

## Digest Linomax 150g

EAN: 8420101217060

FABRICANTE: ELADIET



*Food supplement for digestive well-being based on flax seeds coated with plant extracts to promote intestinal function.*

### DESCRIPTION

#### What is Digest Linomax and what is it used for?

It is a food supplement based on flax, senna, frangula and ginger. It is used to combat constipation.

Constipation is a common problem that affects many people in society. To address it effectively, it is essential to take care of your diet and stay active.

An effective strategy is to include fiber-rich foods in your diet, such as fruits, vegetables, and whole grains. Fiber is essential to promote intestinal regularity.

Additionally, regular physical activity can stimulate peristaltic bowel movements and promote regularity.

You must not forget to maintain adequate hydration by drinking enough water, since fiber needs to be well hydrated to fulfill its function correctly.

#### What are the ingredients in Digest Linomax?

For 2.5g:

- 2.2g Brown Flax Seeds (*Linum usitatissimum*).
- 2.6 mg Dry extract of ginger root (*Zingiber Officinale*).
- 81.24 mg Dry extract of Sen leaves (*Cassia Angustifolia*).
- 9.99 mg Dry extract of frangula bark (*Rhamnus frangula*).

#### What is the Digest Linomax dosage?

Take one level dessert spoon a day (approximately 2.5 g), preferably at night, with plenty of water.

#### Does Digest Linomax have any contraindications?





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It should not be taken by pregnant women, nor by children under 6 years of age.

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