

# RELEASEZYME

Transformation's product  
for chronic constipation

For those with chronic constipation, this enzyme-delivered blend will gently but effectively “jump start” the sluggish colon with herbs known for stimulating peristalsis, absorbing moisture, and providing bulk in the colon.

## Product Highlights

- Enzymes for enhanced utilization of ingredients
- Cascara stimulates muscle contractions in the intestines
- Psyllium produces bulk to speed the passage of stool
- Ginger and Fennel speed up stomach emptying
- Burdock brings water into the bowel
- Senna leaf is well known for its laxative effect

| SUPPLEMENT FACTS              |               |   |
|-------------------------------|---------------|---|
| Serving Size 1 Capsule        |               |   |
| Amount Per Serving            | % Daily Value |   |
| Enzyme proprietary blend      | 104 mg        | † |
| Phytase                       | 15 FTU        | † |
| Amylase                       | 2,500 DU      | † |
| Protease                      | 3,000 HUT     | † |
| Cellulase                     | 400 CU        | † |
| Lipase                        | 180 FIP       | † |
| Cascara Sagrada (bark)        | 150 mg        | † |
| Psyllium (seed husk)          | 84 mg         | † |
| Fennel (seed)                 | 30 mg         | † |
| Ginger (rhizome)              | 30 mg         | † |
| Burdock (root)                | 10 mg         | † |
| Goldenseal (root)             | 10 mg         | † |
| Senna (leaf)                  | 10 mg         | † |
| † Daily Value not established |               |   |

Other Ingredients: Vegetable Capsule (Hypromellose, Water)

## Clinical Applications

- Chronic constipation (life-long or for a long time)
- Occasional constipation (<1 movement per day and/or hard dry stools)
- Regularity (goal is 2-3 soft, formed stools / day)
- Support of a colon cleanse or detoxification program

*In general, herbal formulas are not recommended during pregnancy and lactation or for children 12 years or younger. Each case should be assessed on an individual basis and the practitioner, along with the patient, may use their professional judgment and decide to use it.*

## For Your Information

- Supporting regular elimination takes the burden of bowel toxicity off of the immune system, kidneys, lungs, liver, and skin
- Some patients experience minor cramping as the colon muscle is stimulated and retrained
- Diet, lifestyle, and water intake are key to resolving constipation
- Herbs may cause Melanosis coli (benign temporary staining of the colon wall)
- This product does not lead to physical dependency

## Dosage

- Maintenance: 1 capsule 3 x day following each meal, or take all three capsules at bedtime
- Therapeutic: 2 capsules after every meal and 3 capsules at bedtime (for 1-2 weeks)
- Long term use is not recommended, only use for 1-3 months to retrain the colon and allow the system to eliminate on its own

NOTICE: This product contains Cascara Sagrada Bark and Senna Leaf. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada Bark and Senna Leaf may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

**WARNING:** This product contains Goldenseal root powder a chemical known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**WARNING:** Lead - Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

*This product has been identified as containing naturally-occurring lead that exceeds California Proposition 65 lead levels when dosing more than five capsules per day.*



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