



# Probiotics for constipation

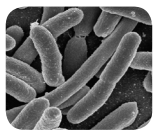
Constipation is uncomfortable, frustrating and, not to mention, disruptive! Infants, young children and pregnant women are most prone to constipation, and overall, women tend to report feeling constipated more than men.

Research has shown that probiotics may help to support gut health in those with constipation<sup>1</sup>, which is great news for sufferers of this uncomfortable health condition.

**Probiotics  
don't only  
come in  
yoghurts!**

**Friendly  
bacteria  
supplements  
are also  
available**

## How do probiotics help with constipation?



Our gut bacteria is intimately involved in regulating the gastrointestinal tract and its everyday functionality<sup>2</sup>. In those with intestinal disorders such as constipation, imbalances in the gut flora and reduced levels of probiotics such as Bifidobacteria have been widely reported<sup>3</sup>. *Bifidobacterium lactis* BB-12<sup>®</sup> is one of the most extensively researched probiotic strains for improving bowel regularity<sup>4</sup>.

## Myth: Constipation will naturally sort itself out

**Fact:** This may be the case for some people, but it's not always accurate. People with chronic constipation may need additional help to regulate their system. This can often be accomplished through small changes in lifestyle, diet and, where necessary, medication<sup>5</sup>.



Anyone who is concerned about longterm, painful or unusual constipation should seek advice from their healthcare professional.

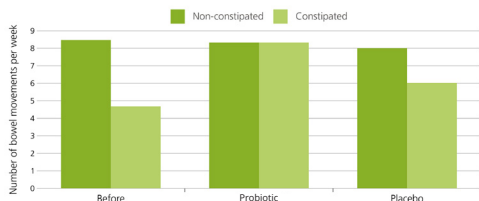


## FACT:

1 in 7 adults suffer from constipation at any one time<sup>1</sup>.

## Probiotic Research

Numerous published clinical trials have shown the oral administration of *Bifidobacterium lactis* BB-12® to increase the frequency of bowel movements and improve stool properties without negative side-effects.



A study performed by Nishida et al<sup>6</sup> on a subject group comprised of 20-39 year old women showed an increase in stool frequency in those suffering with constipation.

The entire probiotic group saw a significant increase in both Bifidobacteria and Lactobacilli levels. Non-constipated subjects (bowel movements 5 times a week or more) saw frequency of bowel movements remain the same, compared to the mildly constipated group (bowel movements 4 times a week or less) where an increase in frequency was seen.

### *Bifidobacterium lactis* BB-12®

- ✓ Works in harmony with the gut
- ✓ Shown to be effective in clinical trials
- ✓ Natural, suitable for long-term use
- ✓ Widely suitable from 1 year+

## TOP TIPS

Here are a few simple tips to help keep you healthy and to avoid further discomfort...



Stay hydrated



Eat plenty of fibre rich foods



Take a probiotic specific for constipation



Exercise regularly



Eat plenty of vegetables



Try yoga

## FACT:

BB-12® is the world's most researched probiotic strain for constipation

**Not all probiotics are the same.  
Find one that's right for you.**

### References:

1. The Cost of Constipation report (2016), Coloplast
2. Picard, C. et al. (2005) "Review article: Bifidobacteria as Probiotic Agents -- Physiological Effects and Clinical Benefits", *Alimentary Pharmacology and Therapeutics*, 22(6)495-512.
3. Kumar, C. et al. (2012) "Bifidobacteria for Life Betterment", *World Applied Science Journal*, 17(11)1454-1465.
4. Eskesen, D. et al. (2015) "Effect of the probiotic strain *Bifidobacterium animalis* subsp. *lactis* BB-12, on defecation frequency in healthy subjects with low defecation frequency and abnormal discomfort: a randomised, double-blind, placebo-controlled, parallel-group trial." *British Journal of Nutrition*.
5. <https://www.nhs.uk/conditions/constipation/>
6. Nishida, S. et al. (2004) "Effect of Yoghurt containing *Bifidobacterium lactis* BB-12® on Improvement of Defecation and Fecal Microflora of Healthy Female Adults", *Milk Science*, 53(2)71-80