



## **ConstiAid Capsules For Constipation**

### **Direction for use:**

2 capsules at bed time or as directed by the physician.

### **Storage condition:**

To be stored at room temperature in a cool and dry place, keep away from direct sunlight.

### **Precaution:**

Tighten the container after use.

Keep out of reach of children.

Do not use if seal is broken.

Consult your physician/healthcare professional if you are pregnant or a nursing mother.

### **Note:**

As per international safety standards, this product is tested for heavy metals, steroids and pesticides.

No Preservatives added.

### **Tips for relief in constipation:**

- Eat fiber containing food, vegetable and whole grains, cut down spicy, junk, fried and fatty foods
- Drink plenty of water daily including 1 to 2 glass lukewarm water in morning
- Avoid smoking and alcohol consumption
- Go for regular walk and do regular exercise, yoga and pranayama for good digestive health

**If you have any queries kindly talk to our expert on 1800 313 3132.**