



NATURE'S SUNSHINE

Lower Bowel Stimulator (Original Formula)

Kosher

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **100 VeggieCaps**

ITEM # **990**

SERVING **2-4**

SUPPLY **25-50 days**

DIRECTIONS FOR USE Take 2-4 capsules daily with a meal.

— How the Key Ingredients Work

Lower Bowel Stimulator combines seven traditional herbs that have been used for centuries to encourage healthy, comfortable bowel movements and support your body's natural cleansing process. Each ingredient plays a role in keeping things moving smoothly so you can feel lighter and more at ease every day.

Cascara Sagrada — Constipation Relief — One of North America's most trusted herbal laxatives, cascara sagrada works by encouraging the colon to contract naturally and helping it hold onto less water, so stools move along more easily. Native Americans relied on it for centuries, and it remains a go-to herb for occasional constipation support.

Cascara Sagrada — Colon Cleanse — By gently stimulating movement through the large intestine, cascara sagrada helps clear out waste that may have been sitting too long. Traditional use and modern herbal practice both recognize it as a classic colon-cleansing herb that can produce a bowel movement within several hours.

Buckthorn — Constipation Support — Buckthorn bark has appeared in European pharmacopoeias since the 1600s as a reliable remedy for occasional constipation. Like cascara sagrada, it contains natural compounds that encourage the colon to move waste along, and it has been recognized by European health authorities for short-term constipation use.

Buckthorn — Colon Cleanse — Long used in Western herbalism as a colon-cleansing companion to other laxative herbs, buckthorn helps stimulate colon activity and supports the body's natural process of eliminating waste. It has been a staple of traditional European digestive cleansing practices for generations.

Licorice Root — Abdominal Comfort — Licorice root has a long history of soothing an unhappy digestive tract. Research suggests it helps support the gut lining, ease cramping, and calm general abdominal discomfort. It also has gentle antispasmodic qualities that may help the digestive system feel more settled and relaxed.

Capsicum — Digestive Comfort — The same compound that gives chili peppers their heat — capsaicin — has been shown in clinical research to help ease epigastric pain, nausea, and general digestive discomfort. Over time, regular exposure appears to help calm overactive nerve signals in the gut, making the digestive experience more comfortable.

Ginger — Nausea and Vomiting Relief — Ginger is one of the world's most well-studied herbs for nausea and digestive upset. Used for over 2,500 years in traditional medicine, it helps speed up the movement of food through the stomach, eases bloating, and is widely recognized for its ability to calm nausea and support overall gut comfort.

Ginger — Abdominal Discomfort — Beyond nausea, ginger helps address the broader range of digestive complaints — from bloating and abdominal pain to sluggish digestion. Clinical reviews show it can modulate gut movement and reduce discomfort associated with irritable bowel and functional digestive issues, making it a well-rounded digestive ally.

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