

## LBT#3 (Item # 4004)

A Healthy and Gentle Herbal Laxative that Works

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LBT#3 is an herbal formula based on Dr. Christophers original formulation. It functions primarily as an herbal laxative without the usual side effects that are experienced with conventional chemical laxatives. LBT#3 functions beyond a simply being a laxative by soothing the walls of the colon, protecting the digestive system from negative e-coli, balancing the appetite, stabilizing liver and gall bladder function, reducing pain in the colon, increasing circulation to bowel tissues and gently detoxifying the entire digestive system. This herbal formulation has a track record that spans more than 40 years as a safe and effective remedy for constipation or that of a slow moving digestive system.

**Dosage:** Take 2 vegi-capsules with meals or as directed by a qualified health professional.

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### Ingredients Explained

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**Cascara Sagrada Bark** - Cascara sagrada is the dried, aged bark of a small tree in the buckthorn family native to the Pacific Northwest. The bark is harvested mostly from wild trees in Oregon, Washington, and southern British Columbia. The bark is aged for a year so that the active principles become milder, as freshly dried bark produces too strong a laxative for safe use.

**Goldenseal Root** - Goldenseal cleanses and promotes healthy glandular functions by increasing bile flow and digestive enzymes, therefore, regulating healthy liver and spleen functions. It also eases inflamed peptic ulcers, aids digestion and relieves constipation. Goldenseal may be used to treat infections of the bladder and intestines as well.

**Barberry Bark** - Barberry is one of the best medicinal plants in the America's. It helps to strengthen the body and is a system invigorator. Historically, Barberry was found to be used by the North American Indians for treating the liver. It was found to be effective in cases of jaundice. Physicians have found that Barberry increases the secretion of bile, eliminating stress on liver contaminated by impure blood. Barberry works to increase bowl functions thus stimulating appetite and promoting bile secretion. It is claimed to have no equal in normalizing liver secretions.

Barberry root bark is a proven source of vitamin C. This increases immune system activity, stimulates iron absorption, and prevents scurvy. The acid content also works as a mild diuretic.

**Cayenne** - Native Americans have used cayenne (*Capsicum annuum* or *frutescens* , or red pepper) as both food and medicine for at least 9,000 years. The hot and spicy taste of cayenne pepper is primarily due to a substance known as capsaicin, which has pain-relieving qualities. Cayenne has been used orally and topically for medicinal purposes.

Cayenne has also been used in traditional Indian Ayurvedic, Chinese, Japanese, and Korean medicines as an oral remedy for digestive problems, poor appetite, and circulatory problems. It has also been used as a topical remedy for arthritis and muscle pain.

**Ginger Root** – Ginger, the underground stem, or rhizome, of the plant *Zingiber officinale* has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. In China, for example, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Since ancient times, ginger has also been used to help treat arthritis, colic, diarrhea, and heart conditions. In addition to these medicinal uses, ginger continues to be valued around the world as an important cooking spice and is believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods.

**Licorice Root** - Licorice is included in most Chinese herb combinations to balance the other herbs and to promote vitality. It is a source of magnesium, silicon and thiamine.

Licorice root has an impressive list of well documented uses and is probably one of the most over-looked of all herbal remedies. It is used for many ailments including asthma, athlete's foot, baldness, body odor, bursitis, canker sores, chronic fatigue, depression, colds and flu, coughs, dandruff, emphysema, gingivitis and tooth decay, gout, heartburn, HIV, viral infections, fungal infections, ulcers, liver problems, Lyme disease, menopause, psoriasis, shingles, sore throat, tendinitis, tuberculosis, ulcers, yeast infections, prostate enlargement and arthritis.

It has a well-documented reputation for healing ulcers. It can lower stomach acid levels, relieve heartburn and indigestion and acts as a mild laxative. It can also be used for irritation, inflammation and spasm in the digestive tract. Through its beneficial action on the liver, it increases bile flow and lowers cholesterol levels.

**Kudzu Root** - This starchy root is an ancient Chinese medicine for colds and for its health-strengthening properties.

Modern research shows that kudzu is one of nature's highest sources of phytoestrogens, mild plant estrogens that help create and restore hormone balance in your body.

**Red Raspberry Leaf** - The primary medicinal action and uses of red raspberry leaf are astringent, alterative, anti-abortion, antiseptic, antispasmodic, hemostatic, hormonal regulator, hypotensive, kidney tonic, nutritive, prostate tonic, uterine tonic and digestive aid. It has been used successfully in the treatment of all female disorders (even leucorrhea and prolapsed uterus), diarrhea, dysentery, cholera, hemorrhoids and vomiting in children.

**Rhubarb Root** - Rhubarb root has properties that make it a highly effective laxative. Its astringent qualities help to improve bowel tone after it has purged the intestines, making it an excellent agent for improving the tone and health of the digestive tract. Its laxative effects make it a valuable aid in the treatment of chronic constipation, hemorrhoids, and gastroenteritis.

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## Ordering Information

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**LBT#3 (Item #4004)** is priced at only: \$11.00 for 100 Vegi-Capsules  
Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.