

READY! SET! GO!



CLINICAL APPLICATIONS

- Provides Natural Relief for Occasional Constipation
- Helps Soothe the Stomach

GASTROINTESTINAL SUPPORT

Ready! Set! Go! is a blend of fruits and plant extracts for children with occasional constipation. The ingredients in this blend have been used historically for the relief of occasional constipation and to soothe the stomach. The formula contains prunes, whose juice is often consumed as a home remedy for loosening bowels, and fiber-rich figs. Ginger, fennel and coriander are added to help soothe the stomach. Ready! Set! Go! has a pleasant flavor for easy compliance.

Overview

Occasional constipation is a common condition, caused in part by poor diet and lifestyle. The prevalence of refined sugars and carbohydrates and the low presence of fiber in the modern diet has been linked to the slowing of bowel transit time and the alteration of the colonic environment.¹ Dietary fiber, which is mostly obtained from plant foods, consists of the indigestible portion of the plant while the sugars, starches and vitamins are broken down into nutrients and absorbed by our intestines. These cell walls of plants are not digested and become the bulk or roughage component of the stool, which help maintain bowel health and regularity. The blend of fibers in the formula makes it effective for ongoing regularity, as well as overall gastrointestinal health.

Fiber Depletion†

While there is no daily recommended value (DRV) for dietary fiber, the American Heart Association recommends children consume between 19 and 31 g per day depending on age. The lack of adequate dietary fiber intake can lead to many digestive problems, such as occasional constipation, gas and bloating.

Fig (*Ficus carica*)[†]

The phytochemical properties of fig's laxative effect are due to the bulk of seeds and fibers.² In a double-blind, randomized controlled study of 20 patients with occasional, functional bowel irregularity, supplementation with fig fruit increased frequency, reduced defecation time and improved abdominal comfort and sense of complete evacuation. Fig supplementation also improved most of the symptoms in the patients suffering with functional bowel irregularity,³ and the fruit has also been shown to support regulation of loose bowels.⁴

Prune (*Prunus domestica*)[†]

Prunes have 6.1 g of dietary fiber per 100 g, as well as large amounts of phenolic compounds, which may aid in their efficacy for occasional constipation and glycemic support. The phenolic compounds in prunes have been found to inhibit oxidation of certain blood fat components in vitro, and thus may protect against oxidative damage; the high potassium content in prunes may also be beneficial for cardiovascular health.⁵ Another study found that 50 g of prunes, two times a day were found to be effective in helping with occasional constipation in 40 subjects enrolled in an eight-week, single-blind, randomized cross-over study compared to psyllium.⁶

† 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.

Directions

1 teaspoon (6.5 grams) daily as needed or as recommended by your health care professional. Take with water, milk, or the beverage of your choice.

Does Not Contain

Gluten, corn, yeast, artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts		
Serving Size 1 Teaspoon (5 mL) Servings Per Container About 50		
	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Proprietary Blend	650 mg	
Plum (Dried Whole Fruit)		**
Fig (Dried Whole Fruit)		**
Caraway Seed Extract		**
Coriander Seed Extract		**
Fennel Seed Extract		**
Ginger Root Extract		**
* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.		

Other Ingredients: Sorbitol Syrup, Purified Water, Potassium Sorbate (Preservative) and Citric Acid.

ID# 850250 250 mL (8 fl. oz)

References

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3. Kim S-Y, al HBe. Effect of *Ficus carica* on functional constipation. *FASEB J*. 2010;Abstract supplement i1B 348(April 24).
4. Patil VV, Bhangale SC, Chaudhari KP, Kakade RT, Thakare VM, Bonde CG, Patil VR. Evaluation of the antidiarrheal activity of the plant extracts of *Ficus* species. *Zhong Xi Yi Jie He Xue Bao*. 2012 Mar;10(3):347-52.
5. Stacewicz-Sapuntzakis, PE B, A E. Chemical composition and potential health effects of prunes: A functional food? *Critical reviews in Food Science and Nutrition*. 2001; 41(4):251 -286.
6. Attaluri A, al RDe. Randomized clinical trial: dried plums (prunes) vs psyllium for constipation. *Aliment Pharmacol Ther*. 2011; 33(7):822-828.

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