



## Food supplement for the digestive system



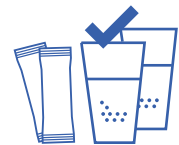
Digestive  
System<sup>1</sup>



Immune  
System<sup>2</sup>



Low in  
calories<sup>3</sup>



Easy to carry  
and share



Neutral taste<sup>4</sup>



Ready-to-mix  
powder

## ALOE VERA STIX

(1) (2) *Aloe Barbadosis* helps keep the digestive system healthy and supports normal immune system function

(3) Only 7 kcal per daily dose.

(4) As it is flavourless, you can enhance your drinks with an Aloe Vera boost.

# DIGESTIVE WELLBEING



## DIRECTIONS:

Mix one (1) packet into 240 ml or more of any beverage. Take once per day.

## SUPPLEMENT FACTS

Daily Dose Size: One (1) stick pack (2 g)  
Daily Doses Per Container: 15

Amount per daily serving	%
Calories	7 kcal
Protein	0.01 g
Carbohydrates	1.9 g
- Of which sugars	0.9 g
Fibre	<0.01
Fat	0 g
Sodium	2 mg
Aloe barbadensis leaf gel powder	150 mg

## Did you know?

- Our digestive tract or tube is very wide and is lined with a mucous membrane.
- This lining has some very important functions:
  - Protection against substances and agents that can enter the body through the digestive system.
  - Production of substances that help digestion and absorption of nutrients.

When the lining of the digestive tract is in perfect condition and functioning correctly, it goes unnoticed. However, any change in it can cause pain and discomfort, such as inflammation, acidity, difficulties digesting food, as well as other symptoms.

As a result, our digestive wellbeing depends on the good condition of this lining, as well as other factors.

A healthy lifestyle and diet are essential to keeping this lining in good condition. Certain nutrients and substances in food and plants can help with this.

**Aloe Vera has been highly regarded for its benefits since ancient times. Barbadosis is one of the most highly prized species.**

## What does ALOE VERA STIX offer?

- It contributes to the healthy functioning of the digestive system and digestive tract.
- It supports the normal function of the immune system.
- The stix format is practical for carrying and using at any time.
- As it is flavourless, you can enhance your favourite drinks by mixing them with an Aloe Vera boost.

## How can you help your digestive system?

- Eat a varied and balanced diet, rich in plant-based food.
- Have light meals, low in fat and sugar.
- Eat slowly, chew food properly and avoid distractions.
- Don't go to bed immediately after eating.
- Exercise regularly.

## What should we avoid?

- Excessive consumption of alcohol, nicotine or caffeine and fizzy drinks.
- Excessive intake of hot food or spices.
- Stress.
- Sedentary lifestyle.

## INGREDIENTS:

Maltodextrin, aloe vera (*Aloe barbadensis*) leaf gel powder, and flavor.

**Warnings:** Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. KEEP OUT OF REACH OF YOUNG CHILDREN. Do not give to children under 12 years of age. Consult your doctor if you are pregnant or breastfeeding. Do not use for prolonged periods without the advice of a specialist.

