



# Stomach Ease™

*Nature's Harmony® Stomach Ease™ is a herbal formula that acts as a gentle laxative to ease intestinal discomfort and bring safe relief from constipation. Only 100% natural ingredients are used in this formula.*

PRODUCT CODE: 400484 (100 Tablets); 400486 (250 Tablets)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For a laxative effect.	Tablet	Take 2 tablets daily at bedtime. Promotes bowel movement in six to twelve hours. Do not use for more than a week at a time unless advised by a health care practitioner

## DESCRIPTION:

Nature's Harmony® Stomach Ease™ Herbal Laxative contains senna leaves, cascara sagrada bark, licorice root, juniper berries, rhubarb root, gentian root, buchu leaves and oil of peppermint. The herbs in this unique combination have been chosen for their beneficial laxative and diuretic effects.

**Recommended Daily Allowance:** N/A

**Food Sources:** None.

**Causes of Deficiency:** Sudden lifestyle changes such as travel, diet and illness, excess use of laxatives.

**Symptoms of Deficiency:** N/A

**Complementary Nutrients:** Dietary fibre, probiotics.

## HOW IT WORKS:

Nature's Harmony® Stomach Ease™ Herbal Laxative provides both laxative and diuretic effects. This rapidly dissolving natural laxative encourages peristalsis (muscle contractions) of the large intestine and results in a bowel movement within 6 to 12 hours of ingestion. It also possesses diuretic properties and helps relieve water retention.



## DID YOU KNOW...

*Senna is an Arabic name and its medicinal use was first described in the writings of Arabian physicians in the ninth century AD.*

# Stomach Ease™

## RESEARCH:

This natural laxative is supported by traditional use.

## SIDE EFFECTS:

A laxative may cause mild, temporary diarrhea. Overdose of product may cause more intense digestive upset or complications.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Do not use if you have impaired kidney or liver functions, high blood pressure, heart disease or are taking heart medications or thiazide diuretics, corticosteroids, licorice root or other drugs that may aggravate electrolyte imbalance. Do not use if you are a male with decreased libido. Do not use in the presence of abdominal pain, nausea, fever, vomiting, hemorrhoids or other symptoms of appendicitis or inflamed bowel or if you have a chronic gastrointestinal disorder. Overuse or extended use may cause dependence for bowel function. Do not take any type of laxative for more than one week, unless your health care practitioner has ordered a special schedule for you. Do not take within two hours of a medication. Consult a health care practitioner prior to use if you have diabetes, hypokalemia, or are taking hormonal therapies, diuretics, potassium depleting agents, or MAO inhibitors. Discontinue use if hypersensitivity occurs. Reduce dose or discontinue use if abdominal cramps, spasms and/or pain occur.

## OTHER CONSIDERATIONS:

Do not take any type of laxative for more than a week, unless you are under the supervision of a health care practitioner. Overuse or extended use may cause dependence for bowel function.

## LABEL:

**Actual Size / Grandeur réelle**  
 DO NOT USE IF SEAL UNDER CAP IS BROKEN / NE PAS UTILISER SI L'ÉTIQUETTE INTÉRIEURE EST BRISÉE  
[www.naturesharmony.com](http://www.naturesharmony.com)  
 1-877-929-2548

**SunOpta Inc.**  
 6 Commerce Crescent  
 Acton, ON L7J 2X3

**A Proud Canadian Company / Une compagnie canadienne fière de l'être.**

**UPC CODE TO BE: 0 80407 05884 6**

**F.P.O. - 80%**

**100 comprimés / 100 Tablets**  
 NPN 80006732

**Usage recommandé:** Pour un effet laxatif. Prendre 2 comprimés au coucher. Favoriser le mouvement intestinal en six à douze heures. Ne pas utiliser plus d'une semaine à la fois, à moins d'être prescrit d'un médecin de soins de santé.

**Ingédients médicamenteux:** Chaque comprimé contient:

Fuilles de senna (Cassia angustifolia) leaf	240 mg
Écorce de cascara sagrada	240 mg
Phytanum purshianum bark	150 mg
Baies de genièvre (Juniperus communis)	20 mg
Racine de rhubarbe (Rheum palmatum) root	8 mg
Racine de gentiane (Gentiana lutea) root	8 mg
Extrait de feuille de buchu (Bosmania betulifolia) leaf extract 4:1	1 mg

**Ingédients non médicamenteux:** amidon de maïs, stéarate de magnésium, dioxyde de silicium, bicarbonate de sodium, huile de menthe poivrée, enrobage pharmaceutique. Ce produit ne contient aucun ingrédient lacté, œuf, gluten, crustacés, soya, sulfites, diodes, charges vives, ni colorants, arômes ou agents de conservation artificiels.

**Information sur les risques:** Ne pas utiliser si vous êtes enceinte ou allaitante. Ne pas utiliser si vous souffrez de dysfonction du foie ou des reins, d'hypertension artérielle, de maladie du cœur, ou si vous prenez des médicaments pour le cœur, des diurétiques thiazidiques, des corticostéroïdes, de la morphine de régularité ou tout autre médicament qui peut aggraver le déséquilibre des niveaux d'électrolytes. Ne pas utiliser si vous souffrez d'une baisse de la libido mâle. Ne pas utiliser si vous souffrez de troubles digestifs chroniques, de nausées, de fièvre, de vomissements, d'hémorroïdes ou d'autres symptômes de l'appareil digestif ou d'inflammation intestinale, ou si vous souffrez de troubles gastro-intestinaux chroniques. Un usage excessif ou prolongé journalier peut causer une dépendance à la fonction intestinale. Ne prenez aucun type de laxatif pendant plus d'une semaine, à moins d'être prescrit par un praticien de soins de santé. Ne pas prendre dans les deux heures de la prise d'un médicament. Consultez un praticien de soins de santé avant d'en faire l'usage si vous souffrez de diabète, d'hypokaliémie, ou si vous suivez une thérapie hormonale ou prenez des diurétiques, agents réduisant le potassium ou inhibeurs de MAO. Cesser l'utilisation en cas d'hypersensibilité. Réduisez la dose ou cessez l'utilisation en cas de crampes abdominales, de spasmes et/ou de douleur.

**Recommended Use:** For a laxative effect. Take 2 tablets daily at bedtime. Promotes bowel movement in six to twelve hours. Do not use for more than a week at a time unless advised by a health care practitioner.

**Medicinal Ingredients:** Each tablet contains:

Senna (Cassia angustifolia) leaf	240 mg
Cascara sagrada	240 mg
Phytanum purshianum bark	150 mg
Licorice (Glycyrrhiza glabra) root	20 mg
Juniper (Juniperus communis) berry	8 mg
Rhubarb (Rheum palmatum) root	8 mg
Gentian (Gentiana lutea) root	8 mg
Buchu (Bosmania betulifolia) leaf extract 4:1 (equivalent to 4 mg dried herb)	1 mg

**Non-medicinal ingredients:** Corn starch, magnesium stearate, silicon dioxide, sodium bicarbonate, oil of peppermint, pharmaceutical glaze. This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours or preservatives.

**Risk Information:** Do not use if pregnant or breastfeeding. Do not use if you have impaired kidney or liver functions, high blood pressure, heart disease or are taking heart medications or thiazide diuretics, corticosteroids, licorice root or other drugs that may aggravate electrolyte imbalance. Do not use if you are a male with decreased libido. Do not use in the presence of abdominal pain, nausea, fever, vomiting, hemorrhoids or other symptoms of appendicitis or inflamed bowel or if you have a chronic gastrointestinal disorder. Overuse or extended use may cause dependence for bowel function. Do not take any type of laxative for more than one week, unless your health care practitioner has ordered a special schedule for you. Do not take within two hours of a medication. Consult a health care practitioner prior to use if you have diabetes, hypokalemia, or are taking hormonal therapies, diuretics, potassium depleting agents, or MAO inhibitors. Discontinue use if hypersensitivity occurs. Reduce dose or discontinue use if abdominal cramps, spasms and/or pain occur.

**STORAGE:** IN A COOL, DRY PLACE, KEEP OUT OF REACH OF CHILDREN.