

IB Soothe-R Irritable Bowel Support*

- Soothes occasional intestinal distress and discomfort*
- Normalizes disruptive intestinal irregularity and bloating*
- Provides nutritive support for the lining of the intestinal tract*

LifeSeasons® Formulated for Life.

We create products that are formulated to address specific health concerns that commonly occur through all stages of life. We develop the most effective and potent combination of nutrients, using clinically-tested, natural ingredients that the body can easily absorb.

Manufactured for LifeSeasons®
708 Valley Ridge Circle, #3
Lewisville, TX 75057
www.lifeseasons.com
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IB Soothe-R helps to normalize intestinal function while easing intestinal discomfort*

Triphala - Traditional blend of 3 fruits, rich in antioxidants, and used in Ayurveda for their soothing effect on the intestines*

Caraway - Calms spasms of the intestines, indigestion and flatulence*

Slippery Elm - Rich in mucilage that comforts irritation of mucous membranes*

Marshmallow - Supports immunity, while soothing the intestinal lining*

Bifidobacteria - Healthy bacteria that live in the body, especially in the bowel, where they support immunity and regulate elimination*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

R1.0218



LifeSeasons®

IB Soothe-R Irritable Bowel Support*

Triphala

Caraway

Slippery Elm

Marshmallow

Bifidobacteria

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules daily with food.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value**
Vitamin B12 (as methylcobalamin)	500 mcg	8333%
Folic Acid (as 5-formyl-tetrahydrofolate from calcium folinate)	400 mcg	100%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Probiotic Cultures		
Bifidobacterium longum (R0175)	2 billion	†
Lactobacillus helveticus (R0052)	2 billion	†
Triphala fruit (Terminalia chebula, Emblica officinalis, Terminalia bellerica)	250 mg	†
Caraway seed (Carum carvi)	175 mg	†
Marshmallow root (Althaea officinalis)	75 mg	†
Red Raspberry leaf (Rubus idaeus)	75 mg	†
Slippery Elm bark (Ulmus rubra or fulva)	75 mg	†
Fennel seed (Foeniculum vulgare)	50 mg	†
Chamomile flower extract (Matricaria recutita) (2% (.5 mg) flavonoids)	25 mg	†
Lemon Balm leaf (Melissa officinalis)	25 mg	†
Berberine (BerberPure®)	10 mg	†
Vinpocetine	10 mg	†

† Daily Value not established.

**Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Hypromellose (vegetable cellulose), rice bran and silica.

DOES NOT CONTAIN artificial colors, gluten, preservatives, yeast, wheat, soy, corn and milk.

**GLUTEN FREE
VEGETARIAN FORMULA
NO MAGNESIUM STEARATE**

**DO NOT TAKE WITHOUT FIRST
CONSULTING YOUR HEALTH CARE
PROVIDER.**