

The health of the intestine depends on many factors. Including from the reception of certain dietary supplements.

Here are a few food additives that affect the chair.

**Magnesium.** It acts as a laxative and can increase the frequency of the stool and soften it. In higher doses, magnesium leads to diarrhea. Avoid taking high doses of magnesium and magnesium oxide.

**Iron.** Bades with iron can cause constipation, slow down the passage of food through the intestines, make the chair more solid. This was warned by Rita Nahar, a doctor of medical sciences, a certified gastroenterologist. With constipation, try to switch to a softer form of additives with iron - for example, to iron bislycinate.

**Calcium.** This mineral plays a major role in muscle contraction, transmitting nerve signals, and blood coagulation. However, he also slows down intestinal motility, which can cause constipation.



Getty images. Evewell Design

**Probiotics.** Some people can be more sensitive to them than the rest. For example, probiotics can cause liquid stool or bloating.

**Fiber.** Excessive consumption of fiber additives can make the stool more dry and solid.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***