Background
Dietary fiber is the edible parts of plants, or similar carbohydrates, that are resistant to digestion and absorption in the small intestine. Dietary fiber passes through the stomach and small intestine to the large intestine, where it undergoes complete or partial fermentation. Dietary fiber plays many important roles in health, including providing bulk to feces, which aids elimination and supports regular bowel movements and healthy detoxification processes.1-4 Dietary fiber supports digestion by helping the colon become more acidic, thus supporting the growth of beneficial microflora in the intestines.1-3 In addition, dietary fiber has been studied for its support of the immune system.1-5

How It Works
Blue Heron dietary supplement provides an effective combination of natural dietary fibers, soothing herbs, and probiotics to restore optimal bowel function.* The following chart highlights the benefits of each of the ingredients in Blue Heron:

<table>
<thead>
<tr>
<th>Ingredient/Benefit</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flaxseed</td>
<td>Provides an effective combination of natural dietary fibers, soothing</td>
</tr>
<tr>
<td></td>
<td>herbs, and probiotics to restore optimal bowel function.*</td>
</tr>
<tr>
<td>Psyllium</td>
<td>Helps digestive processes and provides an effective combination of natural</td>
</tr>
<tr>
<td></td>
<td>dietary fiber, soothing herbs, and probiotics to restore optimal bowel</td>
</tr>
<tr>
<td></td>
<td>function.*</td>
</tr>
<tr>
<td>Slippery Elm</td>
<td>Provides an effective combination of natural dietary fiber, soothing</td>
</tr>
<tr>
<td></td>
<td>herbs, and probiotics to restore optimal bowel function.*</td>
</tr>
<tr>
<td>Marshmallow</td>
<td>Provides an effective combination of natural dietary fiber, soothing</td>
</tr>
<tr>
<td></td>
<td>herbs, and probiotics to restore optimal bowel function.*</td>
</tr>
<tr>
<td>Triphala</td>
<td>Provides an effective combination of natural dietary fiber, soothing</td>
</tr>
<tr>
<td></td>
<td>herbs, and probiotics to restore optimal bowel function.*</td>
</tr>
<tr>
<td>Probiotics</td>
<td>Provides an effective combination of natural dietary fiber, soothing</td>
</tr>
<tr>
<td></td>
<td>herbs, and probiotics to restore optimal bowel function.*</td>
</tr>
</tbody>
</table>

Conclusion
Blue Heron is an effective digestive and detoxification blend.* The combination helps regulate bowel function, enhance detoxification processes, and support a healthy immune response.*

References