



A supplement rich in soluble and insoluble fibre can improve irregular bowel movement or constipation.

Regulating the bowel

“ALL disease begins in the gut” is a quote attributed to Hippocrates, the father of modern medicine, and still holds true today.

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

A study in the *International Journal of Cancer* suggested that nearly 40% of cancer-related deaths in Australia, including colorectal cancer, are caused by low intake of fruit, non-starchy vegetables and dietary fibre, and high intake of red and processed meat.

Laxative caution

According to the *American Journal of Gastroenterology*, irregular bowel movement or constipation affects nearly a quarter of the world population.

Most individuals resort to laxatives as a quick fix for irregular bowel movement. However, long-term use of laxatives can cause bowels to become dependent on the medicine and lose normal function, which eventually leads to a condition known as lazy bowel syndrome.

Consultant physician and geriatrician Datuk Dr Rajbans Singh shares, “Chronic use of laxatives depletes our body of minerals and hydration, and disrupts gut microbiota.

“Consumers are advised to be highly cautious when using supplements that contain drug-like ingredients such as senna or cassia (usually used as herbal laxatives), even though they are usually marketed as natural ingredients.”

A study in the *World Applied Sciences Journal* showed that people with constipation have lower levels of Bifidobacteria in the large intestine. According to Dr Rajbans, diets high in soluble and insoluble fibre that contain plenty of beneficial bacteria are key to improving bowel movement and restoring 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



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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 (≈ 7g) with cold water, fruit juice, cereal or yoghurt. One or two sachets a day after meals 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 study published in the *British Journal of Nutrition* in 2015.

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 contains no added sugar or artificial ingredients and is high in protein, iron, magnesium and zinc. It is available in all pharmacies nationwide.

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