



Clear your gut, boost your health

Gut disturbances are often linked to poor eating habits and irregular meal patterns in today’s fast-paced lifestyle. However, one frequently overlooked cause is intestinal worms/bad bacteria. Contrary to common belief, worms don’t only affect children—adults with modern lifestyles are just as vulnerable.



Contributing factors include:

- Frequent consumption of outside food that may be undercooked or unhygienic
- Poor gut health
- Irregular digestion
- Excess intake of sugar and processed foods



Symptoms to watch out:

- Unexplained tiredness
- Bloating and gas after meals
- Increased cravings, especially for sugar
- Itching around the anal region
- Recurrent infections
- Skin eruptions or patches



Pro tip:

Include the prebiotic and probiotic foods to support gut health. Consult a healthcare professional for a comprehensive treatment plan.

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