

Bowel movements are an essential part of your health. Ayurveda (4,000 — 5,000 years ago) and traditional Chinese medicine have long been using stool analysis to diagnose health issues by understanding the digestive health and excretory systems in the body. It is a far quicker way to assess health than having to wait for blood samples to be analysed at the pathology lab.

By taking **PreLacto-5™** for **5 days**,
you will have a **healthy stool**
like a **banana** that:

✓ Floats

✓ Smells less

and is:

✓ Lightly coloured

✓ Soft



Help your stool with **PreLacto-5™**

PreLacto-5™ is a natural gastrointestinal balancer with a proprietary blend of botanicals:

Fenugreek powder

Fenugreek (also known as Greek Hay and Fenigreek), is a herb that:

- helps soothe gastrointestinal inflammation (gastritis).
- reduces symptoms of heartburn or acid reflux.
- helps in digestive problems such as loss of appetite, stomach discomfort and constipation.

Chicory root powder

A plant that nourishes and stimulates the growth of beneficial bacteria in our gastrointestinal tract by suppressing the growth and activity of harmful bacteria.

It also:

- reduces indigestion, heartburn, gastritis and addresses lack of appetite.
- normalises stool frequency.

Apple powder

"An apple a day keeps the doctor away" has been proven true in relation to pectin, a substance found in apples. Among the benefits, it:

- sweeps harmful toxins out of your body.
- reduces irritable bowel syndrome symptoms, diarrhoea and constipation.

Make **PreLacto-5™** a part of your life

Recommended serving size:

Mix 1 teaspoon with 150ml water.

May be used in beverages, cordials, fruit juices, yoghurt drinks, etc.

Suitable for vegetarians.

PreLacto-5™
Natural Gastrointestinal Balancer

PreLacto-5™ is **best** taken
with **LACTO-5™**
Locally Derived Probiotics
to provide you **optimum**
gastrointestinal health

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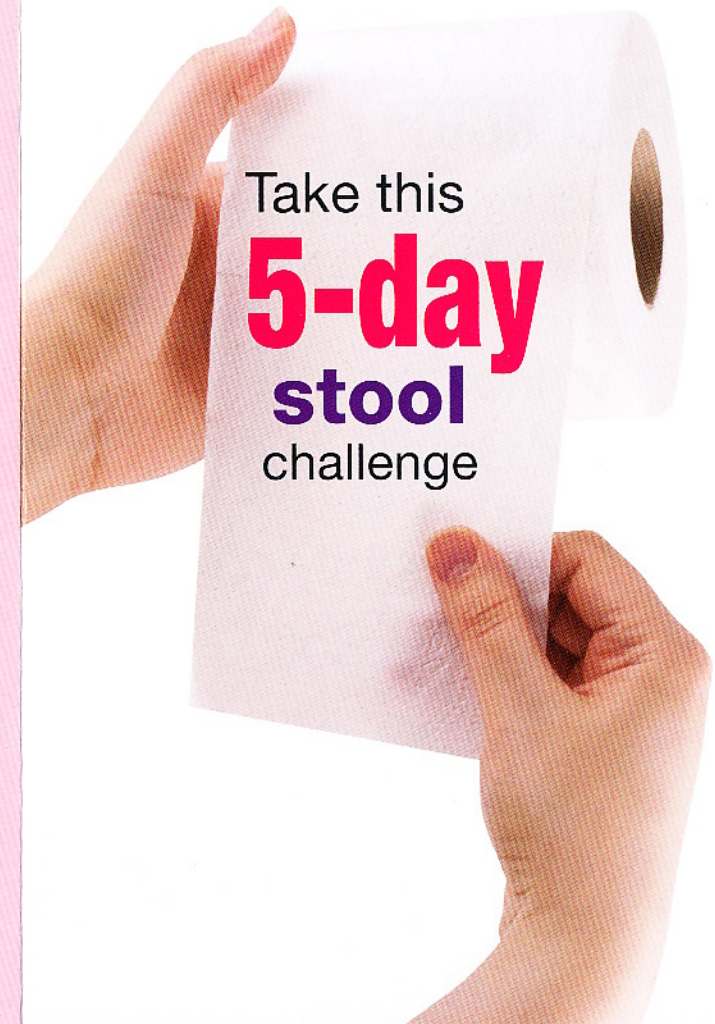


www.facebook.com/5DayStoolChallenge

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