

Buscopan IBS Relief[®]

*Help relax the spasms
and relieve the pain of IBS*



Name _____ Record from _____ to _____

		MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU
Food	Fruit																												
	Vegetables																												
	Milk																												
	Cheese, quark, yoghurt																												
	Meat																												
	Others																												
Drinks and Tobacco	Alcohol																												
	Nicotine																												
	Coffee																												
Circumstances	Lack of sleep																												
	Pleasure																												
	Annoyance																												
	Pressure of time																												
	Visit to doctor																												
	Others																												
Symptoms	Pain																												
	Flatulence																												
	Diarrhoea																												
	Constipation																												
	Others																												

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