



Name Colit

Caps

Code	Size	Duration
C11-54	54 Capsules	Usually lasts 7-14 days
C11-100	100 Capsules	Usually lasts 14-28 days

Area concerned

Colon, stomach, small intestine.

Ingredients

(min per capsule) Wild Yam 128mg, Bayberry 64mg, Agrimony 32mg, Slippery Elm 32mg, Barberry 32mg, Marshmallow Root 32mg.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to four times this amount can safely be taken.

How long to take it for

Take 3, 6, 9 or even 12 a day as desired. You can use this formula just as and when you want to. Can be especially helpful when taken with *Slippery Elm Tea*. If you have a health condition, do see an alternative practitioner for ongoing support and advice as well as your doctor for a consultation and advice.

Cautions

Take two hours away from drug medications. Do not take if pregnant or nursing

Companion Products

90-day Nerve Programme; 90-day Colon Programme; Cascara Compound Capsules or Drops; Nve Capsules or Tea; Nve-Restor Drops; Slippery Elm Capsules or Tea; Valerian & Passiflora Drops; Wild Yam Capsules or Drops.

Caps

Description

A soothing formula for the colon and small intestine. As an additional aid, *Adreno Capsules* or *Drops* can assist the *Colit Capsules* by supporting the adrenal glands. It is usually helpful to support the nervous system at this time, to help the emotions and mental state. For example, combine *Colit Capsules* and *Nve Capsules*. Also, consider using *Colit Capsules* alongside the *90-day Nerve Programme*.

Scratchy foods, such as fruit skins and pips, nuts and seeds, raw foods, and bran, can irritate the colon; if you think this is happening, leave these foods out of your diet for some months. Check whether there is a sensitivity to dairy foods or wheat, by leaving them out of the diet for a few weeks, and observing the results; for many people these are very obvious. In time, these foods may slowly be reintroduced, testing them one at a time and assessing the body's reaction.