

Description of active substances

Inulin

It is a polysaccharide belonging to the class of fructans, which replace starch as a storage substance in the plants of the Asteraceae and Campanulaceae families. It is a fine white powder, with a sweet taste, but it is not digested by amylase, so the animal organism cannot use it. It therefore behaves like soluble fibre in the intestine. Because bacterial enzymes can metabolize it, inulin is a so

Vitamin B3

Vitamin B3 supports the health of mucous membranes and helps them function properly. It also contributes to normal energy metabolism, which means it helps the body use energy from food efficiently. In addition, it helps maintain a balanced state of the body and a feeling of inner well-being.

Stevia sweet (Stevia rebaudiana Bertoni)

Stevia is a wild shrub growing in the tropical and subtropical regions of South and Central America. The main strength of this shrub is hidden in its leaves and stems that contain a substance called stevioside. This is 200–300 times sweeter than saccharose and has a negligible energy content. For centuries stevia has been used in natural medicine, so we have chosen just steviol glycosides as the sweetener for our products.

Dosage

We recommend **1× daily 20 ml, ideally in the evening after meals**. The syrup can be consumed directly or the recommended dose can be diluted in tea, water or another soft drink. It is a dietary supplement that is not suitable for pregnant or nursing women and children under 3 years. It is not intended as a substitute for a varied diet. Do not exceed the recommended dosage. Keep out of reach of children.

Ingredients: Tyndalizedprobiotics (*Bifidobacterium adolescentis* BAc30, *Bifidobacterium bifidum* BBi32, *Bifidobacterium breve* BBr60, *Bifidobacterium animalis* subsp. *lactis* BLa80, *Bifidobacterium longum* subsp. *longum* BL21, *Bifidobacterium animalis* subsp. *animalis* BA12, *Bifidobacterium longum* subsp. *infantis* BI45), short-chain fructooligosaccharides (soluble fiber), inulin, vitamin B3 (niacin), citric acid (acidity regulator), purified water, natural raspberry aroma.



harmonelo

BIFI Fit microbiome

Specially developed liquid probiotic product for targeted support of friendly bifidobacteria. It contains a unique combination of 7 probiotic strains gently treated with so-called tyndalisation technology, which allows the probiotics to retain their effect. The recommended dose includes a probiotic made from 10 billion bacteria. It contains an increased amount of prebiotic fibre, which has a synergistic effect on friendly bifidobacteria.



Scan the QR code for information in electronic form.

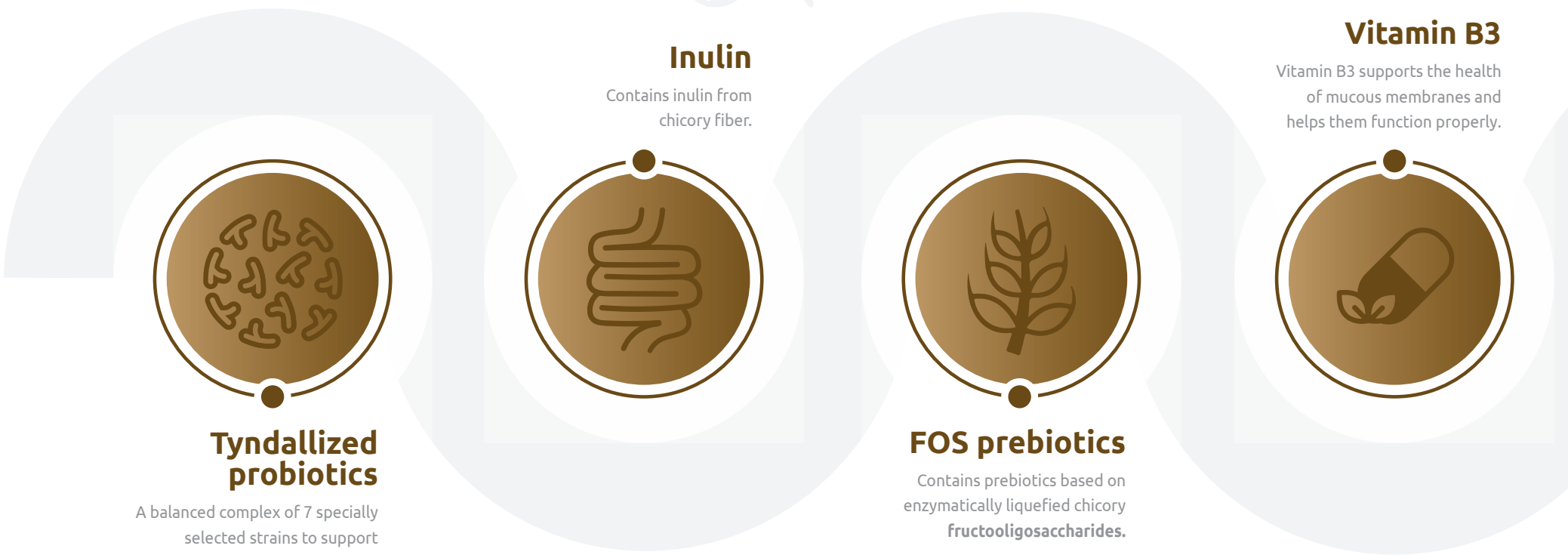


Main features

- High bioavailability
- 100% vegan
- Soy-free
- 100% free of artificial colours
- Gluten free
- Lactose free
- Low glycemic index
- 100% free of artificial sweeteners

What it supports

- Increased support of friendly bifidobacteria
- Normal state of the gut microbiota
- Better and smoother intestinal patency
- Increased stool frequency
- Strong synergistic effect on friendly gut bacteria



Tyndallized probiotics

The probiotic cultures we use in our product are tested and safe friendly bacteria that naturally inhabit the human digestive tract. Probiotics are generally understood to be substances that have a beneficial effect on the development of intestinal microbiota. Harmonelo BIFI contains tyndallized probiotics. Tyndallization is a special heat treatment of probiotics, thanks to which probiotics retain their beneficial effects while being stripped of some of their disadvantages. Probiotics treated in this way can be stored at room temperature or in liquids without losing their beneficial effects. Tyndallized probiotics can have a very positive effect on digestion, the immune system, metabolism, diarrhea

prevention, irritable bowel syndrome, skin health, inflammation, and infections. Harmonelo BIFI is specially formulated from a blend of seven probiotic strains specifically selected to support friendly bifidobacteria. The specifically selected probiotic strains include *Bifidobacterium adolescentis* BAc30, *Bifidobacterium bifidum* BBi32, *Bifidobacterium breve* BBr60, *Bifidobacterium animalis* subsp. *lactis* BLa80, *Bifidobacterium longum* subsp. *longum* BL21, *Bifidobacterium animalis* subsp. *animalis* BA12, and *Bifidobacterium longum* subsp. *infantis* BI45. The recommended daily dose contains up to 10 billion friendly bacteria.

FOS prebiotics

A new generation of prebiotics based on modified, enzymatically liquefied chicory fructooligosaccharides contributes to natural restoration of intestinal microbiota. It affects all parts of the intestine, both small and large. Fructooligosaccharides cannot be used, digested or absorbed by our body. However, they are an important nutrient for beneficial intestinal bacteria. In the colon, they also increase the production of butyrate by friendly intestinal bacteria. Butyrate is a very beneficial substance for our body. It also serves as a source of energy for intestinal mucosa cells, thus helping restore its integrity. Harmonelo BIFI is also enriched with purified

chicory inulin. This is a very pure soluble fiber that the human body cannot digest. This fiber thus becomes a unique source of energy for friendly bifidogenic bacteria. At the same time, it significantly enhances the effect of the fructooligosaccharides themselves. The result is the maximum possible effect in supporting the proliferation of juvenile (rejuvenating) bifidobacteria.