



Name Cape Aloe

Caps

Code	Size	Duration
C55-54	54 Capsules	Usually lasts 18 days
C55-100	100 Capsules	Usually lasts 33 days
C55-200	200 Capsules	Usually lasts 65 days

Area concerned

Colon, digestion.

Ingredients

(min per capsule) 72mg Cape Aloe, 36mg each Barberry, Cascara, Cayenne, Garlic, Ginger, Senna, Wild Yam.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to three times this amount can safely be taken. Start with a small amount and increase slowly.

How long to take it for

Take daily at the usage level you want. It is usually best to swap to the *Cascara Compound Capsules* or *Drops* when possible, which is more holistic. You may need to take both products together for a time as you are swapping over.

Description

These capsules have the reputation of having a very helpful effect on the colon, to help maintain regular bowel function at a healthy level, which naturopaths believe is 2-3 times a day, or as many times a day as meals eaten.

When possible, change to *Cascara Compound Capsules* which are better if used over a longer period. Also consider our best-selling *90-day Colon Programme* for a more holistic approach to colon care (see separate data sheet).

Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not take alongside blood thinning drugs such as Warfarin. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

Companion Products

90-day Colon Programme; Cascara Compound Capsules or Drops, Psyllium Capsules or Powder; Bio Multi-flora Capsules.

Caps

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH