Blue Heron

What is it?
Blue Heron is a blend of fiber supplements, nutritional herbs, and probiotics to help regulate bowel movements. Along with flax and psyllium, which are natural fibers, the lead herb blend is Triphala. Triphala is a combination of Ayurvedic fruits used for chronic constipation. (Ayurvedic medicine is the traditional medicine of India.)

How much do I take?
It is ok to follow the directions on the label (3 capsules twice daily). It is most important to drink plenty of water while you are on fiber supplements.

Is it safe?
Yes, Blue Heron is safe. However it is recommended that you take a 2-3 week break from this supplement every 10 weeks. This is not an uncommon suggestion for many herbal preparations. Also, please remember to drink 8 ounces of water with it and plenty of water throughout the day.

Quality is very important when choosing over the counter supplements or herbs. If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!