



LOCLO (with Stevia) Stock #1348-4 (12 oz.)

According to the *International Journal of Integrative Medicine*, gastrointestinal cancers are the 2nd leading cause of death among all cancer patients. Unfortunately, no progress has been made in the treatment of colon and rectal cancer since 1930, as death rates have remained essentially the same. In fact, during the course of his or her life, an individual faces a 1 in 18 chance of developing colorectal cancer.

Conclusive findings show that low fiber intake is directly related to colon disease and colon cancer, as well as coronary heart disease, diabetes mellitus, obesity and various other ailments linked to the typically low fiber-high animal fat Western diet. In fact, Western Europe and English-speaking countries have the highest rates of colorectal cancer in the world.

During the last 25 years, hundreds of studies, involving tens of thousands of subjects, have proven that a daily intake of 25-35 grams of dietary fiber can reduce the risk of colorectal cancer. In addition, dietary fiber plays a key role in controlling cholesterol and blood sugar levels, and provides dietary bulk for both preventing constipation and relieving diarrhea.

Dietary fiber also absorbs toxins and unabsorbed fats in the bowel and eliminates them.

LOCLO is a sodium-free, fiber-rich supplement designed specifically to meet the dietary fiber needs of most people. Each serving provides 3.8 grams of dietary fiber (3.2 grams of soluble fiber and 0.6 grams of insoluble fiber from five sources). LOCLO also provides the added antioxidant and anti-cancer benefits of the SynerPro herbal food blend. In addition, LOCLO is a naturally rich source of potassium, which is essential for blood pressure regulation, healthy kidney function, and carbohydrate and protein metabolism. LOCLO contains:

Acacia gum is a water-soluble vegetable gum, obtained from trees native to Africa, that is used as a source of dietary fiber.

Apple pectin, a source of dietary fiber, has been shown to lower cholesterol and triglyceride levels and help regulate blood sugar, preventing sudden increases or drops in serum-sugar levels. Pectin also aids in the removal of toxins and helps prevent colon cancer, diabetes, gastrointestinal disorders and heart disease.

Beet extract appears to have antihepatotoxic (liver-protective) effects, preventing fat from depositing in the liver in animal studies. Beets have long been used as a supportive therapy in the treatment of liver diseases such as fatty liver. Beets also help detoxify the blood and enhance circulation.

Flax seed contains omega-3 and omega-6 essential fatty acids that aid in the prevention and treatment of allergies, cancer, cardiovascular disease and inflammatory conditions. Flax seed is also the best source of lignan, a fiber-like substance that provides mild anti-estrogenic activity—high dietary intake of lignan has been associated with protection against breast cancer.

Guar gum, a source of soluble fiber, helps protect and soothe irritated mucosal tissues. Guar gum also lowers serum cholesterol (particularly LDL cholesterol), improves glucose tolerance, and has been shown to help reduce appetite (especially when taken before meals).

Malic acid, an alpha-hydroxy acid found in apples and other fruits and vegetables, is a naturally-occurring antioxidant and an essential component for the synthesis of ATP (adenosine triphosphate)—the energy that fuels the body.

Oat bran reduces total and LDL blood cholesterol, thus lowering the risk of coronary heart disease. A recent study of hypercholesterolemic men found that oat bran reduced plasma LDL cholesterol by 26% and plasma triglycerides by 28% after 8 weeks. Furthermore, oat bran has been shown to decrease fecal pH—high pH is a possible risk factor for developing colorectal cancer.

Psyllium hulls is recommended as a mild, bulk-forming laxative to relieve constipation and restore bowel regularity. Psyllium's mucilage and fiber content expands on contact with water, keeping stools soft and stimulating evacuation of the bowel. Double-blind studies show psyllium can reduce both total and LDL cholesterol without affecting HDL cholesterol. The German Commission E also reports that psyllium reduces postprandial (after eating) blood sugar increase.

Stevia, in its natural herb form, is considered to be 10-15 times sweeter than common table sugar, while extracts of stevia (in the form of steviosides) can be 100-300 times sweeter. Fortunately, most experts have concluded that stevia does not affect blood sugar metabolism and may be safely used by both diabetics and hypoglycemics. Stevia contains virtually no calories.

SynerPro herbal food blend provides cruciferous vegetables, which contain sulforaphane—an anticancer compound that stimulates production of cancer-fighting enzymes—and cancer-fighting substances called indoles, which help

deactivate potential carcinogens and prevent free radical damage. The SynerPro blend also provides a variety of phytochemicals such as polyphenol catechins—powerful antioxidants—and citrus fruit bioflavonoids, which enhance the effectiveness of vitamin C and help protect against heart disease. Bioflavonoids also possess potent anti-allergy, anti-carcinogenic, anti-inflammatory and antiviral properties. The SynerPro blend contains powdered broccoli, cabbage, carrot, Chinese cabbage, hesperidin (a bioflavonoid), red beet, rosemary, tomato, turmeric, and grapefruit and orange bioflavonoids.

LOCLO also contains citric acid, fructose, cinnamon bark and natural apple flavor. Since fiber reduces the absorption of most minerals, it is best to take multi-mineral supplements at a different time, in order to minimize this effect.

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