

BLOCKED AND BLOATED?

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OUR DIGESTIVE SYSTEMS ARE AMAZING THINGS, PROCESSING THE FOODS WE EAT AND EXPELLING THE WASTE WE DON'T NEED.

But an optimum digestive system is not something everyone enjoys. Natural digestive enzymes can start to decline, making digestion more difficult. When this happens, you can feel bloated, sluggish and generally uncomfortable.

Why you need healthy bowels:

- It is estimated that one in three people regularly suffer digestive upsets which include irregularity, bloating and wind.
- By middle age people can have between 1-7kilograms of undigested faecal matter stuck in the colon – and that is after a bowel motion.
- Antibiotics can kill the good bacteria in the gut, as well as the bad bacteria.
- Our skin, appearance, energy and vitality is usually a reflection of our inner digestive and bowel health.

Lifestream BowelBiotics+ with Digestive Enzymes is a 100% natural formula that helps in 3 key ways:

- a. Digestive enzymes help break down food and help absorb nutrients into the body more effectively.
- b. Natural fibres make it easier to expel waste regularly.
- c. Probiotics and Prebiotics help provide healthy bacteria which are important for digestive health.



Read the label and use only as directed. If symptoms persist see your healthcare professional.