

IB Soothe-R™ helps normalize intestinal function and ease intestinal discomfort*

- **Triphala** is a blend of three fruits traditionally used to soothe the intestines*
- **Caraway** helps calm intestinal spasms, indigestion and flatulence*
- **Slippery Elm** contains mucilage to help comfort irritated mucosal tissue*
- **Marshmallow** helps soothe the intestinal lining*
- **Bifidobacteria** probiotic helps support digestive regularity*

Directions: Take 2 capsules daily with food.

Caution: Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a healthcare professional before use. Not intended for children.

Keep out of reach of children. Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

Gluten-Free. Made in USA with globally sourced ingredients. No colors, flavors, preservatives, yeast, magnesium stearate, eggs, fish, crustacean shellfish, tree nuts, peanuts, and wheat.



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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



IB Soothe-R™ Irritable Bowel Support*

Bifidobacteria
Marshmallow
Slippery Elm
Caraway
Triphala

DIETARY SUPPLEMENT
60 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 2 Capsules / Servings Per Container 30

Amount Per Serving		% DV
Vitamin D3 (cholecalciferol) (800 IU)	20 mcg	100%
Folic Acid (from calcium folinate)	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Triphala (Terminalia chebula, Emblica officinalis, Terminalia bellerica) Fruit Blend	250 mg	**
Caraway (Carum carvi) Seed	175 mg	**
Marshmallow (Althaea officinalis) Root	75 mg	**
Red Raspberry (Rubus idaeus) Leaf	75 mg	**
Slippery Elm (Ulmus rubra or fulva) Bark	75 mg	**
Probiotic Blend (4 billion CFU) Bifidobacterium longum (R0175), Lactobacillus helveticus (R0052)	53 mg	**
Fennel (Foeniculum vulgare) Seed	50 mg	**
Chamomile (Matricaria recutita) Flower Extract (2% [0.5 mg] flavonoids)	25 mg	**
Lemon Balm (Melissa officinalis) Leaf	25 mg	**
BenloPure® Benfotiamine	10 mg	**
Vinpocetine	10 mg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose), Rice Bran, and Silica.

Contains: Soy and Milk

Exclusively formulated and distributed by LifeSeasons®, Kaysville, UT 84037, USA

Questions? (877) 455-2826 or www.lifeseasons.com