

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.

Magnesium and not only: these additives will affect your defecation regime



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 chair more dry and solid.

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