

# Do any of these issues bother you? Which of these scenarios best describes yours?

I have frequent exposure to **processed foods, alcohol, environmental toxins, cigarette smoke** or regular medicines.



I have frequent issues with digestion like **constipation, irritable bowel syndrome, bloating** and **gastric reflux**.

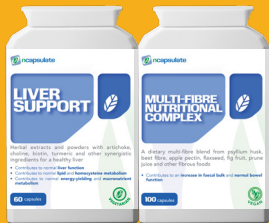
I have **allergies**.



I am about to travel to a location where **food hygiene and water quality** may be poor.

## DIGESTIVE HEALTH RECOMMENDED PROGRAMS

### Daily Cleanse



- Multi-Fibre Nutritional Complex
- Liver Support

### Gut Maintenance



- Digestive Enzymes
- Multi-Flora 20 Bil
- Multi-Fibre Nutritional Complex

### Gut Reset



- Liver Support
- Internal Cleanse Support
- Multi-Fibre Nutritional Complex

### Travel Protect



- Tract Guard
- Digestive Enzymes
- Multi-Fibre Nutritional Complex
- Locally available yoghurt product or Multi-Flora 20 Bil

**USAGE:** For each product, start with 2 capsules 3 times a day.

Once improvement is felt, maintain dosage or reduce to 1 capsule up to 3 times a day and adjust as necessary.

For Digestive Enzymes, consume just before each meal.

Disclaimer: The product referred to on this fact sheet and statements made about the product and other information in this fact sheet have not been evaluated by the United States Food and Drug Administration, the Singapore Health Sciences Authority or any other regulatory authority. The product has not been approved to prevent, diagnose, treat or cure any health condition or disease. You should always consult your own healthcare professional if you are experiencing any health condition or disease and before using any health supplements.

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