



Subject

Your Duphalac Newsletter – Getting to the bottom of things

Body

Dear Ms./Mrs. ...,

Dear Mr. ...,

The free Duphalac Newsletter will provide you with interesting tips on a regular basis on what you can do for healthy digestion.

Are you drinking enough?

The human body consists to 75% of water and always needs to be supplied with sufficient fluid in order to function correctly. Accordingly, water is a very important part of any healthy diet. The body requires water especially for the functioning of body cells and bowels.

Not drinking enough leads to problems of the digestive system. A healthy diet which includes a high fibre intake, can on its own not guarantee a healthy digestive system. For fibre to have a positive impact on the digestive system, it needs fluid to soak. If the body is denied sufficient fluid, digestive system and body cells compete for the little fluid available to them. It is often the bowels that are then not being supplied with enough fluid. The result is constipation.

In most cases raising the intake of fluid by having plenty to drink is sufficient to end constipation. However, the digestive system can further be supported by additionally taking lactulose.

We advice: Drink plenty at all times - whether at home or at work. Always have a pot of tea within reach and set yourself a target time by which you want to have finished your drink. This way you are able to drink at anytime and the desired daily amount can be reached easily.

Your Duphalac-Team

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