



DIET SUPPLEMENT

200 G

Colosan EX is a combination of plant ingredients : ground flax seeds, plantain husk, apple fiber and inulin. Ground flax seeds aid the digestive process and contribute to the proper functioning of the intestines. This product is characterized by a high content of dietary fiber.

Intended use : it's recommended to enrich the diet with fiber and ingredients supporting the proper functioning of the intestines. It can be used as an addition to slimming and cleansing diets.

Recommended consumption : adults and children over 12 years of age – 5 g (about 1 heaped teaspoon) twice a day (before breakfast and dinner). Mix it with 100 ml of cool water, drink it immediately and drink an additional glass of water. It's best to drink it 30 minutes before meals. Do not exceed the recommended daily dose.

Dietary supplements cannot be used as a substitute of a varied diet. Use in consultation with your doctor or nutritionist in diabetes. Maintaining proper health requires a balanced diet and a healthy lifestyle.

Daily dose (10 g) contains: 3,87 g of ground flax seeds, 1,2 g of inulin, 1 g of plantain hulls, 0,56 g of apple fiber.

Ingredients : ground flax seeds (*Linum usitatissimum*) obtained by a degreasing process, maltodextrin, inulin, ground psyllium husk (*Plantago ovata*), apple fiber.

The total dietary fiber content in 10 g of the product – 3,2 g (32%).

Storage : store in a closed container, at room temperature, in a dry place. The dietary supplement should be stored out of reach of small children.