# AIDING THE PROCESS OF ELIMINATION

It's an amazing system. We imbibe gastric delights, eating and drinking merrily. And our bodies process all that food, absorbing what is beneficial and eliminating the rest. Most of the time, we don't even think about what happens after swallowing. Another meal. Another drink. Another treat. It gives us energy, makes us feel good, and then the digestive process takes over, and we usually don't spare it a thought.

## HICCUPS IN THE PROCESS

Sometimes we hit a glitch in the system. There are times when we overtax the digestive system by ingesting too much food. Or we abuse our bodies with junk food, empty calories, and not enough pure and natural goodness. There are endless factors that can cause a hiccup in the digestive system, and thereby, in the process of elimination. Constipation not only causes local discomfort, but can even bring on dull headaches, mental fogginess and lethargy. In addition, various toxins linger in the body, increasing the chances that some of them will be reabsorbed in the bloodstream

# The Power of Probiotics

A unique and important addition to ConstipAid™ is 2 billion units of probiotics. This friendly bacteria helps balance healthy intestinal flora, thereby boosting the overall health condition of the colon. Furthermore, probiotics can reduce bloating and gas, increasing comfort levels.

ConstipAid<sup>™</sup> is a deceptively simple nutritional supplement. The gentle ingredients in this formula help support bowel hydration and act as intestinal

Keep going. Travel light.

# So, How Does ConstipAid™ Work?

Advanced Nutrition by Zahler's ConstipAid™ is designed to help the process of elimination gently and naturally. ConstipAid™ is formulated with a vitamin, mineral, probiotic and herbal blend to help the system regain its natural abilities. ConstipAid™ can be taken on an as-needed basis or long term.

## ConstipAid™ Is A Delicate Balance Of:



#### Magnesium Hydroxide

An important nutrient which helps the intestines reabsorb water, softening accumulated waste and making it easier to pass.



### Vitamin C

Also has natural laxative effects. It makes the muscles of the intestines relax, which moves waste matter further along the path to elimination.



#### Triphala

An herbal combination of three Indian fruits that can be helpful with digestion and supporting regular bowel movements. As an additional benefit, triphala can also support the respiratory, cardiovascular, urinary, reproductive, and nervous systems. Triphala's antioxidant powers also help protect the body from free radicals.



## Cape Aloe

Another herb that can help reduce the amount of toxic waste in the colon and may also stimulate the intestines.







ConstipAid"

Advanced Digestive Aid Formula\*

Dietary

Supplement

AHLER



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