

ADAPT TO YOU

For so many of our customers, dealing with stomach and gut problems is a battle - morning, noon and night. We know it's hard to feel at your best when you're constantly fighting your digestive system.

Adapt To You is a complete digestive support formula full of adaptogenic herbs that soothe inflammation in the gut, support optimal nutrient uptake and ease painful symptoms like gas and constipation.

Whether you suffer from IBS, acid reflux or just want to get the most out of the food you eat, our daily digestive supplement will Adapt To You, so you're free to live more and worry less.



Key ingredients

Fennel (*Foeniculum Vulgare*) - Relaxes the gastrointestinal muscles, helping to reduce gas, bloating, and stomach cramps. Fennel infusions have been used for centuries to treat IBS, Crohn's disease, colitis and many more gastrointestinal disorders.

Marshmallow Root (*Althaea Officinalis*) - Strengthens the lining of the digestive tract, coating the insides with a protective layer that guards against the damaging effects of acid reflux.

Elecampane (*Inula Helenium*) - Contains high levels of inulin, a pre-biotic that encourages beneficial gut flora. Establishing a healthy balance in the gut reduces inflammation, encourages efficient digestion, improves nutrient absorption and protects against infections.

Marigold (*Calendula Officinalis*) - Known for its anti-inflammatory and anti-microbial properties, marigold helps reduce swelling and infections. It is also effective at calming spasms and diarrhoea.

One dose (2 capsules) will provide 100mg of fennel seed and 100mg of marshmallow root.

Food supplement containing: alfalfa leaf (*medicago sativa*), hemp seed powder, fennel seed, marshmallow root (*althaea officinalis*), lemon balm (*melissa off.*), marigold (*calendula off.*), nettle leaf (*urtica dioica*), oatstraw (*avena sativa*), elecampane root (*inula helenium*) and apple powder.