



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.

How do the bowels work?

Eating and drinking – a balanced diet – the prerequisite for controlled digestion and healthy bowels.

During food intake, the food is being reduced by chewing and travels via the oesophagus to the stomach. In the stomach the food parts are disintegrated by stomach acid and then passed on to the small intestine. It is here that the nutrients, carbohydrates, proteins, fats and vitamins are absorbed. Un-digestible parts mix with digestive juices from the small intestine, the pancreas and the gall bladder, and then move on to the colon. In the colon water and minerals are withdrawn. The mass solidifies – stool forms. Through active bowel movements the stool is passed on to the final intestine, until it finally reaches excretion.

Digestion is a four – step process which reacts sensitive to a variety of external influences. Due to different reasons constipation can occur. So you do not have to suffer from constipation, you can help your digestive system by taking lactulose.

Our tips for you: Bring your bowels and digestion into balance and avoid unnecessary stress. Listen to your body and pay attention even to small signs of indigestion in order to prevent more serious illnesses.

Your Duphalac – Team

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