

# Lanolax



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Fraxinus tree, Fennel, Rhubarb, Ginger, Cumin, Anise, Licorice, Gentian, Agar Agar and Alginic Acid

### Ingredients:

Bulking agents: Cellulose microcrystalline, Corn starch; Rhubarb (*Rheum officinale* Baill) rhizome d.e.; Fennel (*Foeniculum vulgare* Mill.) Parts aerial d.e.; Agar agar pwd; Cumin (*Cuminum cyminum* L.) fruits d.e.; Sodium alginate; Anti-caking agent: Magnesium salts of fatty acids, Silicon dioxide; Fraxinus Tree (*Fraxinus excelsior* L.) aerial parts d.e. Ginger (*Zingiber officinale* Ros.) Rhizome d.e.; Licorice (*Glycyrrhiza glabra* L.) root d.e.; Green anise (*Pimpinella anisum* L.) seeds d.e.; Gentian (*Gentiana lutea* L.) root d.e.

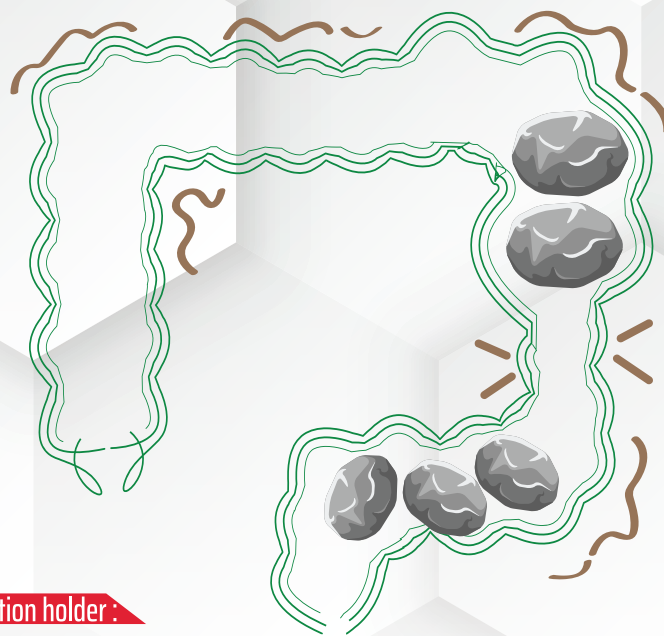
Average contents	Per 4 tab
Ginger dry extract	20 mg
Cumin dry extract	80 mg
Agar agar	90 mg
Fraxinus Exc d.e.	40 mg
Licorice d.e.	3.6 mg
Fennel dry extract	200 mg
Rhubarb dry extract	360 mg
Anise d.e.	3.6 mg
Gentian dry extract	3.6 mg
Alginic acid	72 mg

\* Nutritional Reference Value

The recommended dose is 4 tablets daily.

### References:

- <https://onlinelibrary.wiley.com/doi/full/10.1002/fsn3.807>
- <https://pubmed.ncbi.nlm.nih.gov/24829694/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3123991/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210012/>
- <https://www.webmd.com/food-recipes/health-benefits-fennel>
- <https://www.webmd.com/vitamins/ai/ingredientmono-582/anise>



Marketing Authorisation holder:

PHARMILANO S.R.L Via Carlo Poma no. 32. Milano, Italy

[www.pharmilano.it](http://www.pharmilano.it)

Indigestion? Gases? Constipation?



3 problems,  
1 solution  
Lanolax Tablets

GLUTEN FREE



Indigestion

Licorice and Gentian favor the digestive system functionality.



Gases

Ginger Cumin, Gentian, Fennel and Anise favor intestinal gas elimination.



Constipation

Fraxinus Tree, Agar, and Rhubarb promote the intestinal transit regularity



Made in Italy

30 Tablets



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is a dietary supplement based on plant extracts. Vegetable extracts are useful to favor normal gastrointestinal motility and elimination of gases that frequently cause abdominal tension.

### Ginger dry extract:



Several studies have investigated ginger's effects on the gasses, indicating that enzymes in ginger can help break up and expel gas, providing relief from any discomfort. In addition, ginger may help increase movement through the digestive tract, and helps to rebalance the bacterial flora, its actions counteract colitis, diarrhea, and constipation effects.

### Cumin dry extract:

Modern research has confirmed cumin may help speed up normal digestion, it increases the activity of digestive enzymes, potentially speeding up digestion. Cumin also increases the release of bile from the liver. Bile helps digest fats and certain nutrients in the gut. In one study, 57 patients with irritable bowel syndrome (IBS) reported improved symptoms after taking concentrated cumin for two weeks.



### Agar agar:



Because of its high soluble fiber content (~80%), Agar can aid digestion and gut health. Soluble fibers form a gel-like material in the gut that can be readily fermented by the bacteria in the colon. The fiber in agar absorbs and retains water. This stimulates the intestines and creates a bowel movement. This bulking effect is thought to make it useful as a laxative.

### Fraxinus dry extract:

Has diuretic properties, stimulates diuresis favoring the elimination of waste, and thanks to the presence of flavonoids, has an important anti-inflammatory action. Manna contains a chemical called mannitol that can act as a laxative to help move the stool through the intestine.



### Licorice dry extract:



Licorice root extract is often used to relieve symptoms of indigestion, such as acid reflux, upset stomach, and heartburn, licorice facilitates food transit inside the stomach and intestine, has laxative property, reducing the sense of heaviness and promoting.

In a 30-day study in 50 adults with indigestion, taking a 75-mg licorice capsule twice daily resulted in significant improvements in symptoms, compared with a placebo

### Fennel dry extract:



Fennel has been shown to help with digestion by reducing inflammation in the bowels and decreasing bacteria that cause gassiness. One study also showed that fennel oils could help relieve symptoms of irritable bowel syndrome. It is traditionally used to promote digestive functions, especially in people who eat abundant and high in fat meals.

### Rhubarb dry extract:

Rhubarb improves digestion and gut health, it contains compounds called sennosides, which act as natural laxatives, useful for promoting physiological intestinal transit.



### Anise dry extract:



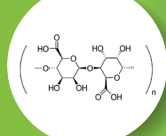
Some research shows that taking anise powder daily for 4 weeks reduces stomach discomfort, bloating, and pain by relaxing intestine muscles.

### Gentian dry extract:

is a bitter herb thought to stimulate digestion by increasing saliva production and promoting stomach acid and digestive enzyme production



### Alginic Acid:



Works by forming a protective layer that floats on top of the stomach. This stops stomach acid escaping up into esophagus.



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