

Modern lifestyle, haste, unhealthy diet, excessive use of stimulants and stress can very often cause various types of digestive disorders that can make our everyday lives uncomfortable. Digestive disorders can include constipation, bloating, diarrhea, nausea, belching, premature and excessive satiety, and can also be associated with dysfunction of the intestinal microflora.

My Gastrin
Aloe
Fiber
ProSelect®
ProDeacid®
2 x ProBactilardii®
2 x Fizzy Easy Ca + D3 Complex



TWO WAYS OF USAGE:

1) If you have constipation, lack of appetite

Morning:

- ProDeacid 2 capsules before meals
- Fizzy Easy Ca+D3 with a glass of water after a meal

Lunch:

- My Gastrin 25 ml 30 min. before meals
- ProBactilardi 1 week 2 capsules Synbiotics and Postbiotics, from the 2nd week 1 capsule from each container, take 1 hour after meals.

Evening

- Fiber 25 ml before meals with a glass of water
- Aloe 25 ml after meals
- ProSelect 2 capsules after meals

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Aloe

Fiber

ProSelect®

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TWO WAYS OF USAGE:

2) If you experience bloating, belching, a feeling of fullness in the stomach, heaviness after eating

Morning:

- My Gastrin 25 ml 30 min. before meals
- ProDeacid 2 capsules before meals
- Fizzy Easy Ca+D3 with a glass of water after a meal

Lunch:

- ProBactilardi 1st week 2 capsules Synbiotics and Postbiotics, from the 2nd week 1 capsule from each container, take 1 hour after meals

Evening:

- Fiber 25 ml before meals with a glass of water
- Aloe 25 ml after meals
- ProSelect 2 capsules after meals