

RELAXY - The new jelly bean laxative



What is Relaxy?

Relaxy is a flavoured jelly bean laxative for people over 60 years old. It comes in six different flavours: chocolate, orange, lemon, mixed fruit, strawberry and aniseed. It is certified vegan, animal and cruelty-free and carbon neutral.

How does Relaxy work?

Relaxy works by stimulating the XL receptors in your small intestines which leads to you having a bowel movement within 3 hours of taking it.

How effective is Relaxy?

In a clinical trial, Relaxy was found to be effective at relieving constipation in 3 out of 4 people who took it ; with only 1% of people experiencing side effects.

Who can take Relaxy?

Relaxy is for people over 60 years old. Relaxy is not suitable for: people who are type 1 or type 2 diabetic or people on antidepressants.

How do you take Relaxy?

You chew one Relaxy jelly bean once a day for a maximum of 5 days.

What are the side effects of Relaxy?

Like all medicines, Relaxy can cause side effects, although not everyone will experience them.

The most common side effects include:

- diarrhoea
- trapped wind
- intestinal cramps

You should stop taking Relaxy if you develop any of these side effects and speak to your doctor.

* Relaxy may also make your urine a bright yellow colour as it contains a vitamin B complex, however this is nothing to worry about.

What are the ingredients in Relaxy?

The active ingredient in Relaxy is Relaxy XL. This is what helps you have a bowel movement. Each jelly bean contains 5mg of Relaxy XL.

The other ingredients in Relaxy are: glucose, monosodium glutamate (MSG), lactose, flavouring, modified cornstarch, agar-agar seaweed gelatin.

How do you store Relaxy?

Relaxy should be stored in a fridge in its original opaque container to protect it from light. Once opened, a pack of Relaxy should be used within 30 days. You can dispose of any expired or unwanted Relaxy in your household waste bin.

Where can I get Relaxy?

Relaxy is a Prescription Only Medicine (POM) so it can only be prescribed by your doctor. Talk to your doctor today if you think Relaxy is right for you.