

The Natural Way to Relieve Intestinal Gas

(NAPSA)—It's something people don't like to talk about, but it's one of the most common digestive problems that they experience. It's called intestinal gas and it happens to everyone.

According to the National Institutes of Health, most people produce about one to three pints of gas in a day, and pass gas about 14 times in 24 hours. Having gas can be uncomfortable and embarrassing. Understanding the cause and ways to reduce symptoms can help most people find some relief.

One strategy for people who want to reduce intestinal gas is to cut down on certain foods, since the major cause of intestinal gas is what we eat and drink. Although everyone is affected differently, the foods that cause problems are usually those high in fiber or carbohydrates, which are hard to digest. Some of the culprits include beans, peas,

whole grains and cabbage.

Also, foods containing milk or wheat can cause discomfort for people who are intolerant to them.

Studies have shown that when activated charcoal caplets like CharcoCaps® are taken before or after a meal, intestinal gas is greatly reduced.

Doctor-recommended CharcoCaps® are a natural remedy made with four homeopathic ingredients coated around an activated charcoal core.

These ingredients: carbo vegetabilis; lycopodium clavatum; cinchona officinalis and sulphur are considered by many pharmacists to be effective at stimulating and supporting the body's defense against intestinal gas.

To receive a free sample and a money-saving brochure, please send \$1.00 to cover postage and handling to: Requa, Inc.; P.O. Box 2384; Bridgeport, CT 06608.

