HAPPY GUT PACK



HEALTHY DIGESTION - HAPPY BODY



4Life
THE IMMUNE SYSTEM Company

OUR DAILY WELLBEING STARTS IN THE GUT

Poor digestion can affect our levels of **happiness**, who would ever have thought it?

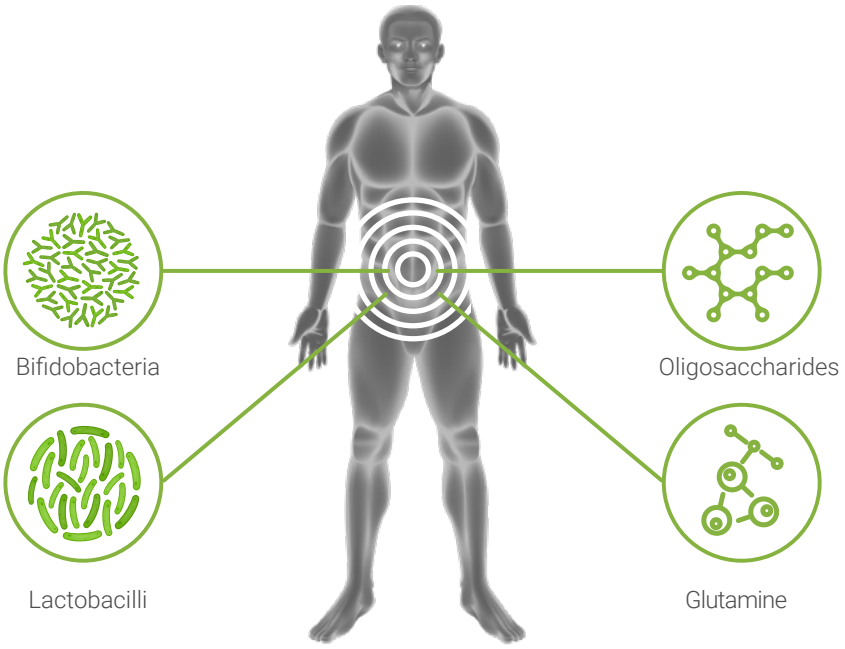
Specialists are treating an increasing number of **digestive system**-related complaints.

Some of the most common problems are acidity, flatulence (wind), diarrhoea, constipation, inflammatory disorders, etc.

We can **alleviate many digestive problems** by making small changes to our habits: eating healthily, doing more physical exercise, reducing stress, doing relaxation exercises, having a positive attitude, etc.



KEY INGREDIENTS FOR A HEALTHY GUT



Glutamine

It is a non-essential amino acid. It plays a role in the proliferation of intestinal cells, integrity of the lining, and protection of intestinal cells against oxidative stress. There are even studies that are investigating the role of glutamine as an anti-inflammatory.

Lactobacilli and bifidobacteria

Lactobacilli and bifidobacteria are live microorganisms which, when administered in the right quantities, provide health benefits to our organism.

As well as improving gastrointestinal transit and digestion in general, its functions include the activation and regulation of the immune system, preventing infections and the synthesis of certain vitamins, such as vitamin K and some B vitamins.

Oligosaccharides

These are the ingredients that produce selective growth and/or activity stimulation in species of microorganisms in the gut microbiota, providing health benefits to the host.

HOW TO TAKE IT?



PRE/O™

Take one (1) packet per day. Pour all the content into your mouth. Swallow it WITHOUT CHEWING. If you want, drink water or another beverage afterwards. It is not apt for children under 3 years of age. Children between 3 and 12 years old can take smaller amounts during the day. First month – one packet per day Second and following month – one packet every other day.



Glutamine Prime™

Take four (4) capsules daily with 8 oz (240 ml) of fluid. For best results, take 2 capsules in the morning and 2 capsules in the evening.



Transfer Factor Tri-Factor™

Take one (1) capsule daily with 8 oz (240 ml) of fluid.

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