

# MaxLax

Natural Constipation Relief\*



**Constipation**

**Bloating**

**Microbiome Balance**

NutritionalFrontiers.com  
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# MaxLax

Available in 90 Count Vegetarian Capsules

**MaxLax** is Nutritional Frontiers' natural remedy for constipation relief. Constipation affects up to 20% of adults in the USA and presents a significant burden to patients. Many healthcare practitioners believe that overall health begins in the digestive tract. Poor digestion compromises all parts of the body because the digestion of food provides fuel for all body processes, organs, and systems.

**Senna Leaf Extract** - Also known as Cassia, senna has a long history of use to relieve constipation. It is considered to be a stimulant laxative, and may work by acting on the small intestines, enhancing secretions and peristalsis. Senna has been shown in research to produce spontaneous bowel movements, helping to relieve symptoms of constipation. Senna is not for use in people with inflammatory bowel disease or active painful hemorrhoids. Senna contains anthraquinone glycosides which can exacerbate the excretion of potassium; therefore, be cautious if you have low potassium (hypokalemia) or are taking medications that reduce potassium.

**Psyllium Husk** - Psyllium, also known as *Plantago ovale* grows throughout India, the southwest USA, the Mediterranean, and western Asia. The husks and seeds are often used in herbal medicine. Psyllium has been shown in studies to improve bowel movement frequency and straining. Psyllium consumption has also been shown to improve blood sugar regulation, minimize the risk of cardiovascular diseases, and decrease cholesterol.

**Chia seeds** come from the plant *Salvia hispanica* native to Mexico. Chia seeds have the unique property of being hygroscopic which means they absorb up to 12 times their weight in liquid. Being this mucilaginous makes chia seeds an excellent part of constipation protocols as they add bulk to stool. Chia seeds contain fiber, polyphenols, antioxidants, omega-3 fatty acid vitamins, minerals, and peptides; furthermore, they are a good source of protein, unsaturated fat, and carbohydrates. In addition to supporting digestive tract health, chia seed components may help in cardiovascular disease by reducing blood pressure, platelet aggregation, cholesterol, and oxidation.

**Lactobacillus reuteri** is a probiotic ("good bacteria") that can colonize the human gastrointestinal tract, urinary tract, and skin. This probiotic has been shown to improve gut motility, chronic constipation, and other digestive issues like acute infectious diarrhea, dyspepsia, and gastritis. Research shows that *Lactobacillus reuteri* is effective as an adjuvant strategy to improving diarrhea, constipation, *Helicobacter pylori* infection, and infantile colic.

**Beta Glucans** is a dietary fiber that can be sourced from oats, yeast, mushrooms, and barley. Its polysaccharide structure influences its diverse biological effects. Beta glucan forms viscous solutions and acts as a prebiotic, modulating digestion and promoting absorption of micronutrients in the small intestine. Beta glucans increase host immune defense by activating the complement system, enhancing macrophages and natural killer cell function, and inducing cellular immune responses. The Beta Glucans in MaxLax are derived from the cell wall of baker's yeast

which is then purified to contain no yeast proteins, therefore it is free of allergenic material.

**Aloe vera leaf extract (200:1)** - Aloe and other demulcent herbs like slippery elm and marshmallow root may significantly improve frequency & severity of both upper and lower gastrointestinal symptoms. This includes constipation, heartburn, nausea, abdominal pain, gas, and more. The aloe plant contains 75 potentially active constituents including vitamins, minerals, saccharides, amino acids, anthraquinones, enzymes, lignin, saponins, salicylic acids, carotenoids, steroids, terpenes, phytosterols and polysaccharides, including acemannan. Acetylated glucomannan is primarily responsible for aloe gel's mucilaginous properties and has been found in vitro and in animal studies to modulate immune function (through macrophage activation and cytokine production) and accelerate wound healing.

**Caution:** Not for use in pregnancy. Consult your healthcare provider if you have inflammatory bowel disease (colitis, Crohn's, ulcerative colitis) or active hemorrhoids. Caution if you have low potassium (hypokalemia) or are taking medications that reduce potassium. Generally, fiber supplements like MaxLax should be taken an hour before or 2-3 hours after prescription medications, to avoid interference with absorption.

**Serving Size:** 1 Capsule | Servings Per Container: 90

|   |          |
|---|----------|
| Senna Leaf Extract (Senna alexandrina)    | 1.5 g    |
| Psyllium Husk 95%                         | 263.2 mg |
| Chia Seed                                 | 200 mg   |
| Lactobacillus reuteri (100 Billion CFU/g) | 200 mg   |
| Beta Glucan (From Yeast)                  | 125 mg   |
| Aloe Vera Leaf Extract (200:1)            | 100 mg   |

**Other Ingredients:** Rice Flour, Hypromellose

**Suggested Use:** As a dietary supplement, take 1 capsule daily, or as directed by your healthcare practitioner.

**Warnings:** If pregnant or nursing, consult your healthcare practitioner before taking this product. Color of this formula may vary due to color variations of the ingredients. Keep out of reach of children. Store in a cool, dry place.

**Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, and eggs.**

\*This statement has 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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