



Further Guidance on using Happy Tummy Capsules.

We give a general guide on the tub for using our charcoal capsules, which is to take between 2 -4 capsules after a meal or in the evening with a glass of water.

However, if your problem is chronic, for example, you have long standing digestive issues, acid reflux, wind / bloat etc then we recommend:-

- a) That you begin by taking 2 capsules 5 – 10 minutes after each meal. So you will be taking 6 capsules daily.
- b) Continue with this dose for 7 days as this is designed to give your system a detox and clean up.
- c) If you feel that 6 capsules daily are not helping sufficiently, then you can increase the dose to 3 capsules after each meal (9 daily), for a period of 7 days, and then adjust the dose down to 2 once you experience relief. (You can continue with the higher dose beyond 7 days if needed).
- d) Once you feel that you are 'on top' of the problem and feeling better, you can reduce the daily dose to 3 capsules daily – one after each meal.
- e) Always drink a glass of water with the capsules.

If you experience an acute problem, for example, food poisoning or the sudden onset of diarrhoea you can take as many capsules as are needed to help relieve the problem (usually 4 – 6 capsules at any one time can help).

If you have a serious health problem, condition or fall ill, always seek medical attention and/ or professional help and advice in the first instance.

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Help & Advice line: (00 44) 0800 612 7496

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