

## NATURAL FORMULAS

### PRODUCT INFORMATION

**Product Name:**

IBS-Plex

**Galenic Form:**

Enteric-coated softgels

**Format:**

90 softgels

**Ingredients:**

Peppermint (*Mentha X piperita*) leaf oil ..... 262.5 mg

Marshmallow (*Altheae officinalis*) root 4:1 extract  
(equivalent to 600 mg).....150 mg

L-Glutamine .....250 mg

**Non-medicinal ingredients:**

Sunflower oil, lecithin, beeswax, methacrylic acid copolymer, triethyl citrate, propylene glycol, water, cellulose, gelatin, glycerin, caramel.

This product does not contain dairy, egg, gluten, shellfish, sulfites, or artificial colours, flavours, or preservatives.

**Formula Rationale:** *RxBalance™ IBS-Plex* The three ingredients in IBS-Plex—peppermint oil, marshmallow root, and L-glutamine—together provide exceptional relief from the symptoms of Irritable Bowel Syndrome (IBS). The enteric-coated softgel format also allows the ingredients to safely pass through the stomach acid, so that they get to the gastrointestinal tract, where they are needed.

IBS is a common gastrointestinal disorder that interferes with the normal function of the colon and causes pain and inflammation. As a syndrome, it manifests as a combination of symptoms. People with IBS can experience some combination of cramping, abdominal pain, bloating, constipation, diarrhea, and an irregular pattern alternating between constipation and diarrhea. They can experience nausea, flatulence, and excess secretion of colonic mucus, as well as anxiety and depression. IBS can range from mild intestinal irritation to symptoms so crippling that the person may no longer be able to perform routine activities.

People who suffer from IBS experience excessive contraction of the smooth muscle of the intestinal wall. IBS-Plex includes peppermint oil, which inhibits this hypercontractility of intestinal smooth muscle, making it useful in cases of IBS. In addition, peppermint oil may also help prevent the overgrowth of *Candida albicans*, a common yeast that is implicated in cases of IBS.

Enteric-coated peppermint oil has also been shown in several clinical tests to be helpful in the treatment of IBS. A randomized, double-blind, controlled trial reported in *The Journal of Pediatrics* in 2001 demonstrated that 75% of children receiving peppermint oil had significantly reduced severity of pain associated with IBS after two weeks.

The marshmallow root in IBS-Plex is included for its mucilaginous properties. When mucilage mixes with water,

it creates a slippery, gel-like substance, which, when taken internally, coats the walls of the intestinal tract, soothing intestinal pain and irritation. Marshmallow may also have anti-inflammatory properties.

L-glutamine, an amino acid that is found in abundance in the intestinal tract, is also part of the IBS-Plex formula. Glutamine is important for the maintenance of intestinal metabolism, structure, and function. A study reported in 1990 in *Archives of Surgery* showed that glutamine helped heal the intestinal linings of patients undergoing abdominal radiation therapy. The use of this amino acid has also been reported to enhance the healing of "leaky gut," and it is an excellent remedy for diarrhea.

**Primary indication(s):** Helps relieve the symptoms of irritable bowel syndrome (IBS).

**Recommended dosage:**

Adults: Take 2 softgels twice daily, or as directed by a health care practitioner. Take a few hours before or after medication.

**Complements:**

Enzy-Factors, Magnesium Bisglycinate.

**Caution:**

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have anemia, gallstones, or are following a low protein diet. Consult a health care practitioner if symptoms persist or worsen. The absorption of medications taken simultaneously may be reduced. Some individuals may experience mild digestive-related concerns.



### Dr. Crisafi's comments:

Irritable bowel syndrome (IBS) is the most common gastro-intestinal disorder in North-America. Canada has one of the highest rates of IBS in the world, with as many as 20% of Canadians being affected.

Irritable bowel syndrome doesn't cause inflammation or changes in bowel tissue. This, however, is both a blessing and a curse since the lack of objective signs have often led to a psychological diagnosis.

Several factors can cause IBS and with most people more than one factor is involved. These can include food allergies or intolerances, an acidic condition, dysbiosis, excess sugar intake, stress, insufficient fibre, etc. Though it is necessary to find and eliminate the cause of IBS in any given individual, it is also necessary to help eliminate the symptoms while working on the cause. This is where IBS-Plex comes into play. IBS-Plex provides rapid relief from the symptoms of Irritable Bowel Syndrome (IBS) whilst also helping to repair intestinal tissue. One of the interesting characteristics of IBS-Plex is that its enteric-coated softgel allows the ingredients to pass through the stomach acid unaffected so they can be available where needed, in the intestines. This is an important characteristic that makes it much more effective than tinctures, herbal teas and non-enteric tablets or capsules.

When used alone or in conjunction with Relora®-Plus and probiotics, IBS-Plex has given excellent clinical results.

### Selected References

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