

KEYS TO RESTORING NORMAL BOWEL FUNCTION

A poor diet, lack of exercise, and stressful lifestyles are usually the common causes of irregular bowel movements, which will increase chances of toxins accumulate in the colon.

Laxative and Lazy Bowel Syndrome

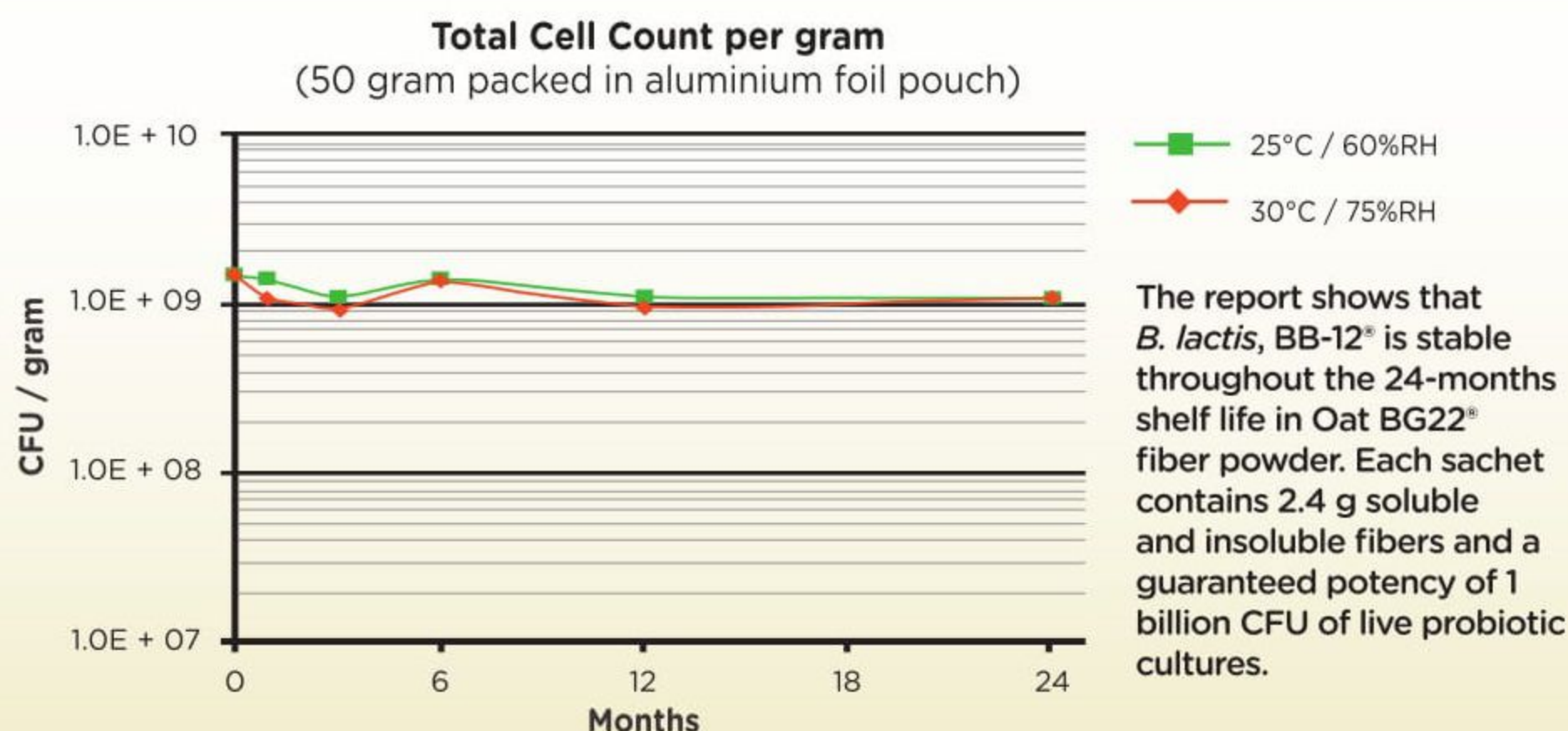
Frequent use of laxative can cause the bowels become dependent and lose its normal function, which eventually leads to a condition known as "lazy bowel syndrome" in which our bowels move very slowly or sluggishly. Chronic use of laxatives depletes our body of minerals, hydration and disrupts our gut microbiota. Consumers are highly advised to be cautious when using laxatives contain Senna or Cassia, even though they are usually marketed as natural.

Diets high in soluble and insoluble fibers with plenty of beneficial bacteria are keys to improving bowel movement and restoring gut function.

Biogrow® ProGut is suitable for all who wishes to maintain or improve gut health as it offers a **drug-free way to manage bowel movement** with the power of 2 from clinically tested Oat BG22® fiber and *B.lactis*, BB-12® probiotics - the world's best documented *Bifidobacterium* from Denmark*.



Real time stability report: Oat BG22® Hi-Fiber with BB-12® Probiotics*



It is now available in all pharmacies nationwide.

*Information provided by Chr. Hansen A/S, Denmark

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One daily sachet provides a synergistic effect for an improved intestinal function and a balanced gut microbiota.



Take 1 sachet (~ 7 g) mix in a glass of cold water, fruit juice or sprinkle onto cereal and yogurt. 1-2 sachets a day is recommended after meals or anytime convenient.



Email us for **FREE** sample
info@biogrow.com.my