

Managing bowel movement

HIPPOCRATES, the father of modern medicine, said "All disease begins in the gut" – a quote that still holds true today.

A diet low in fibre but high in red meat, colon inflammation triggered by bacterial infection, physical inactivity, alcohol abuse and chronic laxative use are common causes of poor gut health.

According to the *International Journal of Cancer*, almost 40% of cancer deaths, including colon cancer, are preventable with lifestyle changes, which include adopting a plant-based, fibre-rich diet, regular exercise and ensuring our bowel movements are regular.

Based on a 2004 study published in the *American Journal of Gastroenterology*, irregular bowel movement or constipation affects nearly a quarter of the world's population.

Most individuals resort to laxatives as a quick fix for bowel irregularity. However, long-term use of laxatives often results in decreased bowel function or lazy bowel syndrome and may lead to laxative dependency.

Therefore, prolonged laxative use is discouraged and should be replaced by natural food remedies that combine dietary fibres and probiotics for the maintenance of good gut health.

A 2012 study published in the *World Applied Science Journal* reports that people with

constipation have lower levels of Bifidobacteria in the large intestine.

The level of good bacteria in the gut will also decrease with ageing, making dietary supplementation of probiotics essential to ensure optimal gut function.

Biogrow ProGut is made from all-natural Swedish oat fibre formulated with dual action from the well-researched Oat BG22 fibre powder and Bifidobacterium lactis

BB-12 probiotic strain from Denmark – a strain of Bifidobacterium with more than 300 scientific publications and over 130 clinical studies carried out on it.

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

To consume, mix one sachet (≈ 6.9g) with cold water, fruit juice, cereal or yoghurt. One to two

sachets a day after meal or whenever convenient is recommended.

Each sachet contains 2.4g soluble and insoluble fibres with one billion colony-forming units (CFU) of live probiotic cultures.

The dose of one billion CFU of BB-12 has been clinically tested and shown to have benefits on defaecation and bowel frequency, according to a 2015 study published in the *British Journal*

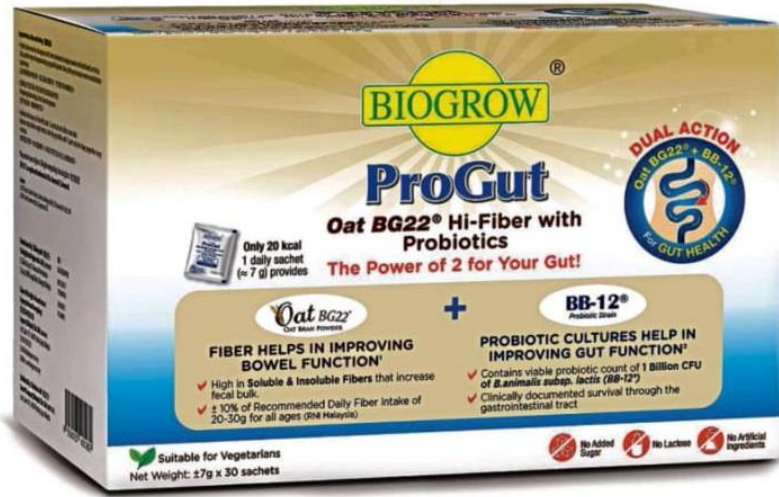
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of Nutrition.

Biogrow ProGut is suitable for individuals who wish to maintain or improve gut health as it offers a natural way to manage bowel movement with fibre and probiotics. It is available in all pharmacies nationwide.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

For more information, call 03-7956 2220 (9am to 5pm) or e-mail info@biogrow.com.my



Feeling Uncomfortable with a Congested Colon?



A Drug-free Way to Manage Bowel Movement



1 daily sachet (≈ 7 g) in cold water provides Dual Action :

- ✓ HIGH FIBER from **Oat BG22**® oat bran
- ✓ 1B CFU **B. lactis, BB-12**™ PROBIOTIC STRAIN (the world's best documented *Bifidobacterium* from Denmark)

Available at all leading pharmacies nationwide.

Legosan (Malaysia) Sdn. Bhd. (284196-H) Lot 6, Jalan 19/1, 46300 Petaling Jaya. Call Infoline: 03-7956 2220 (Mon-Fri 9am-5pm) | Website: www.biogrow.com.my



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HELPS IMPROVE BOWEL & GUT FUNCTION*

*MOH, Food (Amendment) (No. 2) Regulations 2017.

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