

Please read the Instructions for Use carefully before you start using COLODEX® IBS. Do not throw this leaflet away.

# COLODEX® IRRITABLE BOWEL SYNDROME

## 5-DAY BOWEL REGULATING PROGRAMME

### COLODEX® IBS

Helps alleviate the symptoms of IBS including:

- Constipation
- Diarrhoea
- Bloating feeling

Supports a healthy intestinal flora  
From naturally derived sources

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### 1. WHAT IS COLODEX® IBS?

COLODEX® IBS is a high-quality, bio-active product that supports regular bowel functions and helps alleviate the symptoms of IBS including constipation, diarrhoea, cramps, bloated feeling and flatulence. You may notice the effect of COLODEX® IBS in as little as one day. COLODEX® IBS is based on the patented 2QR-complex, a bio-active compound derived from plants. 2QR-complex is unique in its ability to selectively neutralise harmful bacteria. Its prebiotic ingredients act as 'power food' for the useful bacteria, supporting their development and growth. As a result, COLODEX® IBS supports balance of the intestinal flora, helps regulate and optimize bowel function. COLODEX® IBS also helps stimulate the uptake of valuable nutrients, with a special combination of fibres, (Psyllium and Inulin), that supports the regulation of bowel movements and the moisture level of your stool. These plant fibres also help stimulate the activity of your intestines and improve stool consistency.

While the symptoms such as constipation, diarrhoea, cramps, bloated feeling and flatulence can cause a great deal of discomfort and distress, it does not permanently harm the intestines. Some people can control their symptoms by managing diet, lifestyle and stress. COLODEX® IBS helps to alleviate these symptoms.

### 2. WHAT DOES COLODEX® IBS CONTAIN?

One box of COLODEX® IBS contains 5 sachets, (COLODEX®-mix), and 20 effervescent tablets, (COLODEX®-drink). The COLODEX®-mix powder contains a high-grade mix of 2QR-complex\*, Fructo-oligosaccharides, Psyllium and Inulin. The COLODEX®-drink tablets contain 2QR-complex\*, Fructo-oligosaccharides and Inulin.

\* The 2QR-complex is a novel and patented ingredient that consists of natural polysaccharides, (galactoarabinan polyglucuronic acid crosspolymer).

### 3. WHEN DO I USE COLODEX® IBS?

COLODEX® IBS is intended to be used to help alleviate the symptoms of IBS including constipation, diarrhoea, cramps, bloated feeling and flatulence. It is intended for adults and children, aged 16 years and over, who suffer from IBS or general bowel problems. We do not recommend using COLODEX® IBS for more than 30 consecutive days, in order to allow the intestinal flora and bowel system to settle into its renewed, natural balance without the support of COLODEX® IBS. Please continue to take any prescribed medication. If symptoms persist please consult a doctor.

5-DAY PROGRAMME	1-DAY PROGRAMME
<ul style="list-style-type: none"> <li>• Symptoms like constipation, Diarrhoea, bloated feeling</li> <li>• Irregular and/or busy lifestyle</li> <li>• Poor eating and drinking habits</li> <li>• Stress, affecting your bowels</li> <li>• Disturbed intestinal balance, (e.g.: due to foreign food when travelling)</li> </ul>	<ul style="list-style-type: none"> <li>• The day after a heavy meal</li> <li>• The day after eating something that did not agree with you</li> <li>• The day after drinking too much alcohol</li> <li>• In case of, (incidental), irregular stool</li> <li>• Every time you simply want to give your bowel system some extra support</li> </ul>

### 4. WHAT IS THE EFFECT OF COLODEX® IBS?

The effects of COLODEX® IBS can be noticed on the first day of use.

These effects are:

- Helps to activate bowel movements, (peristalsis)
- Helps to correct and optimise the natural microflora
- Helps to regulate the moisture balance and the stool
- Supports regular bowel movements

### 5. HOW DO I USE COLODEX® IBS?




COLODEX® IBS is a 5-day programme. On five consecutive days, first thing in the morning you mix one Colodex Mix with 200ml of water or fruit juice and take on an empty stomach. Over the course of each day, you also drink 4 COLODEX®-drinks: mixed with 200ml of water or juice early morning, (after your glass of COLODEX®-mix) and with breakfast, lunch and dinner.

To get the most out of your 5-day programme:



- Drink plenty of water, (1.5 litres per day)
- Make sure you have enough physical activity
- We recommend to limit the consumption of alcohol and coffee

Please note: for optimal bowel function it is important to drink plenty of water, (1.5 litres a day) and to make sure you have enough physical activity. This is especially important during the 5-day COLODEX® IBS programme. We also recommend you avoid alcohol, coffee and eat light meals during the programme.

### COLODEX®-mix:

-  Empty the contents of one sachet into a glass
-  Fill up the glass with 200ml water or fruit juice and stir well
-  Consume straight away, followed by an extra glass of water or fruit juice

### COLODEX®-drink:

-  Dissolve one tablet in a glass filled with 200ml of water and stir well
-  Consume straight away

### 6. ARE THERE POSSIBLE SIDE EFFECTS?

- Constipation may occur if you do not add enough water to the powder and/or tablet. The fibres in COLODEX® IBS will blend with the contents of your bowels and have the capacity to absorb water. Adding sufficient water maintains the moisture level. Drinking plenty of water, (1.5 litres a day), will help restore and retain the moisture balance.
- Your abdomen may feel 'full'. This will naturally subside.
- Some people experience a slight headache. This too will subside

There are several indicators of these effects when you use COLODEX® IBS. Not all indicators are pleasant. They are however linked to the cleansing effect of the bowel system and are merely temporary, (for the duration of the programme).

In case of persistent complaints, consult your doctor.



Increased flatulence, (windiness), during the first days of use



Increased frequency of bowel movements



Change in consistency of the stool



Different smell of the stool

### 7. WHEN DO I NOT USE COLODEX® IBS?

- If you are hypersensitive to any of the ingredients
- If you are lactose intolerant
- If you experience sudden abdominal pain
- If you experience vague abdominal pain or if there is any risk of bowel perforation
- If you suffer from acute inflammatory bowel disease, (such as ulcerative colitis or Crohn's)
- If you suffer from intestinal obstruction
- If you have undergone bowel surgery
- If you are under 16

### Interference with medication

A minimal period of 2 hours between taking COLODEX® IBS, (Mix or Drink), and medication is advised. COLODEX® IBS may alter the intestinal passage time and can affect the uptake of medicines and other substances.

### Note to people with diabetes

Talk to your physician before taking fibre supplements, as your dose of diabetes medication may need to be adjusted. Patients with diabetes may need to adapt their medication because COLODEX® IBS may influence the uptake of glucose.

### 8. STORAGE

Store at room temperature, (10-25°C), in the original packaging which protects the ingredients from humidity and light. Do not use after the expiration date, which is stated on the box and sachets. Keep COLODEX® IBS out of the sight and reach of children.

### 9. Contents

- 5 sachets (9 g)
- 20 effervescent tablets (4.2 g)
- Instructions for use

### 10. Contact Details

**Distributor**  
Dendron Ltd  
Watford, WD18 7JJ  
0800 085 3462

**Manufacturer**  
TheOTCLab  
Paulus Potterstraat 20  
1071 DA Amsterdam  
The Netherlands

All enquiries about the product should be sent to the distributor. For more information about COLODEX® IBS, please visit [www.COLODEX.co.uk](http://www.COLODEX.co.uk). COLODEX® IBS is a medical device



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