



Available in 60 capsules

Clinical Applications

- » Supports Digestion, Assimilation, and Elimination
- » Promotes Gastrointestinal Motility and Stool Bulk
- » Supports Final Phases of Detoxification

ColonX™ provides a complex of nutrients and herbs designed to promote gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium is a macromineral with a wide range of functions in the body. Its effect on muscle relaxation provides effective and regular bowel elimination. Cape Aloe, indigenous to the Cape region of South Africa, is added to promote increased GI transit time and stool bulk. Triphala (three fruits) is a balanced blend of astringent fruits used extensively in Ayurveda. This blend is designed to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity serves a fundamental role in detoxification and biotransformation, providing a major route for elimination of toxins. ColonX offers significant support to this indispensable function.

Discussion

ColonX™ addresses an issue of universal importance: gastrointestinal (GI) health. GI regularity and optimal function is vital to physiological balance and overall well-being. How well the body digests, assimilates, and eliminates metabolic fuel and metabolic waste determines health at the cellular level. Toxins that enter the body must be detoxified and their metabolites must exit the body. Gastrointestinal elimination plays a major role in detoxification by expelling the remnants of toxic molecules. If these harmful remnants are not eliminated, they can recirculate throughout the body and wreak havoc by damaging cells and disrupting metabolism.

Magnesium Magnesium citrate, the type of magnesium in ColonX, is the form used for colonoscopy preparation. Chosen for its promotion of muscle relaxation and effective elimination of feces through the bowel, magnesium citrate is also highly bioavailable.^[1] It should be noted that the use of particular forms of magnesium appears to be condition-specific. While magnesium citrate is best suited to support gastrointestinal elimination, the patented amino acid chelates such as the glycinate/lysinate and dimagnesium malate chelates in XyMOGEN's OptiMag 125™ formula have excellent bioavailability but a weaker cathartic effect.

As a macromineral, magnesium supports cell, tissue, and organ function by acting as a cofactor for over 300 enzymes in the body. This essential mineral plays a pivotal role in energy-producing reactions, detoxification, muscle and nerve function, and skeletal structure. Deficiency of magnesium affects each of these physiological functions profoundly and can lead to muscle cramps, weakness, abnormal heart rhythms, and gastrointestinal dysfunction.^[2,3] Magnesium can readily become depleted due to inadequate intake, poor absorption, excessive losses, and drug-induced nutrient depletions.

Cape Aloe (Aloe ferox) Cape Aloe has a long history of use in South Africa and continues to be closely studied for its valuable attributes,^[4] specifically how it addresses disruptions in GI regularity. The herb is ideally used in the short term, promoting a more rapid GI transit

time in the event of occasional disruptions in elimination. Sluggish bowels and slow GI transit time can allow toxins to remain in the body. Researchers compared the effects of Cape Aloe to commonly used remedies and observed favorable outcomes.^[5] Administration of the herb showed no negative toxicological effects, and some laboratory parameters even improved following supplementation.

Triphala Triphala comprises three sour, astringent fruits: *Emblia officinalis* (amla), *Terminalia bellerica* (behada), and *Terminalia chebula* (harada). This tannin-rich herbal compound has been used traditionally for supporting digestion, assimilation, and elimination, as well as for protecting the gastrointestinal tract.^[6,7] Triphala is considered to be a cornerstone of the art and practice of Ayurveda, and it is used throughout India in herbal therapies. Modern-day clinical trials have confirmed the benefits of traditional uses of triphala, while additional improvements in GI health were also observed. Researchers concluded that triphala positively supports appetite, hyperacidity, and rejuvenation.^[8]

ColonX is intended to be used in the short term only and should never be consumed during pregnancy. Follow directions and label cautions carefully.

ColonX™ Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%Daily Value
Magnesium (as magnesium citrate)	200 mg	50%
Cape Aloe (<i>Aloe ferox</i>)(leaf)	300 mg	**
Triphala Extract (<i>Emblia officinalis</i>) (fruit), (<i>Terminalia bellerica</i>) (fruit), (<i>Terminalia chebula</i>)(fruit) (45% tannins)	75 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), magnesium stearate, silica, and stearic acid.**DIRECTIONS:** Take one to two capsules at bedtime with 8 oz of water, or as directed by your healthcare practitioner.**DOES NOT CONTAIN:** Wheat, gluten, corn protein, yeast, soy, animal or dairy products, artificial colors, sweeteners, or preservatives.**CAUTIONS:** Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient. Avoid use if you have signs or symptoms of acute hepatitis. Discontinue use if diarrhea or abdominal pain develops. DO NOT USE IF PREGNANT; consult your healthcare professional if nursing. Intended for short-term use only.**STORAGE:** Keep tightly closed in a cool, dry place.**References:**

1. Walker AF, Marakis G, Christie S, et al. Mg citrate found more bioavailable than other Mg preparations in a randomised, double-blind study. *Magnes Res.* 2003 Sep; 16(3):183-91. [PMID: 14596323]
2. Laires MJ, Monteiro CP, Bicho M. Role of cellular magnesium in health and human disease. *Front Biosci.* 2004 Jan 1;9:262-76. [PMID: 14766364]
3. Krinsky DL, LaValle JB, Hawkins EB, et al. *Natural Therapeutics Pocket Guide*, 2nd ed. Hudson, OH: Lexi-Comp; 2003.
4. Magwa ML, Gundidza M, Coopoosamy RM, et al. Chemical composition of volatile constituents from the leaves of *Aloe ferox*. *Afr J Biotechnol.* 2006 Sept;5(18):1652-1654.
5. Wintola OA, Sunmonu TO, Afolayan AJ. Toxicological evaluation of aqueous extract of *Aloe ferox* Mill. in loperamide-induced constipated rats. *Hum Exp Toxicol.* 2011 May;30(5):425-31. [PMID: 20498033]
6. Baliga MS. Triphala, Ayurvedic formulation for treating and preventing cancer: a review. *J Altern Complement Med.* 2010 Dec;16(12):1301-8. [PMID: 21138390]
7. Jagetia GC, Baliga MS, Malagi KJ, et al. The evaluation of the radioprotective effect of Triphala (an ayurvedic rejuvenating drug) in the mice exposed to gamma-radiation. *Phytomedicine.* 2002 Mar;9(2):99-108. [PMID: 11995956]
8. Mukherjee PK, Rai S, Bhattacharyya S, et al. Clinical study of "triphala" – a well-known phytomedicine from India. *Iranian J Pharmacol Ther.* 2006 Jan;5(1):51-54. <http://www.bioline.org.br/request?pt06008>. Accessed September 12, 2011.

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

The statements in this document have not been evaluated by the Food and Drug Administration. Products listed are not intended to diagnose, treat, cure, or prevent any disease.