



ANECOL™
FLAT TUMMY

Alexander
Pharma   Made in
Italy

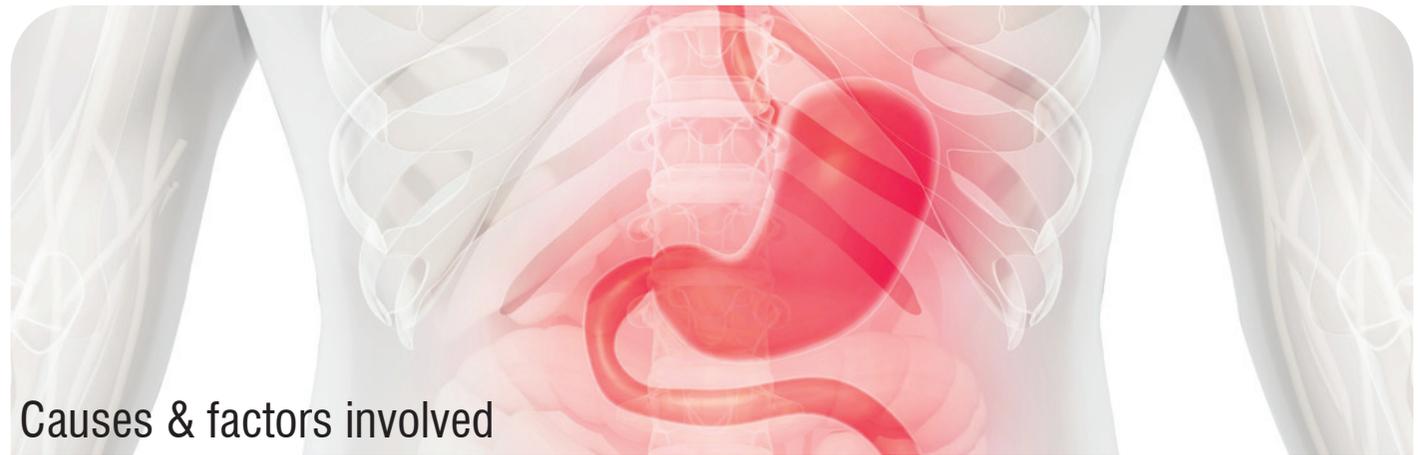
Abdominal Bloating & Tension

Abdominal bloating occurs when the gastrointestinal (GI) tract is filled with air or gas. Most people describe bloating as feeling full, tight, or swollen in the abdomen. The abdomen may also be swollen (distended), hard, and painful.

There is usually around 100-150 ml of air present in the average intestine, with variations of between 30 to 200 ml from person to person. The most common gases present are nitrogen, oxygen, hydrogen, carbon monoxide and methane.

Several processes play a part in regulating the quantity of air present in the digestive apparatus. For example, the intestinal walls are able to absorb the air produced; this is then released into the bloodstream and eliminated via respiration.

Bloating is a symptom of the syndrome, rather than the cause. Reducing the bloating and eliminating some of its causes offers a solution for one of the most irritating symptoms of this syndrome, which can also be very debilitating.



Causes & factors involved

Abdominal bloating and tension is not related to body fat levels; individuals of normal weight or even those who are underweight can also suffer from a bloated stomach. Our typical diet, rich in fats and carbohydrates, is one of the main causes. Intestinal irregularities can cause bloating, but this is only one of the factors involved:

Digestive deficiency / Dietary intolerances

This is a problem, with little or no relation to an immune response. In many cases, the body produces insufficient quantities of the enzyme required to metabolize a certain food. Consequently, the food remains undigested and becomes a stimulus for bacterial fermentation.

Lactose intolerance

A common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products. This can lead to symptoms such as flatulence, intestinal pain and diarrhea.

Fat accumulation

Cortisol promotes fat accumulation, especially in the abdominal area. This occurs because the body accumulates energy in order to deal with stress, of which cortisol is a signal. However, when combined with modern sedentary lifestyles, this results in an increase in the waistline.

Bacterial proliferation

If foods are not digested, even the "good" flora cause fermentation, for which lactic ferments are unhelpful. Fermentation, inflammation and the presence of toxins boost the proliferation of bad flora, which increase the bloating, cramps, pain and, in some cases, can lead to diarrhea or constipation.

Heaviness

In addition to the sensation of heaviness that is directly linked to bloating, a feeling of heaviness can often be caused by diets that contain too much fat. Digestion of complex fats is hard work for the body, and can slow down the transit process considerably, promoting the onset of fermentation processes.

Abdominal cramps

Abdominal tension can cause painful intestinal cramps. Fermentation processes are often accompanied by the onset of inflammatory processes that increase the tenderness in that area and slow down the digestive process further. And if constipation occurs, the blockage aggravates this tension.

IBS: Irritable bowel syndrome

This is characterized by longer, more vigorous intestinal contractions than normal. This means that food is sent more quickly through the intestine, causing gas, bloating and diarrhea. Alternatively, the opposite situation can occur, where the passage of food is slowed down and feces become hard and dry.

Water retention

Inflammation of the intestine as a result of bloating leads to the secretion of Cortisol, the stress hormone. Cortisol, the endogenous form of cortisone, causes water retention. When combined with the bloating sensation, this aggravates the overall discomfort.

ANECOL™

FLAT TUMMY

- ✓ Stimulates digestion of foods that tend to cause bloating.
- ✓ Helps fighting the excessive intestinal fermentation.
- ✓ Promotes a regular intestinal transit & relaxes the smooth muscles.
- ✓ Promotes the elimination of gases.
- ✓ Drains excess fluids resulting from poor digestion and abdominal tension.
- ✓ Creates an unfavourable microclimate for bacteria.
- ✓ Improves liver and intestinal functions.

Fast action

Effective right from the first tablet

Free from adsorbants

Does not restrict absorption of vitamins, nutrients or pharmaceutical drugs.

The only formula that fights all the causes of abdominal bloating & tension

44% EnteroComfort complex™
(Lemon balm, Fucus, Lactoferrin, Artichoke "leaves", Lactases.)

LEMON BALM

Promotes relaxation of intestinal smooth muscle, combating tension and reducing painful cramps. This action is due to less calcium entering the muscular cells.

FUCUS

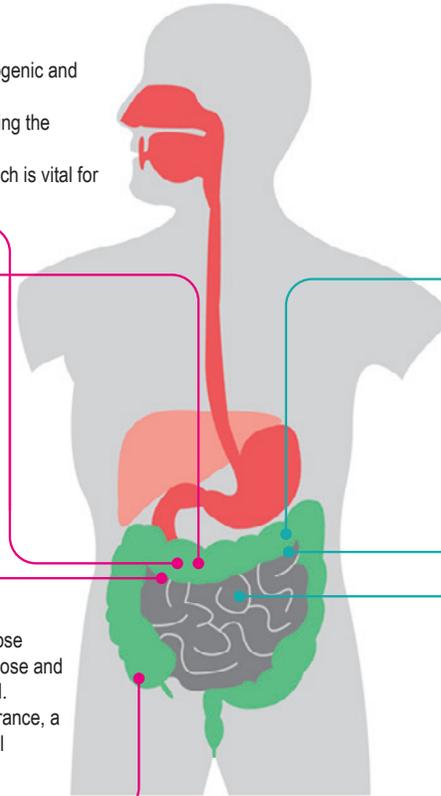
Activates the metabolism, is thermogenic and boosts fat metabolism. Speeds up intestinal transit, improving the digestive process. Provides an iodine supplement, which is vital for

LACTOFERRIN

This protein, initially discovered in milk, naturally contains iron and is active at intestinal pH. Has a powerful antibacterial action against bad intestinal flora. Its "disinfectant" action boosts the proliferation of beneficial flora.

LACTASE

This is the enzyme that breaks lactose down into more simple sugars (glucose and galactose), that are easily absorbed. Given the increase in lactose intolerance, a lactase supplement ensures optimal digestion of dairy products.



56% DigestyDren complex™
(Enzymes, Artichoke "head", Sweet clover.)

ENZYMES

A multi-enzyme complex obtained through a controlled fermentation process. Contains:
Amylase: to digest complex carbohydrates.
Cellulase: to reduce the fermentation of fibers
Lipase: to facilitate the digestion of fats
Lactase: to boost lactose metabolism

ARTICHOKE

Artichoke stimulates the production and secretion of bile acids (chologogue and choleric actions), which work to facilitate the digestion of fats and improve their absorption. Artichoke also has a purifying and hepatoprotective action on the body.

SWEET CLOVER

Has a powerful lymphokinetic action, helping to eliminate excess liquids and thereby combating abdominal bloating. Protects capillaries, increasing their resistance and boosting venous return.

ANECOL™

FLAT TUMMY

ANECOL™ is an innovative formula that acts directly on all the causes of abdominal bloating & tension. Thanks to its unique two complexes (DigestyDren complex & EnteroComfort complex) that made it possible to stabilize enzymes, protien and botanical extracts in the same tablet.

How to use

The recommended dose is a regular daily consumption of 1 tablet at the start of main meals (lunch and dinner).

ANECOL™ is also indicated before eating foods that are known to cause abdominal tension and bloating.

56% DigestyDren complex™
(Enzymes, Artichoke "head", Sweet clover.)

44% EnteroComfort complex™
(Lemon balm, Fucus, Lactoferrin, Artichoke "leaves", Lactases.)

