


*Have you tried
everything to regulate
your intestinal transit but
still need some help?*

www.vitaeinternational.com



VITAE



The current pace of life is very demanding and forces us to constantly accelerate making our mind and body follow different rhythms. Stress, sleep and diet are also factors that make our body increasingly lag behind.

One of the most common symptoms associated with an unbalanced body is constipation. In the following lines we will explain what it is and how we can regulate our body in a natural and physiological way.

Constipation: Types

At some point in our lives, we have all suffered constipation, which is defined as that feeling of not being able to evacuate stools in a relatively easy way, either due to lack of intestinal mobility, hardening of the stool or due to damage or difficulty in the final evacuation.

But does a specific difficulty imply being constipated? According to various studies, the normal evacuation frequency varies from 2-3 stools / day to 2-3 / week. In other words, some difficulty to evacuate should not be alarming.

Depending on the cause, we will talk about **specific constipation**, when it is associated with a secondary or temporary cause (adhesions, diverticulosis, taking medication) or **chronic**, when it is derived from a physiological dysfunction or poor hygienic-dietary habits (lack of intestinal motility, diet poor in fiber, sedentary lifestyle).

The **chronicity of constipation** involves a longer residence time of feces in the intestine, promoting putrefaction processes and uncontrolled biological fermentation and causing discomfort as distension, bloating, flatulence, bloating, etc.

It is important to control not only these symptoms but also the entire digestive process, since changes in the pH of the stomach or a bad secretion of bile salts can enhance symptoms associated with constipation.





The importance of probiotics, prebiotics and fiber

The best way to deal with **chronic constipation** in a physiological way is by acquiring adequate hygienic-dietary habits that favor the progressive activation of intestinal motility. Second, it is also important to improve the body's biological digestion.

The intestinal microbiota, which is the determining factor in this biological digestion, is made up of microorganisms that live in balance with humans and make the digestive tract their natural habitat. When this balance is broken, processes of hyperpermeability and intestinal inflammation appear and it leads to poor-quality stools and chronic constipation.

To maintain a microbiota in perfect condition, it is essential not only the contribution of high quality digestive strains, but also the presence of prebiotics in the bacteria's habitat. Prebiotics are the ideal food for the microbiota, sugars from fiber that make bacteria comfortable and grow correctly in our intestines.

Therefore, another important point to improve chronic constipation has to do with the intake of high-quality fiber, which will play a double role in our intestines. On one hand, it will provide the bacteria with their preferred food by generating prebiotics (of the FOS type - fructooligosaccharides if it is vegetable fiber), and on the other hand, it will increase the water content of the stool, thus increasing its size and favoring intestinal motility and the evacuation of stool. This will lead to a decrease in the time between bowel movements and an improvement in stool consistency and evacuation.



The integrity of the intestinal mucosa

One of the main consequences of constipation and intestinal fermentation is the irritation and loss of structure of the intestinal mucosa, directly affecting its functionality.

The integrity of the digestive mucosa is essential for the correct absorption of nutrients, the maintenance of immunity at the digestive level and the balance of the intestinal microbiota.

When we talk about intestinal regulation, we should not only try to provide beneficial probiotic strains, but also provide hydration and regeneration to the intestinal mucosa, maintaining an optimal state of union cells.

It is also important to control the inflammation of the intestinal mucosa, in such a way that we will avoid some symptoms such as bloating, abdominal pain and hyperpermeability, which can cause episodes of diarrhea, even if we generally suffer from constipation.



Hygienic–dietetic measures for constipation

- **Dietary habits**

- » Eat foods rich in fiber, such as fruits, vegetables, legumes, whole foods and a high intake of fluids throughout the day. In addition to reducing the consumption of alcohol, red meat, fat and sweets.

- **Physical habits**

- » Walking daily or doing exercises that involve the abdominal muscles.

- **Bowel habits**

- » Get our body used to go to the toilet at the same time of the day avoiding sudden changes in eating habits, in terms of hours and types of food.
- » Go to the toilet when needed, without ignoring or delaying the moment and doing it in a relaxed way.

The most appropriate thing is to follow these recommendations and if necessary complement with food supplements that can be of punctual help.

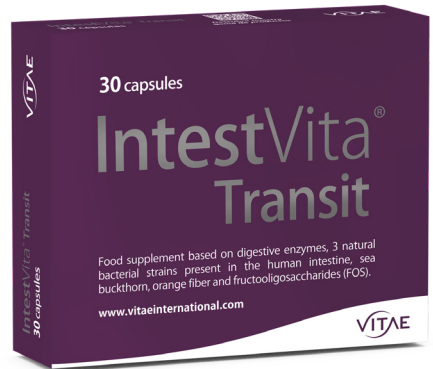


Current solutions to constipation

The market for constipation is very broad, although most of it is intended to cover the need to evacuate stool immediately instead of focusing on the physiological regulation of digestive transit.

The main solutions are laxatives, which act either by increasing the size of the stool by adding water to the stool or (most of them) irritating the digestive tract, thus promoting evacuation.

The use of these irritative laxatives, although it should be punctual, is becoming increasingly worrisome. Although they represent a relief from the main need, the continuous use ends up triggering irritation, inflammation and chronic imbalance that causes the patient to enter a vicious circle of not being able to stop taking this type of products.



Vitae solution

IntestVita Transit is a food supplement that provides three probiotic strains with optimal absorption in the digestive system as well as digestive enzymes that facilitate its physiological processes.

In addition, it contains quality fiber that improves the evacuation of the fecal bolus and FOS that promote the correct settlement and viability of the probiotic strains, thus favoring the regulation of the biological processes of digestion and intestinal balance.

The contribution of sea buckthorn favors the adequate restoration of the intestinal mucosa, helping to avoid the appearance of inflammation and its malfunction, as well as malabsorption or hyperpermeability processes.

VITAE HEALTH INNOVATION, S.L.

C/Verneda del Congost, 5 | Polígon Industrial El Circuit
08160 Montmeló (Barcelona)
info@vitaeinternational.com - www.vitaeinternational.com