

# Cholacol®

## Provides Gallbladder Support

The liver manufactures bile and sends it through the hepatic duct to the gallbladder, where it is stored and concentrated. The gallbladder holds bile in reserve for those times when we consume greater amounts of fat and need additional bile for efficient digestion. As fats travel through the gastrointestinal tract, the gallbladder secretes bile into the common bile duct that empties into the first portion of the small intestine, where it performs the first stage of fat digestion. The bile breaks the fat molecules into smaller particles so as they travel through the small intestine they can undergo further digestion and finally become fully absorbed. The bile salts contained in bile help emulsify fats by virtue of their low surface tension. In the absence of a fully functioning gallbladder, the liver continues to produce bile, but the body can no longer draw upon its “bile reserve.” The beneficial properties of the collinsonia root combined with purified, concentrated bile salts work together to enhance dietary fat metabolism and encourage absorption in the intestines.†

## How Cholacol Keeps You Healthy

### *Supports healthy dietary fat metabolism and absorption*

The amount of bile available to the body is reduced in the absence of a properly functioning gallbladder. The bile salts in Cholacol contribute to the further breakdown of fats in the intestines and provide a concentrated source of bile salts as needed.†

### *Reduces the severity of gastric discomfort*

When greater amounts of fat are consumed in the absence of a properly functioning gallbladder, abdominal discomfort often ensues. The bile salts and collinsonia root contained in Cholacol can help reduce the bloating and full feeling after eating and promote healthy digestion.†

### *Stimulates gallbladder function*

Cholacol encourages gallbladder contractions to release bile to aid in the breakdown of fats.†



Introduced in 1956

GF

#### **Content:**

90 tablets

**Suggested Use:** Two tablets per meal, or as directed.

#### **Supplement Facts:**

Serving Size: 2 tablets

Servings per Container: 45

	Amount per Serving	%DV
Calories	4	
Iron	0.2 mg	1%

#### **Proprietary Blend:** 700 mg

Collinsonia (root) and purified bovine bile salts.

*Two tablets supply approximately:*

*460 mg collinsonia root powder and 230 mg purified bovine bile salts.*

Other Ingredients: Honey and calcium stearate.

*Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.*

**Sold through health care professionals.**

*Please copy for your patients.*

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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# Cholacol®

## What Makes Cholacol Unique

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### Product Attributes

Each tablet supplies 230 mg collinsonia root powder and 115 mg purified bovine bile salts

- › All the benefits of whole foods in a convenient form

### Multiple nutrients from a variety of plant and animal sources

- › Purified, concentrated bile salts from the bovine gallbladder incite gallbladder function and enhance fat metabolism in humans
- › Collinsonia root promotes healthy liver function
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

### Manufacturing and Quality-Control Processes

#### Not disassociated into isolated components

- › The nutrients in Cholacol are processed to remain intact, complete nutritional compounds

### Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Cholacol®.

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