

Constipation Improvement

The 69th Annual Meeting of Japan Society of Nutrition and Food Science (2015)

The OM-X capsule is effective in reducing constipation and improving the stool condition among female college students having a tendency toward constipation.

Objective

We evaluated the influence on bowel movement and the properties of stools by the intake of an encapsulated OM-X extract (OM-X capsule) among female college students having a tendency to be constipated.

Methods

The subjects for the study were selected from 54 female college students with either a normal bowel movement or a tendency toward constipation. We examined the habits of bowel movement of each subject for 2 weeks before, during and after taking the OM-X capsules. The statistics on both groups were reviewed along the test items of defecation frequency, stool output, color, form, smell, and relief the subjects feel.

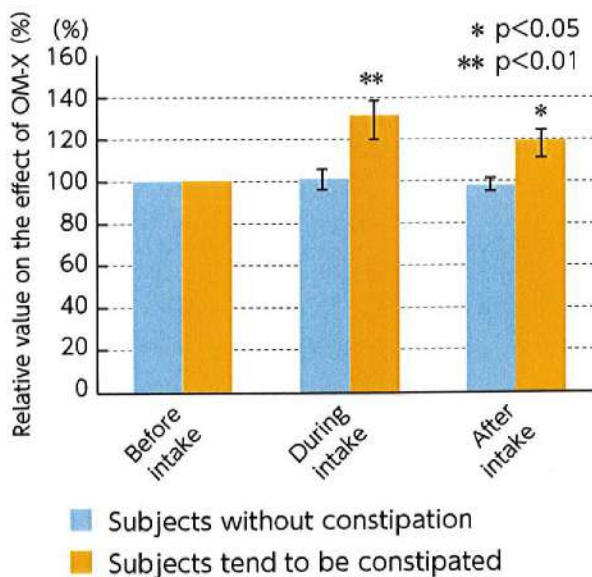
Results

The female college students having a tendency to be constipated showed a significant increase in defecation frequency and stool output in comparison with their conditions before taking the OM-X capsules.

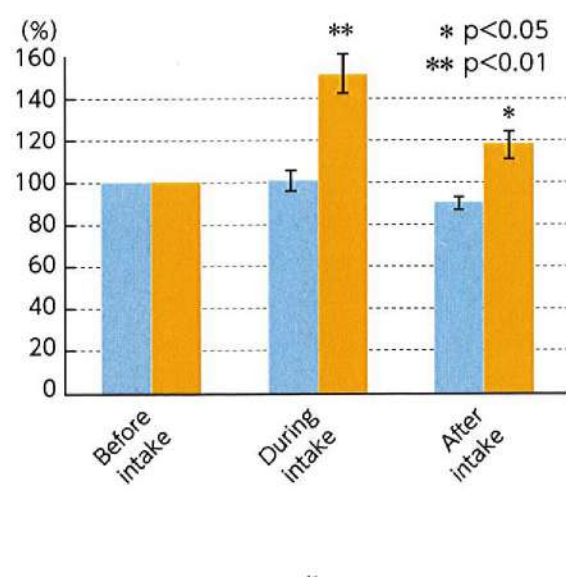
According to the other index of stool including color, form, smell, and relief the subjects feel, the frequency of stools with the ideal conditions also increased during the intake periods.

These results suggested that an intake of the OM-X capsules help to relieve constipation for people who tend to experience hard bowel movements.

Effects of OM-X on defecation frequency



Effects of OM-X on stool output



The OM-X capsules help to relieve constipation and improve the stool condition in people having a tendency to be constipated.