



Colonex | Prebiotic Fiber

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Inside our colon, there are thousands of microorganisms that are responsible for helping us digest all the foods that are not absorbed through normal digestion. The colonies of bacteria in the colon are responsible for nourishing us and taking care of them is very important to be in excellent health conditions.

COLONEX is a food supplement formulated with starch that is resistant to digestion, which reaches the colon in its entirety where good microorganisms can feed. Which causes the population of healthy bacteria to grow and strengthen to prevent colonies of bad bacteria from taking over our colon.

Main Benefits

- Helps reduce inflammation of the colon from the first stroma.
- Helps stabilize sugar levels; Excellent for people who suffer from diabetes.
- It helps improve metabolism and combat overweight that is related to an imbalance in the intestinal flora.
- Prevents intestinal leakage (intestinal permeability), which is when particles of our food leave the walls of the colon and enter the bloodstream, causing allergic reactions.
- It can help improve the immune system, as a healthy population of bacteria assists our defenses in fighting infections.
- Our intestinal flora is directly connected to our brain and the bacteria is responsible for producing up to 90% of the Serotonin we produce and 50% of Dopamine. These are the hormones that are responsible for the feeling of joy, enthusiasm and happiness.

Those are just a few functions that we can also include: more energy, better rest and a younger appearance thanks to a healthy microbiota.