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# CONSTFORM

## HERBAL COLON CLEANSER



**FAST  
ACTING**

### Product information

Each 685mg proprietary blend vegetarian capsule provides:

Rhubarb Powder  
Barberry Powder  
Glucomannan 90%  
Alfalfa Powder  
Cayenne Powder  
Garlic Powder  
Aloe Vera Extract (200:1)  
Dandelion Root Extract (4:1)  
Ginger Root Extract (20:1)  
Nettle Leaf Extract (4:1)

**Suggested usage:** Take 1 to 2 capsules, 1 to 3 times per day or as advised.

**A combination of 10 active ingredients including glucomannan, dandelion root, nettle leaf, cayenne, ginger root and more!**

**Supports lower bowel function and detox  
As used by colonic hydrotherapists**



# About Constform...

Based on a **Dr. John R. Christopher formula**, this tried and tested combination of active ingredients is known as the ultimate herbal laxative.

Constform is a **fast-acting** colon cleanser, designed for the **chronically constipated** in need of strong treatment for a blocked bowel. **Purgatives** have been combined with **carminatives** to prevent griping.

It is a powerful intestinal cleanser, which will "blast loose" residual intestinal congestion and get any **bowel cleanse program** off to a good start.

This popular herbal combination is used extensively by colon hydrotherapists in combination with colonic hydrotherapy treatments.

**NOTE:** Constform should not be used continuously for more than 2 months. Move clients over to the COL-Clear or Oxy-Klenz formulas as soon as possible, for cleansing, restoring and bowel wall toning purposes.

## Beneficial for...



- ⦿ Chronic constipation
- ⦿ Lower bowel function
- ⦿ Laxative abuse
- ⦿ Internal cleansing
- ⦿ Bowel regularity
- ⦿ Irritable Bowel Syndrome
- ⦿ Use by colonic hydrotherapists before, during and after treatments

## About the ingredients...

**Rhubarb:** Rhubarb is particularly effective at interacting with the digestive system. It contains **anthraquinones**, including rhein and emodin and their glycosides (e.g. glucorhein), which impart cathartic and laxative properties. It is therefore very useful as a cathartic in case of constipation. It is a naturally **strong herbal laxative, astringent-bitter, gastric stimulant, anti-inflammatory, stomachic, tonic** and **anti-septic**. Also used for disorders of the liver, gallbladder and stomach.

**Barberry:** Technically referred to as *Berberis vulgaris*, this bark contains an alkaloid known as berberine and supports **liver, gallbladder, spleen** and **bowel function**. It also has an **anti-septic** and **anti-bacterial** effect when taken orally. It is useful against dysbiosis, stimulates **bile flow**, eases **liver congestion**, is ideal for an inflamed gallbladder and also for intestinal inflammation. It acts as a spleen and pancreas tonic.

**Cayenne:** Regarded by most herbalists as the purest and safest **stimulant** known. Cayenne opens up every tissue in the body to help increase the flow of blood. It is also used in the treatment of poor digestion and to increase **gastrointestinal secretions**. Acts as an **anti-spasmodic** for relief of pain, as well as a **carminative**.

**Garlic:** Garlic has a wide range of beneficial properties, including **anti-bacterial, anti-parasitic, anti-spasmodic, anti-dyspeptic, anti-blood-clotting, cholesterol-lowering, triglyceride-lowering** and **blood pressure-lowering**. It has been used to treat everything from dysentery, typhoid and cholera, to bacterial food poisoning and intestinal worms. It helps to heal the bowel with its anti-bacterial actions and is used as a cholagogue to help stimulate the discharge of bile.



# About the ingredients cont...

**Glucomannan:** Glucomannan is a water-soluble **dietary fibre** that has shown to be effective as a **bulk-forming laxative**. It is derived from konjac root (*Amorphophallus konjac*) and is particularly effective in the treatment of constipation. It has also been used in the treatment of **diverticular disease** - a preliminary clinical trial found that approximately one-third to one half of people with the disease had reduced symptoms after taking glucomannan.

**Nettle leaf:** This herb is high in chlorophyll, vitamins (including vitamin C), serotonin, histamine, acetyl-choline, minerals (including iron), calcium, silica and a range of other **cleansing and protective nutrients**. This means that nettles are a great tonic for those feeling run down or tired, as they rebuild and cleanse the system (including your **liver and blood**). A lesser-known effect of nettle leaf is its ability to **gently stimulate the bowels** and also act as a diuretic.

**Aloe vera:** Aloe vera contains chloride, which eases the process of bowel release by increasing the water level in the stool. Its **laxative effect** is also derived from its inner skin in the form of a yellow, bitter liquid called aloin. This substance, when left to dry, turns into powder that is used to create laxatives. Aloe contains compounds called **anthraquinones**, including aloin, aloe-emodin, barbaloin and aloetic acid. Together, these compounds provide powerful relief for constipation.

**Dandelion root:** Among other things, dandelion root and other plants of the dandelion have been used as a **gentle laxative**, a **digestive aid**, to treat **liver and kidney problems** and to **relieve inflammation, boils, fever and diarrhoea**. Dandelion root is also known to **stimulate the appetite** and **promote digestion**.

**Ginger root:** Alleviates occasional **gas, bloating and nausea**. Ginger is known as a **hot bitter herb**, which promotes **gastric acidity** and **aids in digestion**. It is used for many stomach conditions as it has **anti-inflammatory, carminative, anti-spasmodic, expectorant** (increases bronchial mucous), **vasodilator** and **circulatory stimulant** properties. It is also used to promote **gastric secretions** and in cases of **achlorhydria** (absence or reduction of hydrochloric acid in stomach juices).

**Alfalfa:** Alfalfa has been used and appreciated all over the world for centuries. A comprehensive list of its benefits would be very long, but common benefits attributed to alfalfa include: detoxes the urinary tract, purifies the blood and liver, has a strong alkaline effect on the body, promotes bowel movement regularity and healthy hydration, eases general digestive problems, contains high levels of enzymes for food digestion and assimilation, supports healthy blood sugar levels and supports the pituitary gland.

