



Please take a leaflet

Feeling Bloating?



All too often, over indulgence on heavy, spicy and fatty food leaves us feeling heavy and bloated. Poor digestion is what causes waste gases and sluggish bowels, which in turn lead to bloating – the stomach feels uncomfortable, full and tight including a visibly rounded or bloated stomach. In Whelehans, we encounter many who suffer from a heavy or bloating feeling after eating, in some cases even after only eating very little. We have discovered that *OptiBac 'For a flat stomach'*[®] has been the solution for many people. This suggests that in many cases, these uncomfortable symptoms are simply caused by an imbalance in the natural microflora in the gut

Benefits of probiotics

Probiotics are good bacteria that help crowd out the harmful bacteria in order to keep you healthy. This is important because more than 70% of your immune defences can be found in your digestive tract. *Optibac*[®] is the highest quality and most researched range of pre and probiotics. They are clinically proven to remain stable at room temperature and survive stomach acidity. Each member of the *Optibac*[®] range of pre and probiotics each specifically designed to treat specific health problems

Why choose *Optibac*[®] - *For a Flat Stomach*[®]?

OptiBac 'For a flat stomach'[®] has been scientifically proven and confirmed by many of our regular customers in Whelehans Pharmacy to provide relief from bloating and give a noticeably flatter stomach. Topping up your system with probiotics will aid digestion reducing the production of waste gases. There are many probiotic ranges on the market but many of them have inadequate amount of live bacteria. When choosing a probiotic, it is important to choose a product that contains at least 10 million "probiotic bacteria" from the lactobacillus or bifidobacteria families per dose. This is why *OptiBac 'For a flat stomach'*[®] is so effective

Highly recommended!

In November 2011, the influential and respected Health Science Institute in the UK recommended *Optibac 'For a flat stomach'*[®] as a means of supporting your digestion and banishing bloating

A 7 day course of "*Optibac*[®] - *For flat stomach*[®]" costs €11.95 in Whelehans

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