

Octa Herbal

Slippery Elm 400mg





Octa Herbal Slippery Elm 400mg

Slippery Elm (*Ulmus fulva*) has been used as an herbal remedy in North America for centuries and contains a large amount of mucilage that coats the surface of mucous membranes and sores by forming a gel-like layer. **The prebiotic potential of Slippery Elm** increases the abundance of many kinds of bacteria known to promote human health, such as Bifidobacterium, Lactobacillus, and Bacteroides. Octa Herbal Slippery Elm helps to decrease local irritation of the gastrointestinal tract, maintain healthy digestive function, relieve the symptoms of GI inflammation, neutralize stomach acidity as well as soothe the digestive tract¹⁻⁴.

Start Health Journey

- ✔ Maintains general GI health and wellbeing
- ✔ Improves bowel regularity and gut immune function
- ✔ Relieves GERD symptoms
- ✔ Managing symptoms of CD, UC, and IBS



4 / 10

Adults in the worldwide suffer from functional GI disorders. ⁵

Contraindications⁶:

- 🌿 Hypersensitivity to slippery elm
- 🌿 Not recommended during pregnancy and lactation

Warnings and Precautions⁶:

- 🌿 If diarrhea persists for more than 24 hours in children aged 3-6 years or 48 hours in adults and children over 6 years, discontinue.
- 🌿 Severe hepatic impairment (Gallstones and other biliary disorders).

Drug Interactions⁶:

Slippery Elm may interfere with drug absorption which can reduce the absorption of oral drugs and decrease their effectiveness. take slippery elm 2 hours before or after other herbs or medications may be taking.

Side Effects⁶:

Slippery Elm is possibly safe, but rarely and in high doses may occurs following side effects:

Gastrointestinal complications such as nausea, vomiting, abdominal pain.

Allergic reactions such as skin allergies (itching, swelling, redness), swelling of the face, lips, tongue, throat, and breathing problems.





Dosing and Administration:

Adults and children over 12 years:	One capsule, three times a day
Children between 6 to 12 years:	One capsule, one time a day

* Prescribe this product before food with plenty of water.

Soothes the Digestive System



Rx Code:

Drug Facts

Serving Size: 1 Capsule

Serving Per Container: 60 Capsules

	Amount per serving	%DV
Slippery Elm Inner Stem bark powder	400 mg	**

** Daily value (DV) not established

Other Ingredients: Microcrystalline Cellulose and Magnesium Stearate

Reference:

- The Medicines (Retail Sale or Supply of Herbal Medicines) Order 1977, SI 2130.2
- Tamayo C et al. The chemistry and biological activity of herbs used in Flor-Essence™ herbal tonic and Essiac®. *Phytotherapy Res* 2000; 14:1-14.
- Peterson, Christine Tara et al. "Prebiotic Potential of Herbal Medicines Used in Digestive Health and Disease." *Journal of alternative and complementary medicine* (New York, N.Y.) vol. 24,7 (2018): 656-665. doi:10.1089/acm.2017.0422
- American Herbal Pharmacopoeia/ Slippery Elm Inner Bark Ulmus rubra
- Sperber, Ami D et al. "Worldwide Prevalence and Burden of Functional Gastrointestinal Disorders, Results of Rome Foundation Global Study." *Gastroenterology* vol. 160,1 (2021): 99-114.e3. doi: 10.1053/j.gastro.2020.04.014.
- Slippery elm monograph/drugs.com/2022