

## GENTLE MOVE (60 KAPS.)



PRICE: **25,90** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PY952

EAN code: PY952

### DESCRIPTION OF THE

### ITEM

## Gentle Move

### DIETARY SUPPLEMENTS

#### Support for Digestion and Digestive Health

Triphala (Amalaki, Bibhitaki, Haritaki), slippery elm and marshmallow root have a beneficial effect on digestion and support the functioning of the digestive system, including the intestines.

Keep things moving naturally with Gentle Move. This unique blend of magnesium and herbs like slippery elm was researched and specially formulated to support digestive tract. Magnesium helps to maintain electrolyte balance. This formula also features triphala extract, a traditional, wild-harvested Ayurvedic plant blend.

#### BENEFITS DUE TO PLANT-BASED INGREDIENTS:

- Supports the digestive tract and helps with proper digestion
- May support intestinal health
- Naturally promotes bowel movements
- Features botanicals

## Magnesium

An estimated 80–90% of magnesium is lost during food processing. It's no wonder nearly 70% of people don't get enough of this essential macro mineral. Magnesium supports a variety of functions in the body. These include bone health, psychological function, muscle function, contributes to the maintenance of normal energy metabolism energy production and muscle contractions and the nervous system health.

## Triphala Extract

Derived from the fruits of Amalaki (Indian Gooseberry), Bibhitaki and Haritaki, triphala has played a prominent role in Ayurvedic tradition for over 1,000 years. Considered a pillar of gastrointestinal support in Ayurveda, triphala features a host of bioactive compounds.

Its major constituents include tannins, gallic acid, ellagic acid and chebulinic acid—potent antioxidants. It also provides the flavonoids quercetin and lutenolin, as well as various saponins, anthraquinones and amino acids.

Triphala may also promote the proper digestion and absorption of food for a healthy bowel and digestion balance.

## Slippery Elm

Slippery elm is widely recognized for its traditional support of gut health. Slippery elm is rich in soothing mucilage, a thick, slippery substance that can coat the lining of the stomach and intestines to ease the flow of intestinal contents.

As demand for slippery elm has increased, quality and sustainability have become paramount. We work only with experienced collectors who responsibly harvest our slippery elm by hand. Using special techniques, our partners harvest the bark from trees that are at least 15 years each spring. The timing is critical, as the running sap from April to July helps the outer bark easily separate from the inner bark, preserving the tree for future harvests.

## Marshmallow Root

*Althaea officinalis*, more commonly known as marshmallow, is a perennial herb native to Europe, North Africa and western Asia. Its beautiful white and pink flowers are found naturally along riverbanks and salt marshes, as it prefers moist, sandy soils.

Marshmallow root has been used as a traditional herb for centuries. It is thought to support the health of the mucous membranes throughout the gastrointestinal tract. Its mucilage, a sap-like substance, is believed to soothe the mucous membranes along these tracts.

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## INGREDIENTS

Magnesium, triphala extract, yellow dock root, ginger rhizome, marshmallow root extract and slippery elm bark.

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## KEY INGREDIENTS

<b>Active ingredients:</b>	<b>In a daily portion (1 vegetable capsule)</b>	<b>%RI (1 vegetable capsule)</b>
Magnesium	200 mg	53%
Curly dock root	50 mg	**
Three fruit extracts - including:	90 mg	**
Chebulic myrobalan extract	30 mg	**
Beleric myrobalan extract	30 mg	**
Emblic myrobalan extract	30 mg	**
Ginger rhizome	25 mg	**
Marsh mallow Extract	10 mg	**
Slippery elm bark	10 mg	**

\*RI: Daily reference intake value for adults.

\*\*RI has not been established.

### **RECOMMENDED USE**

Take 2 capsules at nighttime or before bedtime. During periods that require special support: Take up to 6 capsules per day for up to 7-10 days.

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Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.