

## A Novel Natural Remedy for Mild and Chronic Constipation

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### Commentary

According to the Mayo Clinic, chronic constipation is characterized by infrequent and difficult bowel movements for a prolonged period of time (at least several weeks). Mild constipation is very common and usually not serious, but chronic constipation can disrupt the patient's everyday life and lead to other symptoms. Fennel3 is a novel herbal remedy now available to patients struggling with mild to chronic constipation. Fennel3 has been shown to restore normal functions of the digestive tract and colon by making stool softer and easier to pass. Pars Bioscience is pleased to be the first to make this novel remedy commercially available.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, as many as 42 million Americans suffer from chronic constipation. Many different treatment options for chronic constipation have been recommended by the Mayo Clinic and NIDDK. Patients are encouraged to increase their fiber intake and exercise daily. Exercise can be particularly helpful; the increased muscle activity in the intestines helps stool pass through the digestive tract [1,2]. Constipation can also be treated with laxatives such as fiber supplements, stimulants, osmotics, lubricants, and stool softeners. Each of these laxatives has a unique anti-constipation effect. When chronic constipation results from a blockage, anal fissure, or anal stricture, surgery may be necessary (**Figure 1**).

Alternative medicine can also help relieve constipation, especially when more traditional treatments have failed. For example, natural sugars and starches that are found in fruits and vegetables have proven to alleviate symptoms of constipation. By combining the natural compounds of many vegetables, Fennel3 is designed to maximize their anti-constipation activities.

Fennel3 is a natural propriety herbal remedy that can be used long-term for treating occasional constipation and restoring regularity and for your healthy lifestyle. Fennel3 is an herbal remedy based on vegetable ingredients (mostly food stuff) including bran fiber rich in omega, starch, vitamins, proteins and dietary minerals, exhibiting a specific action on the colon.

Fennel3 ingredients don't interfere with the normal activity of the digestive system, but rather normalize its function resulting in bowel movement (Ca 4-6 hrs.) During the period of clinical testing of Fennel3 (2-3 years), as well as report of practicing physicians, it was confirmed that Fennel3 exerts direct activity

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on the lazy cells located at the colon, and indirectly on the liver, resulting in the bowel movement and peristalsis leading into a normal function of the colon.



**Figure 1** Pars Bioscience, LLC.

## Properties

- Helps increasing bulk in your stool.
- Helps to cause movement of the intestine.
- Helps the gastro-intestinal tract (GIT) absorb excess water from food waste.
- Has significant benefit in lowering cholesterol and improve intestinal health.
- Prevents indigestion and flatulence.
- Soothes gut wall and rebuild its lining.
- Has hepato-protective activity.

## Indications

- Mild and chronic constipation
- Fennel3 consist of powerful blend of three well-researched and clinically substantiated herbs and additives.

## References

1 Mayo Clinic (2016) Constipation. Mayo Foundation for Medical Education and Research.

**Safely taken:** Natural, gluten-free and contains no sugar. It works by increasing the amount of water in the stool and making stool softer and easier to pass. It is a bulk-forming agent which helps increasing bulk in your stool and, therefore, helps to cause movement of the intestine. Negatively affect the absorption process in the intestinal tract. Can be used for long-term. Can be used for children and adults.

**Side effects:** Minor side effect was reported in some cases. Urination and mild abdominal cramps (3% to 4%) have been reported.

**Contra-indications:** No precautions or contra-indications can be attributed to the use of Fennel3.

Further, no known food or beverage interactions so far reported.

**Dose:** Is given once daily before meal and can be increased according to the symptom's severity.

Note: Can also be supplied as powder sachet (**Figure 1**).

**Duration of the treatment:** To maintain a proper bowel function, it is absolutely recommended that the treatment is maintained for at least two months continuously.

2 National Institutes of Health (2014) Definition and facts for constipation. National Institute of Diabetes and Digestive and Kidney Diseases.