

BLUE HERON™ DETOXIFYING COMPLEX

The balanced blend of nutritional herbs and probiotics in Blue Heron is formulated for convenient, effective, and gentle intestinal support.* The gentle fibers and herbs absorb and eliminate toxins, supporting colon function.* Blue Heron features True Dispersion™ Technology which ensures that psyllium and other fibers do not clump and are completely released and dispersed for optimum digestive results.*¹ Blue Heron also contains triphala and other nutritional herbs with a probiotic blend to help maintain gastrointestinal health and elimination.*



wheat free



gluten free



soy free



References

1. Study on the comparative dispersion of encapsulated fiber blends. *Unpublished data*. June 2003. Blue Heron™ dietary supplement

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

BLUE HERON™

How It Works

Blue Heron dietary supplement provides an effective combination of soothing herbs and probiotics to support optimal bowel function.*

The following chart highlights the benefits of each of the ingredients in *Blue Heron*:

INGREDIENT	BENEFIT
Flaxseed	The lignans found in flaxseed have been studied for their support of cardiovascular and metabolic health.* ^{1,2} Research also suggests the essential fatty acids found in flaxseed support the body's cytokine and chemotactic response.* ³
Psyllium	Psyllium husk supports healthy intestinal lubrication for ease in elimination.* ⁴ Psyllium also supports cardiovascular, endocrine, and immune health and is a prebiotic.* ⁵
Rice	Gamma-oryzanol, a key compound in rice bran, has been shown to have protective effects on stomach tissue.* In a clinical trial, 78 percent of people receiving 300 mg of gamma-oryzanol per day rated it as "moderately" to "extremely" effective.* ⁶
Dried Plum	Dried plum (also known as prune) is well known for its support of healthy laxation.* ⁷
Fenugreek	Fenugreek is a demulcent herb, meaning it soothes mucous membranes.* ⁸ Its seeds are approximately 40% mucilaginous fibers. Fenugreek has been studied for its protective effects on the gastrointestinal lining.* ⁸
Slippery Elm	Slippery elm bark has been studied for its support of bowel health.* The texture of slippery elm bark is mucilaginous, making it an excellent colon demulcent and emollient.* ⁹
Marshmallow	Marshmallow root has been studied for its support of colon mucosa.* ¹⁰ Because of its mucilaginous properties, marshmallow has long been used to soothe occasionally irritated mucosal tissue, such as the lining of the stomach and intestines.* It also helps facilitate comfortable elimination.* ¹¹ Marshmallow also stimulates immune system activity, specifically, phagocytosis.* ¹¹
Triphala	Triphala is an ancient Ayurvedic herbal blend consisting of amla, belleric myrobalan, and chebulic myrobalan fruits. The combination has long been used to promote healthy digestion, aid in elimination, and support healthy immune responses.* ¹²
Probiotics	Probiotics have been shown to provide a wide-variety of benefits for the body's detoxification processes, digestive function, and immune responses.* ¹³ By restoring healthy intestinal flora balance, probiotics help stimulate intestinal peristalsis, promote comfortable bowel movements, and reduce symptoms of gas, bloating and occasional constipation, and loose stools.* ¹³
Papain	Papain is a proteolytic, or protein-digesting enzyme. It catalyzes the hydrolysis of proteins and peptides with preferential cleavage at bonds containing arginine, lysine, and glycine residues.* ¹⁴

Supplement Facts

Serving Size 6 capsules		Servings per container 20	
Amount per 6 capsules		%DV	
Calories	10		
Total Carbohydrate	2 g		1%†
Dietary Fiber	<1 g		3%†
Flax (<i>Linum usitatissimum</i>) Seed	1.2 g		**
Rice (<i>Oryza sativa</i>) Bran	1.2 g		**
Psyllium (<i>Plantago ovata</i>) Seed Husk	200 mg		**
Plum (<i>Prunus domestica</i>) Fruit	180 mg		**
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed	150 mg		**
Slippery Elm (<i>Ulmus rubra</i>) Bark	150 mg		**
Triphala Blend Amla (<i>Phyllanthus emblica</i>) Fruit, Belleric Myrobalan (<i>Terminalia bellerica</i>) Fruit, and Tropical Almond (<i>Terminalia chebula</i>) Fruit	150 mg		**
Spectra Probiotic Proprietary Blend <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium infantis</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus helveticus</i> , <i>Lactobacillus salivarius</i> , and <i>Streptococcus thermophilus</i>	60 mg		**
Marshmallow (<i>Althaea officinalis</i>) Root Extract	48 mg		**
Papain (Papaya enzyme equivalent to 800 TU/mg)	3.7 mg		**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: hydroxypropyl methylcellulose (vegetable capsule), calcium laurate, cellulose

Contains milk.

Recommendations: Take 3 to 6 capsules daily with 8 ounces of water or as recommended by your healthcare professional.

Warning: Not for use during pregnancy or nursing. Take this product with at least a full glass of liquid. Taking without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product seek immediate medical attention. This product should not be taken with any medication as it may interfere with absorption. If you have diabetes, or are taking prescription drugs, consult your healthcare professional prior to use.

Contains No: sugar, salt, yeast, wheat, gluten, soy, artificial colors, flavors or preservatives.

Integrative Therapeutics

120 CT - 146001

References

- Zhang W, Wang X, Liu Y, Tian H, Flickinger B, Empie M, Sun S. Dietary flaxseed lignin extract lowers plasma cholesterol and glucose concentrations in hypercholesterolaemic subjects. *B J Nutr*. 2008. 99:1301-9.
- Pan A, Sun J, Chen Y, Ye X, Li H, Yu Z et al. Effects of a Flaxseed-Derived Lignan Supplement in Type 2 Diabetic Patients: A Randomized, Double-Blind, Cross-Over Trial. *PLoS ONE*. November 2007. 2(11):e1148.
- Fleming T, ed. Flax. In: *PDR® for Herbal Medicines*. Montvale, NJ: Medical Economics Company; 2000: 328-332.
- Marlett JA, Kajs TM, Fischer MH. An unfermented gel component of psyllium seed husk promotes laxation as a lubricant in humans. *Am J Clin Nutr*. 2000;72:784-9.
- Slavin J. Fiber and prebiotics: mechanisms and health benefits. *Nutrients*. 2013 Apr 22;5(4):1417-35.
- Maruyama K, Kashiwazaki K, Toyama K, Tsuchiya M. Usefulness of Hi-Z fine granule (gamma oryzanol) for the treatment of autonomic instability in gastrointestinal system. *Shinyaku To Rinsho*. 1976;25:124.
- Kayano S, Kikuzaki H, Yamada NF, Aoki A, Kasamatsu K, Yamasaki Y, Ikami T, Suzuki T, Mitani T, Nakatani N. Antioxidant properties of prunes (*Prunus domestica* L.) and their constituents. *Biofactors*. 2004;21(1-4):309-13.
- Basch E, Ulbricht C, Kuo G, Szapary P, Smith M. Therapeutic applications of fenugreek. *Altern Med Rev*. 2003;8:20-7.
- Fleming T, ed. Slippery elm. In: *PDR® for Herbal Medicines*. Montvale, NJ: Medical Economics Company; 2000:697.
- Basch E, Ulbricht C, Hamneress P, Vora M. Marshmallow (*Althaea officinalis* L.) monograph. *J Herb Pharmacother*. 2003;3(3):71-81.
- Fleming T, ed. Marshmallow. In: *PDR® for Herbal Medicines*. Montvale, NJ: Medical Economics Company; 2000: 505-506.
- Baliga MS, Meera S, Mathai B, Rai MP, Pawar V, Palatty PL. Scientific validation of the ethnomedicinal properties of the Ayurvedic drug Triphala: a review. *Chin J Integr Med*. 2012 Dec;18(12):946-54. doi: 10.1007/s11655-012-1299-x. Epub 2012 Dec 13.
- Farsworth ER. The evidence to support health claims for probiotics. *J Nutr* 2008;138:1250S-54S.
- Amri A, Mamboya F. Papain, a plant enzyme of biological importance: a review. *Am J Biochem Biotechnol* 2012;8(2):99-104.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.