.

**Barberry** increases bile flow, improves digestion and spleen function, reduces blood pressure, helps control bleeding, and acts as a mild laxative. Barberry also helps soothe inflamed tissues of the gastrointestinal tract. Barberry contains berberine, an isoquinoline alkaloid, which has been shown to be strongly antibacterial and amebicidal, and which enhances immune function by stimulating white blood cell activity. Preliminary research also indicates barberry may help shrink tumors and act as an anticancer agent. Barberry is recommended for amebic dysentery, constipation, diarrhea, dyspepsia, gall bladder pain, gallstones, gastrointestinal infection, hepatitis, jaundice, and chronic skin conditions such as eczema and psoriasis.

**Buckthorn** increases bile flow, peristalsis, and mucus secretion in the intestines to cleanse toxins from the body. These actions are due to the presence of anthraquinone glycosides—the same active constituents found in Cascara Sagrada, but with a milder effect. Various studies have found buckthorn to possess antibacterial, antifungal, and antiviral activity against numerous pathogens, including *Candida albicans*, herpes simplex virus I and II, influenza virus, and *Staphylococcus*. The free-anthraquinone, aloe-emodin, has been shown to have anti-leukemia activity. Buckthorn also acts as a mild diuretic, and is regarded medicinally for treating constipation, fevers, gallstones, hemorrhoids, inflammatory skin conditions, intestinal parasites, and rheumatism.

**Cascara Sagrada** is widely known for its laxative effects. Its non-habit-forming and mild nature have made cascara a popular treatment worldwide for chronic constipation, even for small children and the elderly. Cascara is also used to treat hemorrhoids and piles. Cascara has been shown to stimulate bile production and is beneficial for digestive and liver problems, particularly enlarged liver. Cascara has also been found an effective for treating colitis, diverticulosis, dyspepsia, gallstones, intestinal parasites, jaundice, skin diseases, sluggish gall bladder function, and worms.

**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.

**Licorice** increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritic, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties.

**Psyllium** has been the subject of clinical trials which have confirmed the herb's action as both an anti-diarrheal and

as a laxative, promoting the restoration of healthy bowel functioning. Psyllium hulls act like a “broom,” cleansing the colon and absorbing toxins adhered to intestinal walls. Psyllium increases available water content within the large intestine, thus increasing the bulk of the stool and making its passage easier, thus helping to relieve hemorrhoids. The soothing, healing effect produced by the mucilage-rich husks and seeds helps relieve gastrointestinal inflammation associated with acid indigestion, stomach and duodenal ulcers, and irritable bowel syndrome. Psyllium has become a widely-used fiber supplement, as high fiber diets are recommended when trying to control weight and lower cholesterol and blood sugar levels. Numerous studies demonstrate psyllium’s ability to significantly lower both total cholesterol and LDL cholesterol levels. Preliminary studies show psyllium may even be helpful for managing diabetes.

**Senna** is a strong laxative herb which increases bile flow, causing peristalsis. An effective natural laxative, senna has the disadvantage of causing great abdominal cramps and pain when used alone. Most herbalists combine senna with herbs which relieve gas pain, such as ginger, cloves or various types of mint. Senna can be found in many over-the-counter and prescription laxatives, including Senokot and Perdiem. Senna increases peristaltic action in the large intestine, providing evacuation in about six to eight hours. Senna contains high amounts of vitamins B1, B2, B3 (niacin) and C, and has been found helpful for constipation, gout, inflammatory skin conditions, jaundice, and obesity.

**Slippery elm** has been found to be an effective remedy for irritation of the mucus membranes, stomach, intestines, and urinary tubules. When slippery elm makes contact with inflamed surfaces, its mucilage coats and soothes irritated tissues, helping to protect them from injury and drawing out irritants and toxic substances. Slippery elm is believed to also soothe inflammation by stimulating nerve endings in the stomach and intestines which in turn, results in the secretion of mucosal fluids. Due to its high mucilage content, slippery elm has been shown to be quite effective for absorbing toxins from the bowel, balancing intestinal flora, and reduces bowel transit time. Slippery elm has been found extremely beneficial for acidity, arthritic inflammation, asthma, bronchitis, chronic cystitis, colic, colitis, constipation, convalescence, coughs, diarrhea, diverticulitis, gastroenteritis, hemorrhoids, inflammatory and irritable bowel conditions, pleurisy, sore throat, tuberculosis, ulcers, and weak digestion.

**Turkey rhubarb** purifies the blood, strengthens the liver, stimulates peristaltic action and the release of bile, enhances urine flow, tightens body tissues, and acts as a laxative. Turkey rhubarb has historically been used for amenorrhea, constipation, diarrhea, dysentery, gonorrhea, gout, headaches, inflammatory skin conditions, jaundice, kidney stones, sciatica, toothache, tuberculosis, and even weakened vision. Today, turkey rhubarb is primarily used for constipation, diarrhea, dysentery, inflammatory skin conditions, and jaundice. Recent studies have also shown that turkey rhubarb cures upper digestive tract bleeding.