

DUOLIFE Digestion pack



DUOLIFE Digestion pack features a carefully selected composition of products supporting the proper functioning of the body, adjusted to its daily rhythm.

Systema digestorium, or digestive system, is a group of organs working together to take in, digest and absorb food, as well as remove undigested residues. Eating is a great pleasure. We like to savour every mouthful. Moreover, leisurely, healthy meals eaten together help to strengthen bonds with family and friends. However, our current lifestyle, constant lack of time, unhealthy diet, overconsumption of stimulants and stress can very often lead to various types of digestive disorders, commonly known as indigestion, which can make our daily lives miserable. The symptoms of indigestion may include constipation, flatulence, diarrhoea, nausea, belching, early satiety, and may also be linked to disrupted gut microflora.

The Digestion functional pack contains*:

- 1 x DUOLIFE My Gastrin,
- 1 x DUOLIFE Aloe,
- 1 x DUOLIFE Fiber,
- 1 x ProSelect®,

1 x ProDeacid®,
2 x ProBactilardii®,
2 x Fizzy Easy Ca + D3 Complex.

Two options of the recommended use of the food supplements from the Digestion Pack:**

If you experience constipation, lack of appetite, want to promote the secretion of digestive juices, choose the 1st version of use:

In the morning:

ProDeacid® – 2 capsules at least one hour after breakfast***;
Fizzy Easy Ca + D3 Complex – 1 tablet after breakfast, dissolved in a glass of water.

Lunch time:

DUOLIFE My Gastrin – 25 ml 30 minutes before lunch;
ProBactilardii® – first week: 2 capsules of *Synbiotic* and 2 capsules of *Postbiotic* (4 capsules in total) one hour after lunch. From the second week of supplementation: 1 capsule of *Synbiotic* and 1 capsule of *Postbiotic* (2 capsules in total) one hour after lunch.

In the evening:

DUOLIFE Fiber – 25 ml with supper, take with an additional glass of liquid;
DUOLIFE Aloe – 25 ml after supper,
ProSelect® – 2 capsules after supper.

If you experience indigestion, bloating, gas, belching and a feeling of excessive fullness and heaviness after a meal, choose the 2nd version of use:

In the morning:

DUOLIFE My Gastrin – 25 ml before breakfast (or after lunch);
ProDeacid® – 2 capsules at least one hour after breakfast***;
Fizzy Easy Ca + D3 Complex – 1 tablet after breakfast dissolved in a glass of water.

Lunch time:

ProBactilardii® – first week: 2 capsules of *Synbiotic* and 2 capsules of *Postbiotic* (4 capsules in total) one hour after lunch. From the second week of supplementation: 1 capsule of *Synbiotic* and 1 capsule of *Postbiotic* (2 capsules in total) one hour after lunch;

In the evening:

DUOLIFE Fiber – 25 ml with supper, take with a glass of water;
DUOLIFE Aloe – 25 ml after supper,
ProSelect – 2 capsules after supper.

Want to learn more?

The human digestive system comprises numerous interconnected organs, including: mouth, oesophagus, stomach, intestines, rectum, liver, pancreas and gall bladder.

The function of the digestive system is not only to transport food, but more importantly to digest it and absorb nutrients, including vitamins and minerals, so that they can be delivered to the places within the body where they are needed. The digestive system is also involved in removing undigested food residues and detoxification, or cleansing, of the body of accumulated toxins.

The entire digestive process (from the time food enters the mouth until it leaves the body) can take from about 24 up to 72 hours! This largely depends on the type of food consumed and the health of the digestive system.

The digestive process starts in the mouth, where food is broken down mechanically and the saliva secreted initiates the digestion of starches and prepares the food material for further stages of the process. The salivary glands produce about 1–1.5 litres of saliva per day – this process takes place mostly during the day!

Once the food is mixed with gastric juice in the stomach, it is broken down and transferred to the small intestine. The gastric mucosa can secrete up to 2 litres of gastric juice per day, with pH normally in the range of 1–1.5 (highly acidic). This is comparable to the pH of household cleaning agents or acid in batteries! Gastric juice is a mixture of hydrochloric acid, pepsin, intrinsic factor (the so-called Castle factor) and mucus. Hydrochloric acid is essential for digestion. It also has bactericidal properties and inhibits the growth of harmful microorganisms, providing a protective barrier against pathogens. Pepsin is an enzyme that breaks down proteins into polypeptides, enabling their proper digestion further down the digestive tract. Castle factor enables the absorption of vitamin B12, while gel-like mucus shields the gastric mucosa from the irritant hydrochloric acid and facilitates the movement of food through the digestive tract. The right amount of hydrochloric acid is crucial for proper digestion. Any change in the composition of gastric juice, including hydrochloric acid content, can cause such symptoms as hyperacidity and heartburn, or hypochlorhydria, which can prevent the absorption of minerals and vitamins.

The absorption of nutrients into the bloodstream takes place in the small intestine. Then, the food material moves to the large intestine, where undigested food residues are fermented with the help of beneficial microorganisms. The intestinal microflora of a healthy human is made up of almost 100 trillion beneficial microbes. Both intestines are about 8 metres long, with a total area of more than 200 square metres!

The liver is an organ involved in the production of bile that facilitates the digestion of fats in food. It also has a cleansing function, participating in metabolic processes, neutralising and removing toxins from the body. The liver is the only organ that can regenerate – it can regrow to a normal size even if 2/3 of the organ is removed!

The pancreas produces insulin and pancreatic juice, which contains digestive enzymes that break down fats, proteins and carbohydrates in food. The pancreas can produce about 1–3 litres of pancreatic juice per day.

The digestive system constantly communicates with the brain. A large number of nerve cells – up to 100 million – is involved in this process, managing the digestive processes in the body and exchanging information between the intestines and the brain. For this reason, healthy functioning of the digestive system is of paramount importance. Any disruptions in its functioning, as well as imbalance in gut microbiota, can lead to unpleasant symptoms of indigestion, but also dysfunctions of the nervous system, including low mood, irritability or problems with concentration. In turn, increased stress and anxiety can result in the dysfunction of the intestines and the entire digestive system. It is worth to invest in a healthy digestive system, as this will have an impact not only on your guts, but also on your brain!

** When used on a regular basis, one pack is sufficient for one adult, for approximately 1 month. When using food supplements in liquid form, the dose may be increased to the maximum daily dose indicated for the given product. In this case, extra packages of the product have to be purchased in addition to the pack.*

*** Recommended duration of supplementation: 3 months*

**** We recommend to wait about 4h between the doses of ProDeacid® and medications.*