



ASLAN HEALTH PRODUCT GUIDE

IBS-C Product Guide.

This guide summarizes the supplement options discussed in the IBS-C Renewal episode of the Aslan Health Podcast. These products are meant to support a thoughtful plan that begins with hydration, rhythm, soluble fiber, movement, calming techniques for the nervous system, and appropriate medical evaluation when needed.

Important use principle

Start one product at a time, directed towards your most predominant symptom. Allow an appropriate trial, track your response, and then decide whether to continue, adjust, or discontinue a product. During a flare, use known tools rather than experimenting with new products.

Product Details



Atrantil

Protocol instruction: Begin with 2 capsules once per day with water.

Primary purpose: GI support for IBS-C, especially when bloating, gas, pressure, or methane-associated patterns are suspected.

Best fit: Bloating, distension, gas pressure, constipation with prominent fermentation symptoms.

Cautions/use notes: Not a laxative. It is not designed simply to force a bowel movement. Response varies; seek medical care for severe, worsening, or unusual symptoms.



Pure Encapsulations Magnesium Citrate

Protocol instruction: 2 capsules in the evening with water or dinner.

Primary purpose: Supports stool water and ease of passage by drawing water into the colon.

Best fit: Hard stool; Bristol type 1 or 2; delayed transit patterns. Use if magnesium is medically appropriate.

Cautions/use notes: Use caution with kidney impairment and with prescription medications. Separate 2 hours from medications when appropriate and ask your clinician if you are unsure.



Organic India Triphala

Protocol instruction: 2 capsules twice per day with water. It can be taken before or after meals.

Primary purpose: Traditional herbal support for bowel regularity, motility, and elimination.

Best fit: Gentle herbal support for regularity when constipation is the dominant pattern.

Cautions/use notes: Herbal does not automatically mean risk-free. May cause loose stools, cramping, or discomfort, especially with mixed diarrhea/constipation patterns. Avoid in pregnancy unless approved by a clinician.



Protocol for Life Balance Peppermint Oil G.I.

Protocol instruction: 1 softgel, up to twice daily with meals.

Primary purpose: Enteric-coated peppermint oil supports abdominal comfort by helping with spasms and cramping associated with IBS.

Best fit: Cramping, abdominal pain, spasms, and discomfort that accompany IBS-C.

Cautions/use notes: Not primarily a constipation mover. Peppermint oil may worsen reflux or heartburn in some people. Use the enteric-coated product. Use caution if reflux is a major issue.



SunFiber

Protocol instruction: 1 scoop once per day. Ongoing.

Primary purpose: A soluble fiber, partially hydrolyzed guar gum, that supports stool form, bowel regularity, and the gut environment over time.

Best fit: Daily maintenance fiber; inconsistent stool form; gentle long-term support when other fibers are not well tolerated.

Cautions/use notes: Fiber is not usually a same-day rescue tool. Start low, increase gradually, and pair with adequate hydration.

How to Match the Tool to the Pattern

Symptom Pattern	Possible Support Tool
Hard, dry stool; Bristol 1 or 2	Hydration, magnesium citrate if appropriate, and soluble fiber support.
Inconsistent stool form or need for gentle daily support	SunFiber or another well-tolerated soluble fiber.
Cramping, pain, or intestinal spasm	Enteric-coated peppermint oil if reflux is not an issue.
Bloating, pressure, gas, and distension	Atrantil may be considered, especially when these associated patterns or methane producers are suspected.
Need for gentle herbal regularity support	Triphala may be useful if tolerated and appropriate for you.

Suggested Sequencing.

A thoughtful sequence protects you from confusion and helps identify what is actually working.

1. Begin with foundations: hydration, morning rhythm, daily movement, food awareness, and a relaxed bathroom posture.
2. Choose one supplement based on your dominant pattern.
3. Use the product as directed unless your clinician advises otherwise.
4. Track bowel frequency, Bristol type, straining, bloating, pain, and any side effects with the log provided.
5. Only add the next product after you have a clear sense of the first product’s effect.

Supplement Trial Tracking

Product	Start Date	Dose Used	Reason for Use	Benefits Noted	Side Effects/Concerns	Continue?

Wise stewardship reminder
Supplements can be helpful support tools, but they are not substitutes for hydration, rhythm, movement, food awareness, medical evaluation, or prayerful wisdom. Use the right tool for the right symptom or effect.

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