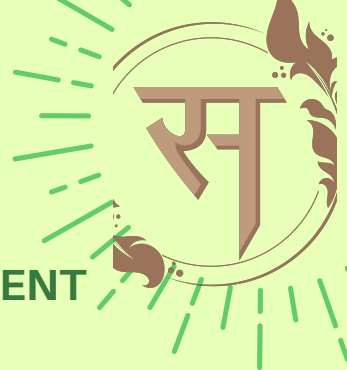


# NATURAL CONSTIPATION RELIVER



ITS A FOOD SUPPLIMENT

## SOFTOFRESH ( 100 GRMS )



Softofresh powder is essentially an ayurvedic medicine for constipation which stimulates bowel movements and offers instant relief from the pain and discomfort caused due to constipation. In addition to taking the recommended dose of Softofresh, one should also incorporate certain dietary changes. These include increased intake of water, consumption of high-fiber foods and inclusion of probiotic foods in the diet. Regular exercise can also help improve the condition, to a great extent.