

# Bloating (Flatulence)

## **Possible Causes and Contributing Factors:**

- Biliary stasis/insufficiency
- Low stomach acid
- Pancreatic insufficiency
- Bacterial imbalance of colon
- Food sensitivity

## **Suggested Dietary Changes:**

- If food sensitivity is suspected, eliminate all dairy and gluten

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*