

Helps relieve the symptoms of irritable bowel syndrome (IBS)

RX Balance™ IBS-Plex combines peppermint oil, marshmallow root, and L-glutamine to provide exceptional relief from the symptoms of irritable bowel syndrome (IBS).

Ingredients: Medicinal

Each softgel contains:

Peppermint (<i>Mentha X piperita</i>) leaf oil	262.5 mg
Marshmallow (<i>Altheae officinalis</i>) root 4:1 extract (equivalent to 600 mg)	150 mg
L-Glutamine	250 mg

Ingredients: Non-medicinal

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.

Recommended Use

Helps relieve the symptoms of irritable bowel syndrome (IBS).

Recommended Dose

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

Risk Information

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. Some individuals may experience mild digestive-related concerns.

Interactions with Drugs/Supplements

The absorption of medications taken simultaneously may be reduced. Consult a health care practitioner before using if you are taking medications that reduce stomach acid; are taking chemotherapy treatments; or take drugs such as cyclosporine, simvastatin, lovastatin, or ketoconazole.

Dosage Form Description

Enteric-coated softgel

Packaging

Available in bottles of 90 softgels.

Stability

Shelf life of 3 years when stored in a cool, dry place.

Ingredient Description

The three ingredients in Rx Balance™ IBS-Plex—peppermint oil, marshmallow root, and L-glutamine— together provide exceptional relief from the symptoms of irritable bowel syndrome (IBS).

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

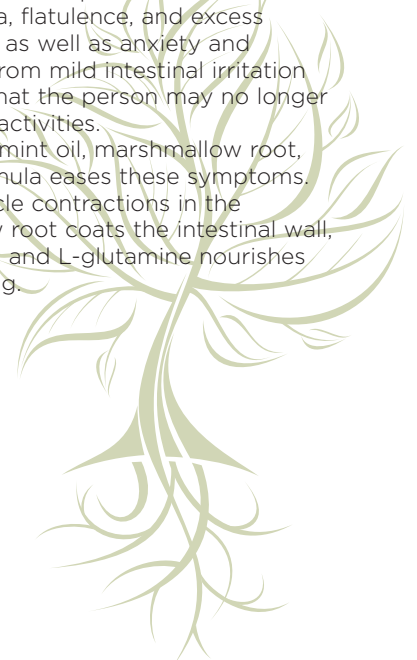
Marshmallow root is included for its mucilaginous properties. When mucilage mixes with water, it creates a slippery, gel-like substance, which, when taken internally, coats the walls of the intestinal tract, soothing intestinal pain and irritation. Marshmallow may also have anti-inflammatory properties.

L-glutamine is an amino acid that is found in abundance in the intestinal tract and that is important for the maintenance of intestinal metabolism, structure, and function.

Reason for Combination

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.

The combination of peppermint oil, marshmallow root, and L-glutamine in this formula eases these symptoms. Peppermint oil soothes muscle contractions in the intestinal wall; marshmallow root coats the intestinal wall, soothing pain and irritation; and L-glutamine nourishes and heals the intestinal lining.



Research Synopsis

1. Enteric-coated peppermint oil has been shown in several clinical tests to be helpful in the treatment of IBS.⁵ 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.⁴
2. Marshmallow root contains mucilage, which for centuries herbalists have used to treat a number of conditions, including asthma, bronchitis, indigestion, stomach ulcers, skin inflammation, sore throats, and IBS. When you take mucilage internally, it coats the surface of the tissues as it travels through the gastrointestinal tract, soothing sore throats, helping coat the stomach to prevent stomach ulcers, and coating the intestines to help soothe pain and inflammation.^{1,9}
3. A study reported in 1990 in *Archives of Surgery* showed that glutamine helped heal the intestinal linings of patients undergoing abdominal radiation therapy.³ 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.⁷

References

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PRODUCT CODE: 403 700 - 90 Enteric-coated softgels

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