



NATURE'S SUNSHINE

Lower Bowel Stimulator (Formerly LBS II)

Kosher

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **100 VeggieCaps**

ITEM # **990**

SERVING **2-4**

SUPPLY **25-50 days**

DIRECTIONS FOR USE Take 2-4 capsules daily with a meal.

— How the Key Ingredients Work

Lower Bowel Stimulator brings together time-honored herbs that work with your body's own rhythms to encourage healthy, comfortable bowel movements and support overall digestive ease. Each ingredient plays a specific role — from gently nudging the colon into motion to soothing the gut lining and helping everything move along smoothly.

Cascara Sagrada — One of North America's most trusted traditional laxative herbs, cascara sagrada has been used for centuries to encourage the colon to move waste along. It works by gently stimulating the natural wave-like contractions of the bowel while also helping the colon hold onto the moisture that keeps stools soft and easy to pass — typically within six to eight hours.

Buckthorn — A classic European herbal laxative with a history stretching back to the 1600s, buckthorn bark contains natural compounds that prompt the colon to get moving. Traditional European herbal authorities have recognized it for occasional constipation and for situations where a softer, gentler stool is especially important, such as recovery from minor anal discomfort.

Rhubarb Root — Rhubarb root is a cornerstone of traditional Chinese herbal practice for digestive support. Its natural compounds help stimulate bowel movement while also providing antioxidant activity that may help protect digestive tissues from everyday oxidative wear. It has a long history of use for sluggish digestion and is valued for its gentle yet effective action on the lower bowel.

Licorice Root — Licorice root is a soothing, supportive herb that helps look after the gut lining while the other herbs in this formula do their work. It has well-documented antispasmodic properties that may ease cramping and general abdominal discomfort, and it has been studied as part of multi-herb digestive formulas where it contributes to overall gut comfort and lining integrity.

Ginger — Ginger has been relied upon for over 2,500 years to calm an unhappy digestive system. It helps food and waste move through the gut at a healthy pace by supporting normal gut motility, and clinical studies show it can ease bloating, abdominal discomfort, and the sluggish feeling that often accompanies constipation. It also brings natural antioxidant support to the formula.

Capsicum — Capsicum — the herb behind chili peppers — adds a warming, circulation-boosting quality to this formula. Research shows it can help ease general digestive discomfort, and its natural compounds help stimulate digestive activity. It also contributes antioxidant nutrients including vitamins C and E, rounding out the protective qualities of the blend.

Oregon Grape — Oregon grape root brings the power of berberine and related plant compounds to this formula. Traditionally used to support healthy digestion and gut balance, it also demonstrates antioxidant activity and has a long history in North American and traditional Chinese herbal practice for supporting the digestive tract and maintaining a balanced internal environment in the bowel.

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