

CONSTIPATION CARE

Our **Constipation Care** product line has proven to be the answer for thousands. Made from an array of high quality pure plants, our products are 100% effective. Consumers repeatedly tell us they have tried numerous products on the market until they finally discovered Constipation Care.

Daily bowel movements are crucial to good health. Toxins that are not expelled can end up back in your system, causing headaches, colds and many different types of illness and disease.

Natures Cure constipation formulas naturally contain vitamins and minerals, including B Vitamins, calcium, potassium, and trace minerals, and work to strengthen your body and colon.

Frequently Asked Questions and Answers:

Q: I am Chronically Constipated. Can I Take What I Need to Move Well?

A: Take required amount for regular daily movement. Some people might need a higher dosage due to their colon's congestion.

Q: I'm Taking Constipation Care for a While. Why do I Suddenly Have to Increase for Full Effect?

A: The body is actually cleansing deeper and loosening old matter and needs additional assistance in this process. Constipation Care needs to be adjusted according to your needs. When not moving well, adjust it by adding a cap and possibly more later on if necessary.

Other Factors Include:

New medication.

Change in diet. When you go on a weight loss or healthier diet, your body will start cleansing toxins from all organs, directing them into the colon, which might cause short-term constipation. It is important to take whatever you need to get your bowel moving in the cleansing process, so you can enjoy better health and weight loss.

Q: How Can I Reduce my Daily Dosage of Constipation Care?

A: Take as many as you need to empty well and consistently without skipping a day or more. It has taken most people many years to create a sluggish bowel; it may require some patience until it gets back to optimal performance. With time, many reduce their intake and some don't require it at all. As your body is cleansed, the usual dosage will result in a looser stool. At that point, dosages can be reduced accordingly.

General Instructions:

- It is best taken with dinner, especially when taking a higher dose.
- Start with recommended dosage. After Day 1, increase or decrease dosage daily until reaching desired results. At any time, if there's any change, adjust the dosage according to your specific situation.
- For earlier or later effect, adjust the time of ingestion.
- To adjust dosage: Open 1 capsule and pour off powder as needed. This may be applied if an even number of caps is inadequate or too strong.
- On days that you eat more or later than usual, adding 1 or more caps may be necessary, in order to get the system moving.
- If you're suffering from **IBS**, **Colitis**, or similar conditions and are experiencing sensitivities when taking Constipation Care, it may be necessary to add **Natures Cure – Nature's Miracle** (Miracle Clay).



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