



*lactose- &
gluten-free*

Castolax

Castor oil laxative capsules



All natural constipation relief

Constipation is a frequent complaint that may be caused by lack of physical activity, imposed bed rest, stress, unbalanced diet or rapid diet changes, for instance when traveling.

Castolax capsules from Doppelherz® provide castor oil to help relieve occasional constipation.

Castor oil is produced from beans of the castor plant (*Ricinus communis*). The benefits of this oil have been known for ages: when used topically, castor oil moisturizes skin and hair. When ingested, it acts purgative and laxative.

The laxative action of castor oil is based on its high content of ricinoleic acid. This molecule rapidly triggers an increase in feces water content and stimulates bowel movement, resulting in a fast relief from constipation.

Because castor oil taste is unpleasant, many users prefer to ingest it as capsules.

Castolax capsules from Doppelherz® are tasteless, easy to swallow soft gel capsules containing **1000 mg** pure cold-pressed castor oil each.

Use of Castolax capsules from Doppelherz® is recommended to treat occasional constipation.

One capsule contains:
1000 mg pure castor oil.

Recommendations:

Depending on the effect wanted, swallow 1 to 3 capsules with enough liquid in the morning on an empty stomach. Do not chew. Take 2 capsules on the first day and increase or reduce the dosage on the following days if necessary.

Remarks:

Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children. Pregnant or breastfeeding women should not use this product. Reduce the dosage or interrupt treatment in case of diarrhea or abdominal cramps. Do not use this product in case of known allergy towards castor oil.

Energetic value:

1 capsule corresponds to 10 kcal/40 kJ.

Do not store above 25 °C.




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