

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

Constipation one day, diarrhea the next, bloating and gas in between—dealing with a cranky bowel is challenging, to say the least. IB Soothe-R is formulated with all-natural ingredients to soothe intestinal distress, normalize irregularity, and nourish the lining of the intestinal tract.*



More about
our product!



**LifeSeasons
Digestive**

Synergistic formulas tested
for purity and potency*

Springville, Utah
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IB Soothe-R helps to normalize intestinal function and ease intestinal discomfort.*

- **Triphala** - a blend of three fruits, rich in antioxidants, used in traditional practices to soothe the intestines*
- **Caraway** - helps to calm intestinal spasms, indigestion and flatulence*
- **Slippery Elm** - rich in mucilage to comfort irritated mucosal tissue*
- **Marshmallow** - supports immunity and soothes the intestinal lining*
- **Bifidobacteria** - gut-friendly bacteria that support immunity and help to regulate elimination*

CAUTION: As with any dietary supplement, do not take without first consulting your healthcare practitioner, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

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*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.



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

Servings per container: 30

	Amount per serving	% Daily Value**
Vitamin D3 (as cholecalciferol) (800 IU)	20 mcg	200%
Vitamin B12 (as methylcobalamin)	500 mcg	8333%
Folic Acid (from calcium folinate)	400 mcg	100%
Probiotic Cultures		
Bifidobacterium longum (R0175)	2 billion	†
Lactobacillus helveticus (R0052)	2 billion	†
Triphala fruit (Terminalia chebula, Emblicka 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% (0.5 mg) flavonoids)	25 mg	†
Lemon Balm leaf (Melissa officinalis)	25 mg	†
Benfotiamine (BenfoPure®)	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.

MADE WITHOUT artificial colors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy, milk, gluten, and magnesium stearate.

Vegetarian formula. Made in the U.S.A.

