



## Senna Combination

Stock #650-5 (100 capsules)

Senna Combination is an herbal laxative designed to relieve occasional bouts of more severe constipation. Senna Combination contains herbs that have been shown to effectively relieve constipation, as well as reduce flatulence (intestinal gas), alleviate abdominal cramps, soothe indigestion (dyspepsia), inhibit bacteria that can cause food poisoning, and provide protection against liver damage.

**Senna** (*Cassia senna*) is a well-known and effective stimulant laxative that has been used to relieve constipation and cleanse the bowel in preparation for diagnostic or surgical colorectal procedures. Senna has also been used to help expel parasitic intestinal worms. Senna is approved for use for constipation by both the German Commission E and the World Health Organization. Senna increases peristaltic activity in the lower bowel and helps soften stools, which makes it particularly useful for those with hemorrhoids or anal fissures. Senna may be used during pregnancy if there is severe constipation. Senna is also considered safe during breastfeeding by the American Academy of Pediatrics (AAP). Senna

should not be used if taking calcium channel blockers, calmodulin antagonists or indomethacin. Senna is not recommended for children under 12 years of age and is contraindicated in patients with intestinal obstruction, prolapses and acute inflammatory gastrointestinal conditions (i.e. Crohn's disease, ulcerative colitis, appendicitis or abdominal pain of unknown origin).<sup>1-10</sup>

**Fennel seed** (*Foeniculum vulgare*) is approved by the German Commission E for digestive disorders such as bloating, dyspepsia, feelings of fullness, and flatulence, as well as mild, spastic (cramping) gastrointestinal complaints such as spastic colon (irritable bowel syndrome). Fennel seed increases bile production and regulates the peristaltic functions of the gastrointestinal tract, thereby enhancing gastric motility (movement through the digestive tract) and increasing the passage of gas to relieve flatulence. In higher concentrations, fennel seed acts as an antispasmodic (muscle-relaxant) to relieve cramp-like pains in the gastrointestinal tract. Fennel seed also provides anti-inflammatory effects. Fennel seed may be combined with stimulant laxatives, such as senna, to minimize intestinal cramping. In addition, research indicates that fennel seed exerts hepatoprotective (liver-protecting) effects, in part, through its ability to increase plasma levels of superoxide dismutase (SOD), a key antioxidant enzyme. Furthermore, fennel seed contains a volatile oil, which is responsible for the herb's antispasmodic activity and has been shown to inhibit the growth of *Salmonella enteritidis*, a bacterium that can cause food poisoning.<sup>1-3,11-17</sup>

**Ginger** (*Zingiber officinale*) has been used since antiquity in Chinese and Ayurvedic medicine as a gastrointestinal tonic for the treatment of constipation, flatulence and dyspepsia. Ginger contains various compounds that act as digestive stimulants, enhancing gall bladder activity and improving gastric motility. Ginger exerts prokinetic activity to enhance the propulsion of intestinal contents, while providing antispasmodic activity to reduce intestinal cramping. Ginger has also been shown to enhance the liver's antioxidant status and provide hepatoprotective effects. Ginger is approved by the German Commission E for dyspepsia and is widely used for the treatment of various gastrointestinal problems, including abdominal discomfort and bloating, abdominal cramps, diarrhea, nausea and vomiting stemming from motion sickness, and hyperemesis gravidarum (morning sickness). Furthermore, research has confirmed that ginger exhibits antibacterial activity against *Escherichia coli* (*E. coli*), a common cause of food poisoning, and inhibits the growth of *Helicobacter pylori* (*H. pylori*), the primary cause of dyspepsia, ulcers, chronic gastritis, and the development of gastric and colon cancer. Research has also confirmed ginger's anthelmintic activity (the ability to expel parasitic intestinal worms).<sup>2,3,11,13,18-27</sup>

**Catnip** (*Nepeta cataria*) has a long history of use for digestive problems such as abdominal cramps, colic, flatulence and nervous dyspepsia. Catnip may also be helpful for gastritis (stomach inflammation) and irritable bowel syndrome. Catnip contains bitter substances and an essential oil that are primarily responsible for the herb's antispasmodic and digestive stimulant properties. In addition, catnip extract has demonstrated confirmed antimicrobial activity against gram-positive bacteria, including *Staphylococcus aureus* (a common cause of food poisoning), as well as various fungi and *Candida albicans*.<sup>1,3,12,28-32</sup>

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