



Health Matters

by
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Statistics show that over 40% of visits to internists are for intestinal issues, but 90% of those with intestinal issues never consult a physician. Many factors affect gut health often causing symptoms commonly associated with Irritable Bowel Syndrome (IBS), such as painful spasms, bloating, constipation and/or diarrhea.

Simple steps such as adding fiber and probiotics (beneficial bacteria), eliminating fried foods and caffeine and learning to reduce stress can all help manage symptoms of IBS. Also valuable are **peppermint oil soft-gels**, naturally containing methyl salicylate, which has a calming, soothing effect on the gut.

In 8 out of 12 published trials, there were statistically significant improvements in those taking **peppermint oil soft-gels**, such as reduced inflammation, bloating and spasms and considerable relief from constipation and diarrhea. Releasing later in the lower gut, these soft-gels target the area most needing relief.

As always, we guarantee your satisfaction.

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