

# Featured Product for Nov. 1st -29th

## LB-X Herbal Laxative Formula

Originally formulated by herbalist John R. Christopher, LB-X is one of Nature's Sunshine's most popular herbal laxatives. LB-X enhances the eliminative and detoxifying functions of the body. The formula increases the production of digestive fluids, especially bile, and promotes peristaltic action in the colon.

- A traditional, mild herbal laxative.
- For the relief of occasional constipation.
- Reduces gas and pain in the bowel or colic.

Laxatives sales to deal with constipation is currently over a \$2-billion a year North American market.

Chronic constipation affects 24% to almost 50% of the population and can severely impact quality of life.

## Nov. 1st -29th

**10% OFF**  
Full PV  
**or Buy 3 Get 1 FREE**

Promo#	Description	PV	Mgr.	Assoc. 20%	PC 10%	Retail
P380499	LB-X (10%)	18.71	18.68	21.35	24.02	26.69
P380501	LB-X (x4)	56.13	62.28	71.16	80.07	88.95

**Constipation** is a change in your normal bowel movements, going less frequently than usual, passing hard, dry stools; or straining when you defecate. Constipation can be acute (sudden but infrequent) or chronic (long lasting). Constipation is most often caused by a low fibre diet, lack of exercise, dehydration, or delay in going when you have the urge to defecate. Stress and travel can also contribute to constipation or other changes in bowel habits. Most people have constipation at some point; however, constipation can also be a sign of illness.

### Know the signs and symptoms of constipation

- Fewer than three bowel movements a week
- Sudden decrease in the number of bowel movements
- Stools harder than usual
- Bowel still feels full after bowel movement
- Feeling bloated
- Straining during bowel movements



Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4951383/>; <http://doctormurray.com/figs-relieve-constipation-in-clinical-trial/>; and University of Maryland Medical Center Info paper on Constipation.

**NATURE'S SUNSHINE®**