

# READY! SET! GO!



## CLINICAL APPLICATIONS

- Provides Natural Relief for Occasional Constipation
- Helps Soothe the Stomach
- Great Tasting Children's Liquid Formula

## GASTROINTESTINAL SUPPORT

Ready! Set! Go! is a blend of all natural 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 an achy stomach. The formula contains prunes, whose juice is often consumed as a home remedy for loosening bowels, and figs with high amounts of fiber. In addition, it contains psyllium seed husks, one of the most widely used natural bulking fibers; both the psyllium seeds and husks are 100% organic. Ginger, fennel and coriander are added to help soothe the stomach and to help relieve gas and improve digestion. Ready! Set! Go! also 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 Western diet has been linked to the slowing of bowel transit time and the alteration of the colonic environment.<sup>[1]</sup> 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. Psyllium in Ready! Set! Go! is composed predominantly of soluble fiber (71% by weight) and it has high water holding capacity, thus serving to increase stool frequency and weight. The additional blend of other 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.

### Research†

Several clinical trials have shown psyllium to be superior to other laxatives.<sup>[2]</sup> A systematic review found psyllium husk to improve overall bowel regularity more effectively than lactulose.<sup>[3]</sup> Psyllium has been found to be more effective than placebo at increasing stool output and was found to improve symptoms of occasional constipation including abdominal comfort, defecation effort, and sense of evacuation completeness. A randomized controlled trial found psyllium to have a significantly greater effect when supporting those with long term bowel irregularity and discomfort during the first and second month of treatment.<sup>[4]</sup> The laxative effect and gut-stimulatory effect of psyllium has been purported to be mediated partially by muscarinic and 5-HT<sub>4</sub> receptor activation, which is thought to complement the laxative effect of psyllium's fiber content.<sup>[4]</sup> Psyllium's gut-inhibitory activity may be mediated by the blockade of Ca<sup>(2+)</sup> channels and the activation of NO-cyclic guanosine monophosphate pathways.<sup>[4]</sup> In addition, studies have also found that a 15 g dose of psyllium given 3 times per day before meals promoted healthy blood sugar and fat levels over a six-week period.<sup>[5,6]</sup>

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Fig (*Ficus carica*)<sup>†</sup>

The phytochemical properties of fig's laxative effect are due to the bulk of seeds and fibers.<sup>[7]</sup> 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,<sup>[8]</sup> and the fruit has also been shown to support regulation of loose bowels.<sup>[9]</sup>

## Prune (*Prunus domestica*)<sup>†</sup>

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.<sup>[10]</sup> 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.<sup>[11]</sup>

## Directions

Children up to 6: 1-3 teaspoons daily as needed or as needed or as recommended by your health care professional.

Children 6-12: 1-2 tablespoons daily as needed or as needed or as recommended by your health care professional.

Adults: 2-3 tablespoons daily or as needed or as recommended by your health care professional.

## Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

## Cautions

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

# Supplement Facts

Serving Size: 1 Teaspoon (6.5 Grams)  
Servings Per Container: ~50

1 teaspoon contains	Amount Per Serving	% Daily Value
<b>Proprietary Blend</b>	0.13 g	
Plum Extract		*
Fig Extract		*
Psyllium Seed Extract		*
Fennel Seed Extract		*
Caraway Seed Extract		*
Coriander Seed Extract		*
Ginger Root Extract		*
* % Daily Value not established		

ID# 850250 250 mL (8 fl. oz)

## References

1. Frizelle F. Constipation in adults. *Clin Evod* (online). 2007;0413(August 1).
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4. Bijkerk, Wit Nd, al MJe. Soluble or insoluble fiber in irritable bowel syndrome in primary care ? Randomized placebo controlled trial. *BMJ*. 2009;339:b3154.
5. Sierra M. Garcia JJ, Fernandez N, Diez MJ, Calle AP. Therapeutic effects of psyllium in type 2 diabetic patients. *Eur J Clin Nutr*. 2002 Sep;56(9):830-42.
6. Anderson JW, Allgood LD, Turner J, Oeltgen PR, Daggy BP. Effects of psyllium on glucose and serum lipid responses in men with type 2 diabetes and hypercholesterolemia. *Am J Clin Nutr*. 1999 Oct;70(4):466-73.
7. Joseph B, Raj J. Pharmacognostic and phytochemical properties of *Ficus carica* Linn-an overview. *Intl J Pharm Tech Research*. 2011;3(1):8-12.
8. Kim S-Y, al HBe. Effect of *Ficus carica* on functional constipation. *FASEB J*. 2010;Abstract supplement iIB 348(April 24).

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