



BEYOUNG STORE

# *Gut & tummy Nutrients*

up your digestive system

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**The process of digestion turns your food into nutrients which are needed to function and survive. Your body uses nutrients for energy, growth and cell repair. Further, research has shown that your digestive system can affect mood and overall mental health due to the strong connection between the digestive system and the brain .Experiencing digestive problems can happen to anyone. Common symptoms include cramps, bloating, gas and diarrhoea or constipation. While these are not always a sign of something more serious, certain conditions like Irritable Bowel Syndrome can put you at a higher risk for these symptoms.**



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# 5 NUTRIENT WAYS TO KEEP YOUR DIGESTIVE SYSTEM HEALTHY



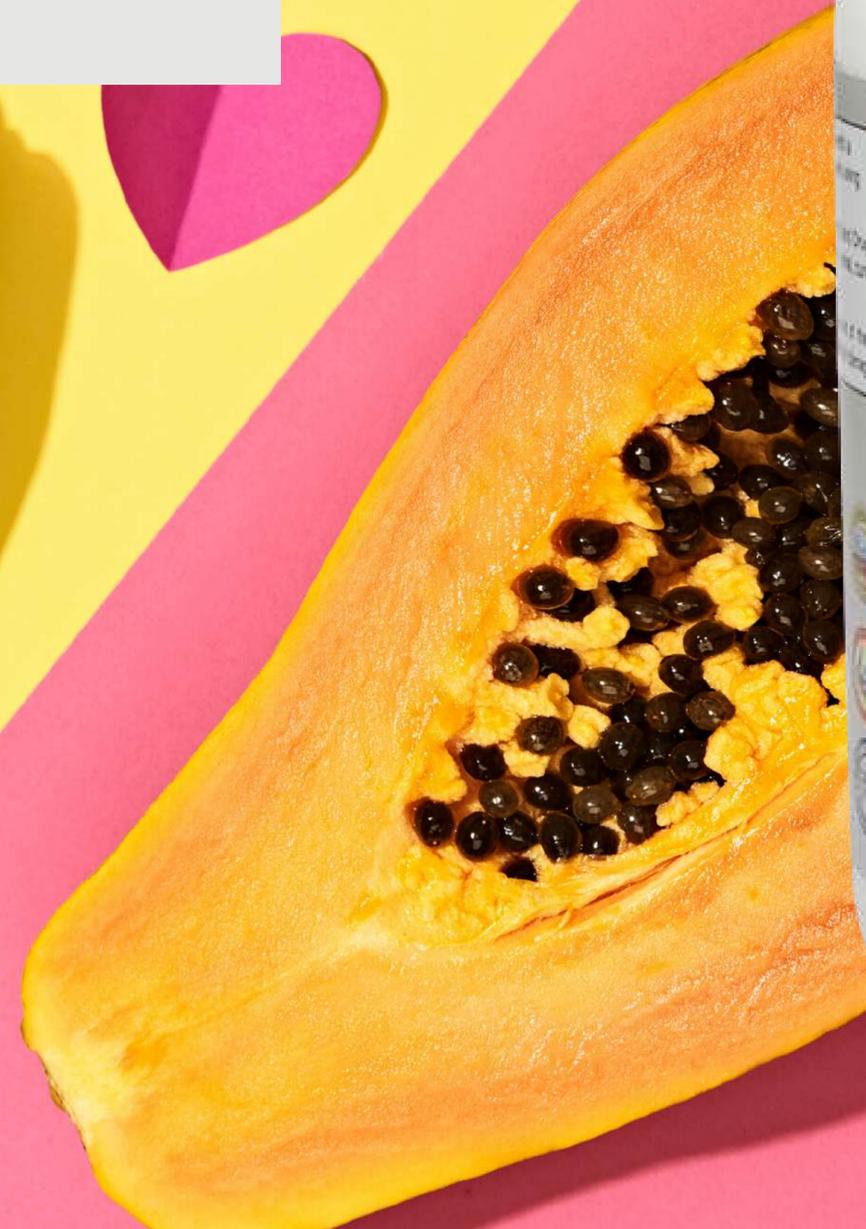
*Growth in digestive remedies is due to a growing economy and more hectic lifestyles, urban consumers increasingly skipped meals and ate out in sometimes unhygienic fast food outlets. • Increasing stress led to constipation, diarrhoea and acidity, especially among young working adults. As a result, demand for digestive remedies is buoyant. In addition to this, lack of intake of nutrients in the form of fruits or dietary supplements further pushed growth.*

# Super Digestive System

## 15 ENZYMES

For super Digestion

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# LignoFlax

Power of SDG Lignans



# Protect Liver

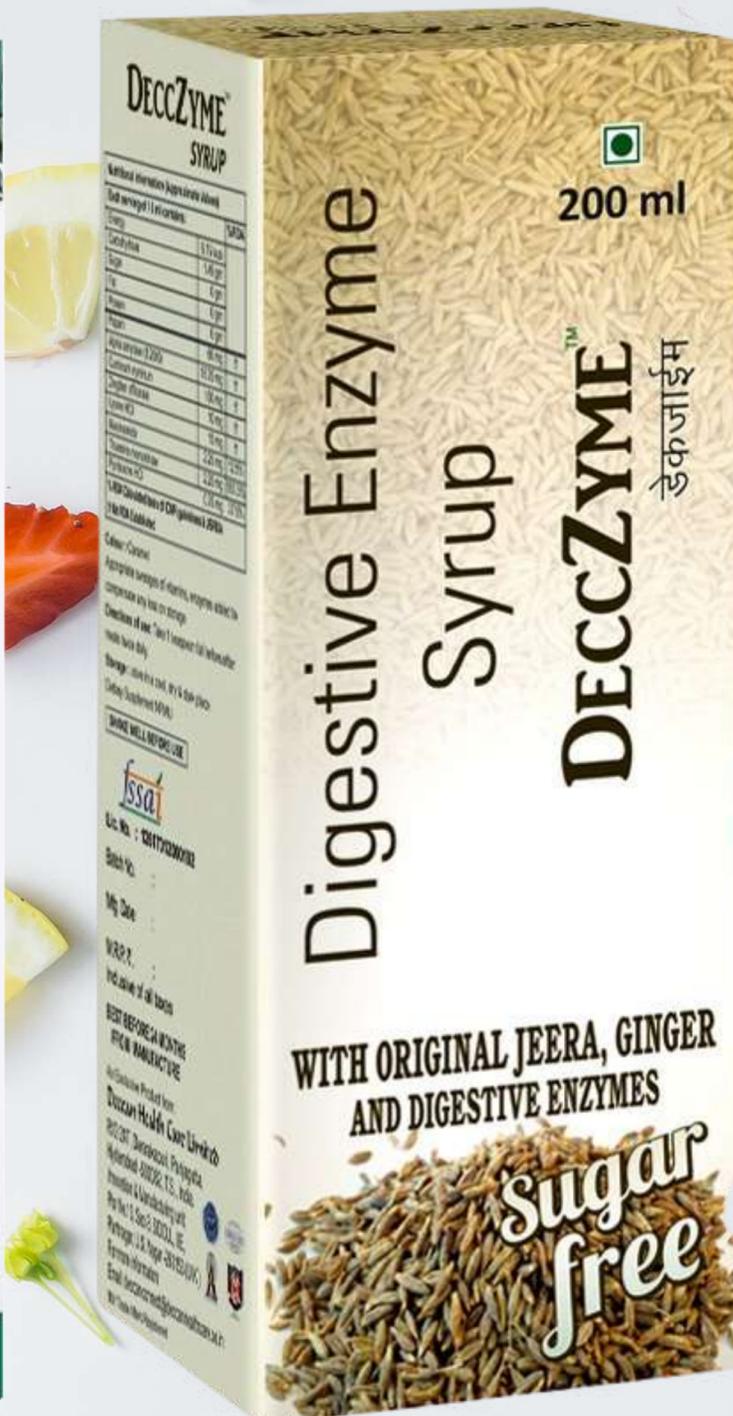
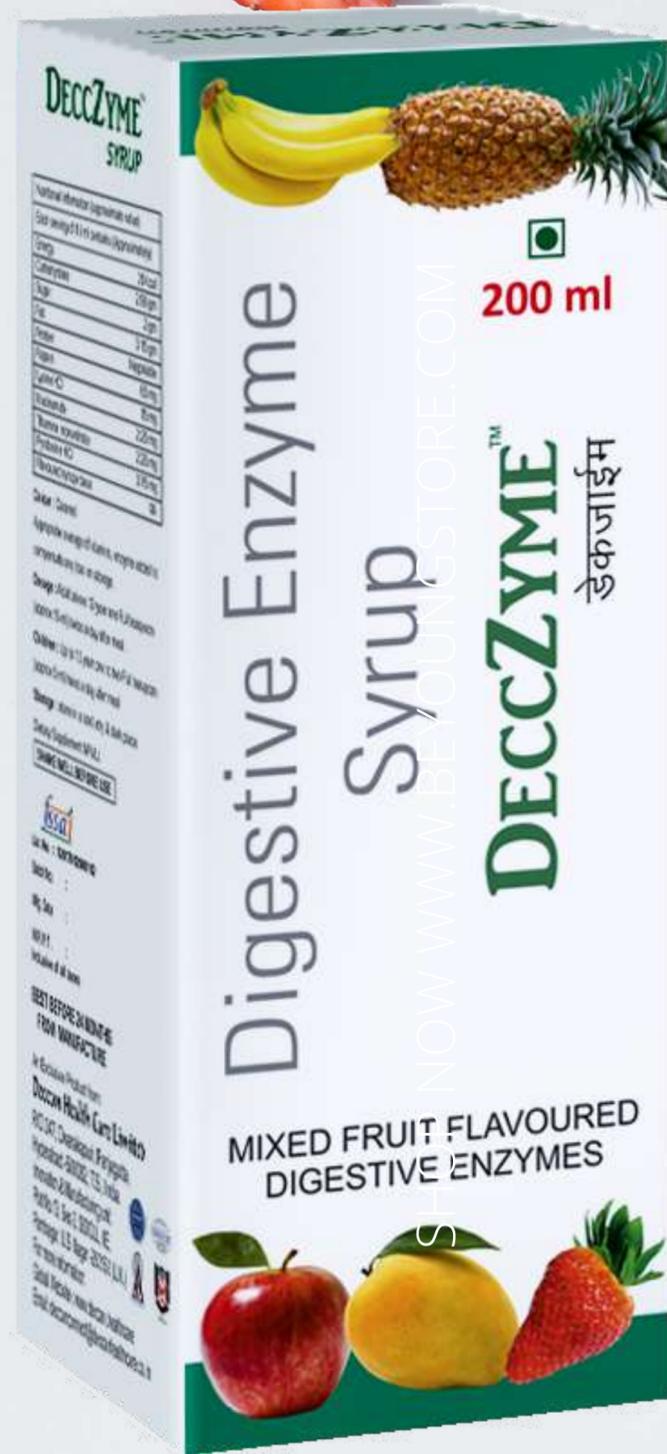
MILK THISTLE &  
PHYLLANTHUS AMARUS



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KUCH BHI KHAO,  
SIRF 2 CHAMACH  
DECCZYME SE  
PACHAO





# Oxyflax® Global

Taking omega-3 as part of a healthy diet can improve the diversity of the gut microbiome according to a new study by researchers at the University of Nottingham and King's College London. The study, published in Scientific Reports, found that the women who had a higher dietary intake of omega-3 and higher serum levels had a more diverse gut microbiome. A more diverse microbiome is associated with a number of health benefits, including lower risk of diabetes, obesity and inflammatory gut diseases like colitis.

