I’ve been really constipated since starting my weightloss medication, how will SPR help? **

GLP-1 Medication · https://thesixpackrevolution.com/docs/ive-been-really-constipated-since-starting-my-weightloss-medication-how-will-spr-help/

We’ll help you to ensure you get the balance your body needs to support your digestive system.

Increase fluids

We recommend drinking plenty of water throughout the day to keep your digestive system moving - avoiding carbonated drinks and sodas that can aggravate your tummy.

Add fiber

Our meal plans ensure you get the balance you need, making sure you get high-fiber foods to keep your digestion ‘moving’.

Stay active

Physical activity helps stimulate bowel function so the combination of nutrition and exercise with SPR is the perfect partner to bring everything together.

** Always consult your doctor or prescribing medical professional if experiencing any side effects from your weightloss medication.