



ENZI-NAU PROTOCOL

For those with digestive problems such as bloating and nausea

Recommended for:

Stressed individuals who digest slowly and complain of abdominal bloating and episodes of postprandial nausea.

When is it recommended?

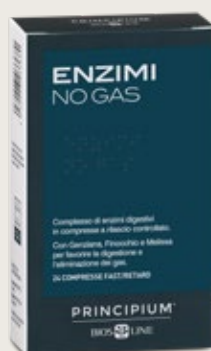
When even light meals are difficult to digest, accompanied by bloating with frequent nausea and flatulence problems, the cause is often stress, which also affects the gastrointestinal tract.

Meals should be balanced and eaten calmly and peacefully, but often the commitments and stress of everyday life do not allow us to do so. For those who suffer from digestive problems, even accompanied by nausea, we offer a protocol that acts before and after meals.

YOUR DAILY PROTOCOL

We recommend cycles of 30-60 days.

Principium Enzimi No Gas



Before meals: No Gas Enzymes, with a high dose of digestive enzymes and phytoextracts, to aid digestion and prevent the formation of intestinal gas.

**1 tablet before lunch
+ 1 tablet before dinner; at least 10-15
minutes before meals.**

Principium Naudigest Effervescente



As needed, after meals: Naudigest Effervescent, with Ginger, Lemon essential oil, and Rice, to combat nausea and control gastric acidity

**When needed, take 1 sachet after a
meal. Dissolve the contents of the
sachet in a glass of water and drink
immediately**

Visit our store locator on the [principiumlife.com](https://www.principiumlife.com) website, enter your city and find the store nearest you.



Suitable for
vegans



Gluten
free



Lactose
free