

# Gemisan-Ex<sup>®</sup>

Supports the Proper  
Functioning of the Intestine



## Category

Nutraceutical

## Form

Granules

## Composition

**Gemisan-EX<sup>®</sup>** 10 g contains:

Ground flax seeds	3.87 gm
Plantago ovata Husk	1 gm
Apple fiber	0.56 gm
Inulin	1.2 gm

## Indications

**Gemisan-EX<sup>®</sup>** is recommended to enrich the diet with fiber and ingredients supporting the proper functioning of the intestines. It acts as a gentle, bulk-forming laxative and it can be used as an addition to slimming and cleansing diets.

## Administration & Dosage

Adults and children over 12 years of age: 5gm twice a day (before breakfast and dinner).

Mix the preparation with 100 ml of cool water, drink it immediately and wash it down with a glass of water. It is best to use it for 30 minutes before meals.

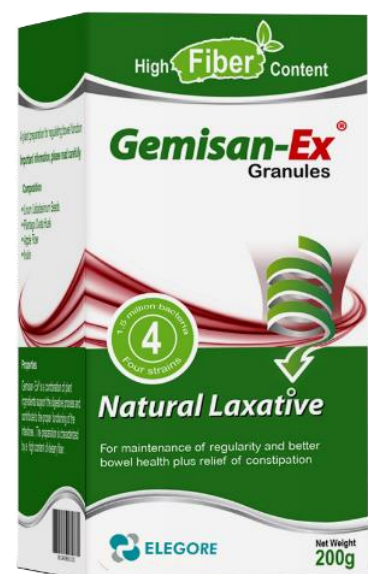
## Storage

Keep at a temperature not exceeding 25 °c in a dry and dark place.

Keep out of reach of children

## Package

Carton box contains jar of 250 gm granules with SPI packing insert.



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## Benefits & Properties

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- Gemisan-EX<sup>®</sup> is a combination of plant ingredients: ground flax seeds, Plantago ovata husk, apple fiber, and inulin.
- Ground flax seeds aid the digestive process and contribute to the proper functioning of the intestines.
- Plantago ovata husk (Psyllium) is a type of fiber that acts as a gentle, bulk-forming laxative.
- The preparation is characterized by a high content of dietary fiber.
- Inulin supports the growth of the normal microflora in the GIT which improve the intestinal function.