

Please read the Instructions for use carefully before you start using DETOXNER® IBS MAINTENANCE. Do not throw this leaflet away.

DETOXNER® IRRITABLE BOWEL SYNDROME

DETOXNER® IBS MAINTENANCE

- Helps to Alleviate the symptoms of IBS, such as:
 - Constipation
 - Diarrhea
 - Bloating feeling
 - Flatulence
- Purifies your bowels
- Restores a healthy intestinal flora
- Natural and effective

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1. WHAT IS DETOXNER® IBS MAINTENANCE USED FOR?

Typically, Irritable Bowel Syndrome (IBS) presents itself in late adolescence or early adulthood, and seldom after the age of fifty. Nearly twice as many women suffer with IBS as men.

IBS is a chronic condition, causing abdominal pain, cramping, constipation and/or diarrhea, flatulence and/or bloating. Other symptoms can include a change in the frequency or appearance of bowel movement, feelings of uncontrollable urgency to have a bowel movement, and inability/difficulty in passing stools. A well-balanced, hydrated intestinal tract is an important step towards managing and preventing the onset of IBS flare-ups, and alleviating the symptoms of IBS. This is where DETOXNER® IBS MAINTENANCE comes in.

Your intestines contain billions of bacteria, both useful and harmful. Normally, this intestinal flora is well-balanced. However, IBS disturbs the balance: bowel movements become irregular, your intestinal activity is affected and so is the moisture level and manoeuvrability of your stool.

2. WHAT IS DETOXNER® IBS MAINTENANCE?

DETOXNER® IBS MAINTENANCE is a high-quality, bio-active product that optimizes your bowel function to alleviate the symptoms of IBS.

DETOXNER® IBS MAINTENANCE is based on the patented 2QR-complex, a bio-active compound derived from plants. 2QR-complex is unique in its ability to selectively neutralize harmful bacteria. Its prebiotic ingredients act as 'power food' for the useful bacteria, supporting their development and growth. As a result, DETOXNER® IBS MAINTENANCE restores balance to the intestinal flora, adjusting and optimizing the bowel function. DETOXNER® IBS MAINTENANCE also supports the uptake of valuable nutrients, with a special combination of fibers, (Psyllium), that regulate bowel movements and the moisture level of your stool. These plant fibers also stimulate the activity of your intestines and improve stool consistency.

While irritable bowel syndrome causes a great deal of discomfort and distress, it does not permanently harm the intestines. In order to manage this syndrome, however for most people, IBS is a chronic condition, although there will likely be times when the signs and symptoms are worse and times when they improve or even disappear completely some people can control their symptoms by managing diet, lifestyle and stress. DETOXNER® IBS MAINTENANCE helps to alleviate the symptoms of IBS.

3. WHAT DOES DETOXNER® IBS MAINTENANCE CONTAIN?

One box of DETOXNER® IBS MAINTENANCE contains 15 sachets DETOXNER® SACHET. The DETOXNER® SACHET powder contains a high-grade mix of 2QR-complex*, Prebiotic-complex and Psyllium fibers.

* The 2QR-complex is a novel and patented ingredient that consists of natural polysaccharides, (galactoarabinan polyglucuronic acid crosspolymer).

4. WHEN DO I USE DETOXNER® IBS MAINTENANCE?

DETOXNER® IBS MAINTENANCE is intended to be used to help to alleviate the symptoms of IBS over a period of one month. It is intended for adults and children, aged 16 years and over, who suffer from IBS or the symptoms associated with IBS. DETOXNER® IBS MAINTENANCE is a natural product to use on a regular basis. We do recommend that you do not use DETOXNER® IBS for more than 30 consecutive days, in order to allow the intestinal flora and bowel system to settle into its renewed, natural balance without the support of DETOXNER® IBS MAINTENANCE.

5. HOW DO I USE DETOXNER® IBS MAINTENANCE?

DETOXNER® IBS MAINTENANCE; you start your day with one glass of DETOXNER® SACHET on an empty stomach. Use DETOXNER® IBS MAINTENANCE every two days.

To get the most out of DETOXNER® IBS MAINTENANCE:

- Drink plenty of water, (1.5 liters per day)
- Make sure you have enough physical activity

Please note: for optimal bowel function it is important to drink plenty of water, (1.5 liters a day) and to make sure you have enough physical activity. This is especially important during the use of DETOXNER® IBS MAINTENANCE.

DETOXNER® IBS SACHET:

- Empty the contents of one sachet into a glass
- Fill up the glass with at least 200ml water or 200ml fruit juice and stir well
- Consume straight away, followed by an extra glass of water or fruit juice

6. WHAT IS THE EFFECT OF DETOXNER® IBS MAINTENANCE?

The effects of DETOXNER® IBS MAINTENANCE can be noticed on the first day of use:

- DETOXNER® IBS MAINTENANCE activates the bowel movements, (peristalsis)
- DETOXNER® IBS MAINTENANCE corrects and optimizes the natural microflora
- DETOXNER® IBS MAINTENANCE regulates the moisture balance and the stool
- DETOXNER® IBS MAINTENANCE supports the uptake of nutrients

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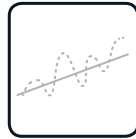
There are several indicators of these effects when you use DETOXNER® IBS MAINTENANCE. Not all indicators are a pleasant. They are however linked to the purifying effect of the bowel system and are merely temporary, (for the duration of the programme).



Increased flatulence, (windiness), during the first days of use



Increased frequency of bowel



Positive change in consistency



Different smell of the stool

7. ARE THERE POSSIBLE SIDE EFFECTS?

- Constipation may occur if you do not drink enough water. The fibres in DETOXNER® IBS MAINTENANCE will blend with the contents of your bowels and have the capacity to absorb water. Adding sufficient water maintains the moisture level. Drinking plenty of water, (1,5 litres a day), will help restore and retain the moisture balance.
- Your abdomen may feel 'full'. This will naturally subside.
- Some people experience a slight headache. This too will subside.

In case of persistent complaints, consult your physician.

8. WHEN DO I NOT USE DETOXNER® IBS MAINTENANCE?

- If you are hypersensitive to any of the ingredients
- If you are lactose intolerant
- If you experience sudden abdominal pain
- If you experience vague abdominal pain or if there is any risk of bowel perforation
- If you suffer from acute inflammatory bowel disease, (such as ulcerative colitis or Crohn's)
- If you suffer from intestinal obstruction
- If you have undergone bowel surgery
- If you are a child under 16

Interference with medication

A minimal period of 2 hours between taking DETOXNER® IBS MAINTENANCE and medication is advised. DETOXNER® IBS MAINTENANCE may alter the intestinal passage time and can affect the uptake of medicines and other substances.

Note to people with diabetes:

Talk to your physician before taking fiber supplements, as your dose of diabetes medication may need to be adjusted. Patients with diabetes may need to adapt their medication because DETOXNER® IBS MAINTENANCE may influence the uptake of glucose.

Pregnancy and lactation

No contraindications are known; however it is advisable for pregnant and breastfeeding women to consult a physician before taking DETOXNER® IBS MAINTENANCE.

9. STORAGE

Store at room temperature, (10-25°C), in the original packaging which protects the ingredients from humidity and light. Do not use after the expiration date, which is stated on the box and sachets. Keep DETOXNER® IBS MAINTENANCE out of the sight and reach of children.

10. CONTENTS

- 15 sachets (4,5 g)
- Instructions for use



11. CONTACT DETAILS

Distributor

TheOTCLab
Paulus Potterstraat 20
1071 DA Amsterdam
The Netherlands

Manufacturer

TheOTCLab
Fred. Roeskestraat 115
1076 EE Amsterdam
The Netherlands

All enquiries about the product should be sent to the distributor. For more information about DETOXNER® IBS MAINTENANCE, please visit www.detoxner.com.

DETOXNER® IBS MAINTENANCE is a medical device read instructions for use before use.

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