

Colon cleanse capsules

Background

Colon cleanse is a process that involves flushing out the large intestine before some medical procedures and to promote general health. Practitioners who advocate for the use of colon cleanse supplements suggest they offer detoxifying effects due to the removal of excess toxins and waste from the colon. Although clinical investigation is scant on the process, there is much anecdotal evidence of benefits. Given the mass consumption of processed foods rich in genetically modified additives, air and water pollution, and chemical substances in topical products, a colon cleanse may refresh overall health, and, by extension, promote natural healing and reboot bodily detox processes. Colon cleanse capsules are a supplement formulary blend designed as an overall health adjunct to diet and exercise to promote natural flushing of excess toxins and waste in the colon, offering an opportunity for detoxification and weight loss.

Research

Empirical evidence on colon cleansing is limited. Acosta & Cash (2009) prepare a report that describes a systematic review of the published literature on alternative, complementary, and traditional medicine areas aimed to uncover the benefits of colonic cleansing and conclude that colon cleaning to promote general health is not supported in the published literature.¹ However, the authors suggest that no methodologically rigorous controlled trials of colonic cleansing were found at the time of their publication.¹ An older study assessed several colon cleansing regimens in patients ($n = 1,200$) and found combination of a contact laxative and a saline purge to be effective in eliminating fecal residue.²

The following section offers some of the primary supplement panel ingredients of this product. **Senna Leaf (20% extract)** is an herbal remedy for constipation, FDA-approved for short-term constipation treatment, **Cascara Sagrada Bark (10% extract)** is a natural laxative for constipation, and **Psyllium Husk Powder** is a fiber rich source that can assist with constipation. Herbal ingredients that ease constipation act on-site as a colon irritant promoting peristalsis and related waste evacuation.³ Additionally, this supplement blend is infused with **Lactobacillus acidophilus**, a probiotic “good bacteria” agent that improves digestion, boosts immunity, and restores healthy microbiome in the gut, **Flaxseed Powder** as a robust source of omega-3 fatty acids and fiber, **Aloe Vera Leaf Gel** as an additional digestive support mechanism, **Medium Chain Triglycerides oil** for purported appetite reduction and energy boost properties, and **Licorice Root Extract** for its anti-obesity and pro-digestive effects.

There is some research on colon cleaning preparations in patients with inflammatory bowel (IBD) disease.⁴ This population receives frequent use of colonoscopy and therefore it is important to better understand effective colon cleanse practices. The literature on colonoscopy preparations in IBD patients is limited, with the most recent available study prepared in 2015.⁵

Conclusion

The colon cleanse capsule supplement formulary provides an all-natural blend designed to flush out the large intestine of excess toxins and waste. Although there is little clinical data on the benefits of colon cleanse procedures, there remains many anecdotal accounts of appetite and weight management coupled with increased energy and perceptions of feeling less bloated. In an environment characterized by exposure to processed foods, air and water pollution, and chemicals in topical agents applied to the body, many gain peace of mind by adding a periodic colon cleanse to their regimen to promote overall health and to reboot bodily detoxication processes.

References

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Summary

Colon cleanse is a process that involves flushing out the large intestine before some medical procedures and to promote general health. Practitioners who would advocate for the use of colon cleanse supplements suggest they offer detoxifying effects due to the removal of excess toxins and waste from the colon. Although clinical investigation is scant on the process, there is much anecdotal evidence of potential benefits. Given the mass consumption of processed foods rich in genetically modified additives, exposure to air and water pollution, and chemical substances in topical products, a colon cleanse may refresh overall health, and, by extension, promote natural healing and reboot bodily detox mechanisms. Colon cleanse capsules are a supplement formulary blend designed as an overall health adjunct to diet and exercise to promote natural flushing of excess toxins and waste in the colon, offering an opportunity for detoxification and weight loss.