

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

COLODEX® IRRITABLE BOWEL SYNDROME BOWEL SUPPORT PROGRAMME

COLODEX® IBS BOWEL SUPPORT PROGRAMME

Supports relief from IBS symptoms including:

- Constipation
- Diarrhoea
- Bloating feeling
- Flatulence

Supports a healthy intestinal flora

From naturally derived sources

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1. WHAT IS COLODEX® IBS BOWEL SUPPORT PROGRAMME ?

COLODEX® IBS BOWEL SUPPORT PROGRAMME is a high-quality, bio-active product that supports regular bowel function to support relief from IBS symptoms such as constipation, diarrhoea, cramps, bloated feeling and flatulence. COLODEX® IBS BOWEL SUPPORT PROGRAMME 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 BOWEL SUPPORT PROGRAMME supports balance of the intestinal flora, which helps regulate and optimize the bowel function. COLODEX® IBS BOWEL SUPPORT PROGRAMME also supports the uptake of valuable nutrients. With a special combination of fibers (Psyllium and Inulin) it helps regulate bowel movements and the moisture level of your stool. These plant fibers also help stimulate the activity of your intestines and improve stool consistency. While the symptoms of 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 BOWEL SUPPORT PROGRAMME helps to alleviate the symptoms of constipation, diarrhoea, cramps, bloated feeling and flatulence..

2. What does COLODEX® IBS BOWEL SUPPORT PROGRAMME contain?

One box of COLODEX® IBS BOWEL SUPPORT PROGRAMME contains 15 sachets COLODEX® SACHET. The COLODEX® SACHET powder contains a high-grade mix of 2QR-complex*, Fructo-oligosaccharides, Psyllium and Inulin.

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

3. When do I use COLODEX® IBS BOWEL SUPPORT PROGRAMME?

COLODEX® IBS BOWEL SUPPORT PROGRAMME is intended to support relief from IBS symptoms such as constipation, diarrhoea, cramps, bloated feeling and flatulence over a period of one month. It is intended for adults and children, aged 16 years and over, who suffer from IBS or the symptoms associated with IBS. COLODEX® IBS BOWEL SUPPORT PROGRAMME is a natural product which can be used a regular basis. 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 BOWEL SUPPORT PROGRAMME.

4. How do I use COLODEX® IBS BOWEL SUPPORT PROGRAMME?

COLODEX® IBS BOWEL SUPPORT PROGRAMME: you start your day with one glass of COLODEX® SACHET on an empty stomach. Use COLODEX® IBS BOWEL SUPPORT PROGRAMME every two days.

To get the most out of COLODEX® IBS BOWEL SUPPORT PROGRAMME:

Drink plenty of water. (1.5 liters per day)

Make sure you have enough physical activity

Please note: for optimal bowel function it is important to drink plenty of water, (1.5 liters a day) and to make sure you have enough physical activity. This is especially important during the use of COLODEX® IBS BOWEL SUPPORT PROGRAMME.

COLODEX® IBS SACHET:

First thing in the morning, mix one Colodex mix with 200ml of water or fruit juice

Consume straight away on an empty stomach, followed by an extra glass of water or fruit juice

5. What is the effect of COLODEX® IBS BOWEL SUPPORT PROGRAMME?

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

These effects are:

Helps to activate activates bowel movements, (peristalsis)

Helps to correct and optimize the natural microflora

Helps to regulate the moisture balance of the stool

Supports the uptake of nutrients

6. Are there possible side effects?

Constipation may occur if you do not drink enough water. The fibres in COLODEX® IBS BOWEL SUPPORT PROGRAMME 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 BOWEL SUPPORT PROGRAMME. Not all indicators are pleasant. They are however linked to the cleansing effect off 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



Positive change in consistency



Different smell of the stool

7. When do I not use COLODEX® IBS BOWEL SUPPORT PROGRAMME?

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 a child under 16

Interference with medication

A minimal period of 2 hours between taking COLODEX® IBS BOWEL SUPPORT PROGRAMME and medication is advised. COLODEX® IBS BOWEL SUPPORT PROGRAMME 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 fiber supplements, as your dose of diabetes medication may need to be adjusted. Patients with diabetes may need to adapt their medication because COLODEX® IBS BOWEL SUPPORT PROGRAMME 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 BOWEL SUPPORT PROGRAMME out of the sight and reach of children.

9. Contents

- 15 sachets (4,5 g)
- Instructions for use

10. Contact Details

Distributor

Dendron Ltd
Watford, WD18 7JJ
0800 085 3462

Manufacturer

Pyour B.V.
Delftechpark 55
2628 XJ Delft, The Netherlands

All enquiries about the product should be sent to the distributor.

For more information about COLODEX® IBS BOWEL SUPPORT PROGRAMME, please visit www.COLODEX.co.uk.

COLODEX® IBS BOWEL SUPPORT PROGRAMME is a medical device.



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