

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a gastrointestinal (digestive) problem that affects up to 15% of adults (during their lifetime) in developed countries. Irritable bowel syndrome is a functional disorder, meaning that there is a problem with the functioning of the bowel rather than the structure.

Irritable Bowel Definition

People with IBS suffer constipation, diarrhoea (sometimes alternating with the other) abdominal aches and pains (sometimes relieved by passing a bowel motion) abdominal bloating and flatulence. These symptoms can last for days or weeks and can seriously interrupt peoples work and social lives.

Signs & Symptoms

- Bloating & gas (particularly after eating)
- Abdominal cramping
- Constipation
- Diarrhoea
- Urgency to have a bowel movement, sometimes right after having one
- Abnormal stool form (including the passage of mucus)

IBS has an inflammatory Component

The evidence for immunological involvement is increasing. Abdominal pain has been found to correlate with mast cells adjacent to colonic enteric nerves.

IBS and IBD linked with alterations in Microflora.

Alterations in the bowel flora and its activities are now believed to be contributing factors ton many chronic and degenerative diseases including;

- Irritable bowel syndrome
- Inflammatory bowel disease
- Rheumatoid arthritis
- Ankylosing spondylitis

L. Plantarum 299v relieves symptoms of IBS

All patients treated with L. Plantarum 299v reported resolution of their abdominal pain, with improvements in stool frequency and other IBS symptoms.

Dosage:

L. Plantarum 299v 20 billion CFU (colony forming units).

Take 1g or 2 capsules daily.

Available @ **Purity** Probex 60 Capsules \$47:95.

Purity BodyMindSoul
589 Hampton St
Hampton 3188
T: 613 9533 1833
info@puritybms.com.au
www.puritybms.com.au