

# **DUONorm**

DUONorm is a food supplement of Psyllium, Acacia fiber and Cumin.

**Cuticle psyllium (Plantago ovata F., seeds):** the cuticle of the seeds of this plant with its high fiber content, when is taken with a sufficient amount of water, produces an increase of the volume of intestinal contents with subsequent regularization of the intestinal transit. It has an emollient and soothing function that contributes to the smooth functioning of the digestive system favoring a normal volume consistency of stool.

**Acacia fiber of Senegal (Acacia Senegal L., resin):** the properties of the fiber contained in the resin exuded from the trees of Acacia in Senegal have already been discovered and used by the ancient peoples of Africa and sub-Saharan Africa and by Native Americans to prevent and treat intestinal disorders. From the years 70s until today they were published in its support more than 80 international scientific works. The Acacia fiber is an insoluble substance in the stomach and it ferments in the colon.

**Cumin (Cuminum cyminum L., fruit powder):** Mediterranean plant, cumin has a digestive function regulating gastrointestinal motility and the elimination of gas.

## **METHOD OF ADMINISTRATION AND RECOMMENDED DOSAGE**

DUONorm is presented in single-dose sachets.

The combination of two types of soluble fiber (psyllium and acacia) with different swelling speeds makes the product, at the time of preparation, more fluid facilitating the intake by the consumer. It is recommended to take 1 sachet daily or as needed up to 2 sachets, preferably one hour before a meal in cycles of at least two weeks.

Dissolve the content of a sachet in any drink (non-sparkling water, milk, tea, juice etc.), any liquid food or semi-liquid food (yogurt), mix well and take immediately, followed by drinking another glass of water.

DUONorm taken cyclically, is a useful complement to the welfare of the intestine.

## **PACKAGE**

DUONorm is available in packaging of 14 single-dose sachets.

## **WARNINGS**

Store the product in a cool and dry place and protected from light. The expiry date refers to the product unopened in the original package and properly stored. Keep the product out of the reach of children younger than 3 years of age. Do not exceed the recommended daily dosage. The product contains polyalcohols: an excessive consumption may produce laxative effects. Food supplements are not intended to be the substitutes of a varied and balanced diet and a healthy lifestyle.

## **INTESTINE FUNCTION**

The intestine is a key organ in our organism and has an undisputed importance for our well-being, recognizing, selecting, splitting, absorbing and / or eliminating substances that have already been processed by the stomach in the first phase of the digestive process. Through the intestine loops the food is broken into its elemental constituents (proteins, fats, sugars and vitamins), processed and absorbed to reach the liver that turn them into necessary elements for our lives.

## **FACTORS THAT MAY AFFECT THE INTESTINAL BALANCE**

Modern living conditions expose us to behavioral styles that put a strain on our intestine: a poor nutrition (eg foods high in fat, low in fiber, eating fast, consider the evening meal as the main); the physical and emotional stress (eg intensive work, frenetic rhythms, professional tensions, anxiety); a sedentary lifestyle, frequent trips abroad, abuse of alcohol, misuse of drugs, surgery, pregnancy, menopause and diseases; these are the factors that most frequently intervene to threaten the balance and regularity of intestinal functions.

## **MOST COMMON SYMPTOMS**

Non correct intestinal function is one of the factors that greatly contribute to lowering the quality of life. An intestinal disorder causes: heaviness, bloating and abdominal distension, constipation, bloating, flatulence and in some cases diarrhea or alternation of both. These can be added to mood-altering disorders such as fatigue and headache. We can do a lot to maintain a good intestinal function through simple hygienic and eating practices as regular physical activity, and above all a healthy diet, rich in water and fiber.

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