



Vital nutrients for healthy intestines

IntestCare provides the vital nutrients; curcumin, magnesium, apple-plum extract, herbs and ginger.

Salus has developed IntestCare as a food supplement on the basis of knowledge of preserving digestive health. It is based on a unique combination of magnesium with plant extracts and essential oils which act on the bowel and contain essential secondary plant substances (polyphenols).

IntestCare Liquid herbal supplement

4 ways to healthy intestines and a healthy digestion:

- Vegetable extracts and essential oils (from turmeric, peppermint, artichoke, rosemary and ginger) stimulate the digestion and have antiseptic and anti-bacterial properties.
- Curcumin-rich turmeric extract: is obtained from turmeric or yellowroot. Curcumin has proven to maintain digestive health with its anti-oxidant properties.
- Apple-plum extract contains soluble fibre. The fruit fibres naturally encourage bowel function. Apples and plums are also rich in secondary plant substances.
- Magnesium is a mineral which supports digestive transit by binding water in the stool and thus promoting the excretion of unwanted substances. Magnesium is also important for muscle contraction and relaxation.

Please note that IntestCare is not a laxative!

Nutrition information

Typically	100 ml	daily dose: 20 ml	%
Energy:	413 kJ (98 kcal)	83 kJ (20 kcal)	
Protein:	< 1 g	< 0.1 g	
Carbohydrate:	24 g	4.8 g	
Fat:	< 1 g	< 0.1 g	
Magnesium:	401 mg	80.2 mg	26.7% 1)
Apple-plum extract:	22.5 g	4.5 g	-- 2)
Curcumin-based Turmeric extract:	380 mg	76 mg	-- 2)

1) % recommended daily dose according to EU 2) No EU recommendation available yet.



Directions: Take 20ml once daily before a meal.

Not recommended for children. If pregnant, please consult your GP before taking any supplement.



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It takes guts to be healthy



IntestCare for healthy intestines



Free from preservatives, artificial flavourings and colourings, lactose and gluten.

Suitable for vegetarians and vegans



Life expectancy and demands are both on the increase

Life expectancy is increasing all the time and with it, the demand for an active way of life. Therefore maintaining our health is becoming more and more important to us.

Crucial to our health is the performance of our digestive system, in particular our intestines. Over an average lifetime, approximately 80 tonnes of food is utilised by the intestine, and indigestible matter and toxins are excreted. The intestine also performs functions in the body's defence systems which are essential to our health.



The digestive system is often overloaded as the result of; overeating, lack of physical activity, an unvaried and low-fibre diet, and long-term intake of medications. These influences often have a negative effect - particularly on the sensitive digestive system and most noticeably bowel function. With increasing age, this applies all the more.

Intestinal health does not happen by chance

Your zest for life has a lot to do with your digestion - especially when this does not function as smoothly as you would like. The intestine reacts sensitively to an unhealthy diet and lifestyle with various symptoms, including: an irritable bowel, sluggishness, bloating, or diarrhoea. That's why it's important to actively support the functions of the intestine and to maintain and encourage natural digestive health. First of all, it is essential you consider your diet and lifestyle, because with a healthy diet and a healthy lifestyle you can prevent the risks of intestinal diseases. This finding is also backed by the EPIC Study.*

* European Prospective Investigation into Cancer and Nutrition. The EPIC study is a continuing study which was begun in 1992 to investigate the link between diet and chronic illnesses.

Prevention is better...

6 tips for a healthy intestine

Eat food high in fibre

A diet which contains plenty of fresh, high-fibre food is important to digestive health. Fruit and vegetables, pulses and whole-grain products enlarge the content of the intestine due to their absorbent capacity, and this promotes the action of the intestine. Fibres also bind harmful substances and have a positive effect on intestinal flora.



Drink plenty of liquids

The human body needs 2 to 3 litres of liquid every day. Since we obtain, on average, only 1 litre from our daily diet, the rule "drink plenty" does not just apply to the elderly. The healthiest options are mineral water, tea, vegetable juice, or fruit juice diluted with water.



Get your digestion moving!

An inactive lifestyle can slow down your digestion. Physical activity can contribute to getting your intestines up to speed again. A glass of lukewarm water as soon as you get up can also often work miracles.



Secondary plant substances

Secondary plant substances play a central role in the prevention of digestive problems. They have a broad spectrum of positive effects on the human body. Particularly valuable are plant substances with anti-oxidant, anti-inflammatory or anti-bacterial properties.

Colourful eating

Fresh fruit and vegetables, and also freshly-squeezed vegetable juices contain a lot of valuable secondary plant substances and are high in vitamins and minerals. Vitamins ensure that the metabolism functions correctly, are essential to the immune system and, together with minerals, are necessary for the formation of cells, blood corpuscles, bones and teeth.



Healthy fats

Look for quality when selecting fats. Cold-pressed vegetable oils provide high-quality unsaturated fatty acids and vitamin E.



Turmeric - the lucky charm from India

Turmeric has been known for thousands of years - especially in Asia - as a "magic cure". In India, some new-born babies still have a yellow dot painted on their foreheads with turmeric, as it is supposed to bring luck.

Like ginger, turmeric (yellowroot) is a hot, aromatic spice used in Asian cuisine. These spices are well known for their appetite-whetting and digestion-promoting properties.

Did you know...
...that turmeric is what gives curry and some types of mustard their yellow colour?



New findings

Turmeric, a plant substance obtained from curcuma, or yellowroot, is attributed great importance in terms of health. Nutritional scientists have found that turmeric has anti-oxidant and anti-inflammatory properties and has a positive effect on the gastro-intestinal tract. The latest studies show that turmeric can help to keep the cells of the intestine healthy.

