

Title:

Bulk Forming Drugstore Laxatives Can Harm You

Word Count:

461

Summary:

There are 5 basic drugstore laxatives. In this article, I discuss which is the safest to use

Keywords:

drugstore, laxatives, fiber, constipation, bulk, forming

Article Body:

There are five basic types of drugstore laxatives you should be aware of. Some of these laxatives

The five types of drugstore laxatives are:

- Bulk Forming Laxatives - (clears constipation in 1-3 days)
- Stool Softening Laxatives - Emollients - (works in 1-4 days)
- Lubricant Laxatives - (works in 5- 9 hours)
- Osmotic or Saline Chemical Laxatives - (works 1- 3 hours)
- Stimulant Laxatives - (works in 6 - 24 hours)

If you are going to use any of these laxatives keep in mind they will work faster when you take

Once you have cleared your constipation, look for a more natural way to keep regular. Start with
Bulk Forming Laxatives

Bulking laxatives are the safest laxative to use and can be used longer than other types of laxatives

These laxatives work by making your stools larger and heavier and help attract and trap water

Bulking products or food can be used for mild cases of constipation. Use them with plenty of water

Natural bulking agents are karageenan, guar, agar, and psyllium seed. Some semi-synthetic bulking agents
Some bulk forming laxatives you will find in the drugstore are:

- Citrucel - contains methylcellulose (not recommended)
- Fiberall - contains psyllium seeds
- Fibercon - contains Calcium Polycarbophil (not recommended)
- Hydrocil - contains psyllium seeds
- Metamucil - contains psyllium husks
- Perdiem Fiber - contains senna
- Ultrafiber - contains psyllium seeds and prunes

Some bulk forming laxatives contain excess sugar and sodium. Read the label for these items,

If you are pregnant, using bulk forming laxatives may be the safest way to relieve your constipation

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