

# CONSTIPATION

IS A SERIOUS HEALTH CONCERN!

## ARE YOU EXPERIENCING?

- **GAS & BLOATING?**
- **ABDOMINAL PRESSURE OR PAIN?**
- **LESS THAN ONE BOWEL MOVEMENT A DAY?**

You may be **CONSTIPATED!** For optimal health, the goal is to eliminate 1-3x per day. When you're not eliminating daily, it can lead to serious health issues overtime. Irregularity should never be ignored.



## WHAT CAUSES CONSTIPATION?

- **Dehydration**
- **Insufficient fiber (goal: 20-35 grams/day)**
- **Side effects of certain medications**
- **Lack of exercise/movement**
- **Bad Diet: refined & processed foods**
- **Bad bacteria & yeast overgrowth**
- **Significant life change**



**Brenda Watson, CNC**  
Natural Digestive Care Expert

# VITAL PRO

## NATURALS



# GET THE CONSTIPATION SOLUTION!\*

## ADVANCED LAX

NATURAL LAXATIVE FORMULA\*



- Helps relieve occasional constipation\*
- Gentle, effective formula works overnight
- Free of senna and cascara sagrada

**ADVANCED LAX** is an easy, safe, and natural way to get you going again.\* It's expertly formulated with Magnesium, Cape Aloe Leaf, Rhubarb Root, Slippery Elm Bark, and other time-honored, sustainably harvested ingredients.

FAMILY OWNED & OPERATED

# VITAL PRO NATURALS



[www.vitalpronaturals.com](http://www.vitalpronaturals.com)

**SOLD EXCLUSIVELY THROUGH HEALTH CARE PRACTITIONERS.**

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.