

## Natursyl Capsules

### Supports Bowel Regularity †

#### DESCRIPTION

Natursyl Capsules, provided by Douglas Laboratories, supplies a synergistic blend of ingredients including citrus pectin and psyllium seed husks, intended to support bowel regularity. This unique formula also provides probiotics such as *Lactobacillus acidophilus* to promote intestinal balance. †

#### FUNCTIONS

The dietary fiber offered by the psyllium seed husks provides many nutritional benefits for the health and detoxifying properties of the gastrointestinal tract. Soluble dietary fiber, such as pectin, many gums, and some hemicelluloses, are fermented in the colon to varying degrees. This results in lower colonic pH (acidity) and the production of short chain fatty acids, important for the health and detoxifying power of not only mucosal cells, but also the intestinal microflora. † Probiotic dietary *Lactobacillus acidophilus* colonizes the intestinal tract, depending on the specific bacterium-to-host affinity. Bacteria are continually in competition for colonization space. The original bacterial colonies have an advantage over transient bacteria. Nevertheless, the composition of the intestinal microflora is dynamic and constantly changing. If harmful microorganisms proliferate, the equilibrium is disturbed, and it becomes difficult even for indigenous bacteria to maintain their necessary territory to colonize the intestine. Antibiotics tend to clear the body of both beneficial and harmful bacteria, and thus may also disturb the normal, healthy balance of intestinal microorganisms.

#### INDICATIONS

Natursyl Capsules may be a useful dietary supplement for individuals wishing to support a healthy gastrointestinal tract.

#### FORMULA (#7596)

4 Capsules Contain:

Proprietary Blend..... 1800 mg  
Psyllium seed husks, citrus pectin, L. Acidophilus, L. bifidus, artichoke and cellulose

#### SUGGESTED USE

Adults take 4 capsules followed by 8 ounces of purified water daily or as directed by physician.

#### SIDE EFFECTS

No adverse side effects have been reported.

#### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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#### REFERENCES

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**For more information on Natursyl visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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