



Subject

Your Duphalac-Newsletter - Get to the bottom of the cause

Body

Dear Madam,

Dear Sir,

With the free Duphalac Newsletter you will regularly receive interesting tips on what you can do to promote healthy digestion.

Why intestinal bacteria are so useful

The human large intestine is inhabited by an almost innumerable number of bacteria. These do not only make a useful contribution to our digestion and our health, but are truly indispensable.

In the bowel, there are around ten times as many bacteria as there are cells in the human organism. Scientists estimate that the bowel is inhabited by between 100 and 400 different types of bacteria. These play a decisive role in the digestive process. The intestinal bacteria help to extract the important substances from the food we consume, create vitamins, decontaminate harmful substances and are a part of the human defence system fighting against disease. Human stools also predominantly consist of intestinal bacteria, amounting to between one third and a half of the stool's volume.

The equilibrium which reigns amongst the so-called intestinal flora can be thrown off balance as a result of various influences, such as through chronic inflammations of the bowel. These can be triggered by factors such as stress, an unhealthy diet, taking particular medicines or merely tiredness.

In order to swiftly re-establish the natural balance, changing to a mixed diet rich in roughage is sometimes not sufficient. Here, lactulose may help, as this represents an ideal nutrient to feed the useful intestinal bacteria. Lactulose prompts the rapid multiplication of the intestinal bacteria, enabling these to quickly support the digestive process once more. When the intestinal flora has gradually re-established its normal function, healthy digestion returns without delay.

Your Duphalac Team

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