

# LASCHE X FIRST BASE

Botanical Fruits Enzymes Fiber Healthy Drink

Constipation Relief in 8 Hours



- Smooth Bowel Movement
- Rich In Fibers
- Promote Gut Health
- Reduce Water Retention
- 100% Natural Ingredients

## Signs Of An Unhealthy Gut



## Are you troubled by constipation?



- Hard stools
- Difficult defecation
- Less frequent bowel movement
- Fecal impaction
- Bloated caused by constipation

## Constipation Relief In 8 Hours

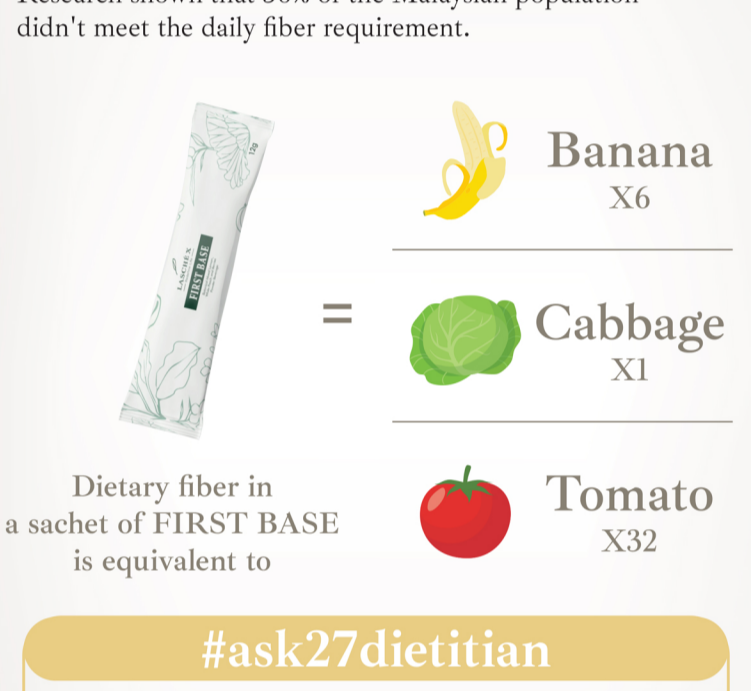
Goodbye Poor Stomach & Hello Happy Gut

- Pain-free bowel movement in the morning
- High fiber to relieve constipation
- Gut protector formulation promotes healthy gut
- Reduce water retention & bloating
- 100% natural ingredient

## 01 Pain-free bowel movement in the morning

Refreshed empty bowels every morning naturally

Combines with water to support regular bowels movement



## 02 High Fibers Supplement 1/3 of Daily Recommended Fiber Intake

Research shown that 50% of the Malaysian population didn't meet the daily fiber requirement.

Dietary fiber in a sachet of FIRST BASE is equivalent to:

- Banana X6
- Cabbage X1
- Tomato X32

### #ask27dietitian

Approximately 20% to 25% of Malaysians are suffering from constipation. Raja Affendi, consultant of Gastroenterology in our country indicates that the main factor of constipation is not getting enough fiber. It is important for people with constipation to find out the root cause of the disease to prevent the possibility of colorectal cancer.

The Malaysian Journal of Nutrition shows that on average, most people consume only 19g of dietary fiber daily, while the daily recommended amount of dietary fiber is 25-30g. As such, this indicates that on average most people only get 2/3 of daily recommended fiber intake.

## 03 Gut protector formulation Promotes Healthy Gut

Keeping your gut healthy improves your immunity and looks 20 years younger!

Mixed Berries & Enzyme Powder  
Extracted with Italian technology which is rich in a variety of plant essences — Promote healthy gut and enhance beauty

- Blackberries** - Promote digestion
- Raspberry** - Promote healthy gut & enhance beauty
- Blueberry** - Relieve constipation
- Elderberry** - Promote gut health

- Psyllium Husk** - The king of fiber
- Prebiotic** - Rebalance the gut bacteria
- Wheat Grass** - Promote colon health

## 04 Reduce Water Retention & Bloating

Water Retention Can Make You Look Fat

Loose & saggy skin

Skin indents when pressed

Puffy appearance

**Lotus leaf powder**

- ✓ Helps to breakdown fat
- ✓ Improves edema problem

## 05 100% Natural Ingredients No sufferation

Dependency Free

Sharp Pain Free

Diarrhea Free

## 1 Sachet Before Sleep Say Bye To Upset Stomach

- 1st box** - Relieve constipation
- 2nd box** - Promote regular bowel movements
- 3rd box** - Promote gut health with consistent consumption

Taking Supper Without Worrying  
1 sachet before sleep, waking up with a flat belly

Say Bye To Constipation  
1 sachet before sleep, smooth bowel movement in the morning

## Double Your Health With Our Bundle

- People who want to lose weight ✓
- People with high blood sugar levels ✓

Reduce body fat, increase muscle mass & develop a lean body physique

Healthy weight management programme with the professional guidance from dietitian

## Q&A

**Q: What is the recommended consumption of First Base ?**  
For people with constipation problem, at the beginning, consume one sachet of First Base before going to bed everyday and slowly adjust to 2-3 days one sachet for maintenance. If your daily fiber intake is always low, you can start off with half sachet a day and may gradually increase to 1 sachet a day when your appetite has got used to it. For people who wish to lose weight and control appetite can consume First Base before meal to help increase satiety and prevent overeating.

**Q: How to consume ?**  
Prepare 200-250ml of room temperature or cold water in a shaker, avoid using warm or hot water. Pour 1 sachet of First Base into the water. Shake the mixture well and consume immediately to prevent oxidation. Not advisable to have a long holding time. You will have a smooth bowel movement after 6-8 hours.

**Q: What should I take note of ?**  
To achieve better result, you are advisable to drink enough water. First Base is rich in fiber, and fiber needs sufficient water to exert its effectiveness. In addition, drinking water could help to remove toxins and waste accumulated in the body.