



Bio-Flora® - Probiotics

Bio-Flora consists of capsules each containing 4 billion live bacteria divided into two strains of friendly lactic acid bacteria: *Lactobacillus acidophilus* (La-2) and *Bifidobacterium lactis* (BD-12).

Effective protection of the bacteria

Many probiotic products fail to supply sufficient viable bacteria to the small intestine because the bacteria are killed by the strong stomach acid before they reach their destination. In order to ensure that the live bacteria reach the small intestines in good condition, it is therefore necessary to protect them from the factors that could damage them. The bacteria must be protected from the moment they are produced and put into capsules, and until they reach the consumer and are consumed. In fact, protection must be so effective that it can ensure that the bacteria remain alive and active as they pass through the strong stomach acid and end in the intestines, where they should exert their effect. Bio-Flora is not only developed with a special cryo-technology which ensures that the bacteria do not die, but remain dormant. The bacteria are also "encapsulated" in a way so that they are only released and come alive when they have reached their destination.

The bacteria in Bio-Flora does not pass through the intestinal wall, but are able to colonize the intestine.

No lactose, gluten or MSG

The cultures in Bio-Flora may contain residues of milk protein and therefore are not milk free. Bio-Flora can be taken by persons with lactose intolerance, but is not recommended for persons who are allergic to milk proteins.

About lactic acid bacteria

Our intestinal flora or gut flora is established from birth, and it is changing all our life. As infants our intestinal flora consists mainly of bifidobacteria. Mother's milk contains prebiotic substances that promote the growth of these bacteria.

Adults usually contains about 100 trillion bacteria in the gut, and lactic acid bacteria are an important part of this. The total weight of all our intestinal bacteria is around 1,5 kg.



 **Pharma Nord**

Bio-Flora®

Probiotic dietary supplement

One capsule contains

Freeze dried cultures of lactic acid producing bacteria: Lactobacillus acidophilus and Bifidobacterium lactis (at least 4 billion live bacteria).

Recommended dosage

1-3 capsules daily, unless otherwise advised. Preferably during / after a meal in its entirety, Swallow whole. Do not exceed the recommended daily dosage.

Dietary supplements are no substitute for a varied diet.

For maintaining good health is a healthy lifestyle and a varied and balanced diet is important.

Suitable for vegetarians.

Content

60 capsules. 13,8 g.

Ingredients

Dextrose, potato starch, hypromellose, Lactobacillus acidophilus, Bifidobacterium lactis, microcrystalline cellulose, magnesium stearate, titanium dioxide.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

Exposed intestinal flora

Some people have fewer bacteria in the gut than the average. The number of lactic acid bacteria in our gut are adversely affected by factors such as smoking, alcohol, medication (especially anti-biotics), pathogenic bacteria (from food or air), and stress. Also our eating habits affect the composition of our intestinal flora.

Functions of the intestinal flora

Lactic acid bacteria have many different functions in the intestine. They help break down starch and fiber substances from the diet, they produce some vitamins and short chain fatty acids. They communicate with the many nerve cells, immune cells and hormone producing cells in the gut. They also form a multitude of bioactive compounds that enter the blood stream and affect our biology in countless ways.

Bio-Flora and fiber

In order to give the intestinal flora the best living conditions, one should eat a diet rich in dietary fiber and healthy carbohydrates. Also Bio-Flora may with advantage, be combined with Bio-Fiber.

Use of Bio-Flora

Bio-Flora capsules are particularly useful on trips to areas of the world where one is exposed to a foreign bacterial flora. It is stable at room temperature. Start with Bio-Flora a few weeks before departure. Also, you can take the Bio-Flora in situations associated with low intestinal flora. Finally, Bio-Flora can be taken to help in maintenance of the normal intestinal flora.

