

Description of active substances

Soluble fibre

A new generation of prebiotics based on modified, enzymatically liquefied chicory **galactooligosaccharides** contributes to the natural recovery of intestinal microbiota. **Galactooligosaccharides** are indigestible to humans and are gradually metabolised by friendly bacteria, especially of the *Lactobacillus* species. Thanks to their structure they support a friendly microbiota along the entire length of the small and large intestines. **Galactooligosaccharides** positively stimulate the growth of *lactobacilli*, which in turn has a beneficial effect on a number of physiological and metabolic processes in our body. Supporting the population of *lactobacilli* in the human intestine leads to the production of biologically active molecules and metabolites that favourably affect the pH of the microbiome and of the faeces and therefore have very strong stabilizing effects on maintaining the overall pH balance of our intestines.

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 source of energy for symbiotic intestinal bacteria and has a prebiotic effect.

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 morning before 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: Soluble fibre of chicory root (*Cichorium intybus*) based on galactooligosaccharides, citric acid (acidity regulator), inulin, tyndallized probiotics – 12 strains, specially combined *Lactobacilli* (*Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus reuteri*) appropriately supplemented with *Bifidobacteria* (*Bifidobacterium bifidum*, *Bifidobacterium lactis*, *Bifidobacterium longum*, *Bifidobacterium breve*, *Bifidobacterium animalis*, *Bifidobacterium infantis*, *Streptococcus thermophilus*) potassium sorbate and sodium benzoate (preservatives), forest berries flavour, steviol glycoside, xanthan gum.



harmonelo

LACTO

For balanced intestines

The uniqueness of this syrup resides in the combination of inulin and **galactooligosaccharides** from chicory. It directly supports significant changes in the microbiome with a focus on supporting the growth of *lactobacilli*.



Scan QR code for more detailed information on the ingredients



Main features

- High content of *lactobacilli*
- Helps to adjust correct composition of the microbiome
- Simple dosing
- Gluten-free and dairy-free
- Sweetened with soluble fibre and steviol glycosides derived from Stevia
- It supports increased stool frequency and bowel regularity
- The product is enriched with pure inulin which has a strong synergistic effect on friendly intestinal bacteria
- Low glycaemic index

What it supports

- Increased intake of *lactobacilli*
- Normal condition of intestinal microbiota
- Better and smoother intestinal patency



Probiotics

Harmonelo LACTO contains a balanced complex of 12 different probiotic strains.

GOS prebiotics

As a secondary component, it contains **galactooligosaccharides** from chicory fibre.



Soluble fibre

Like all our products, LACTO syrup also contains a new generation of prebiotics based on enzymatically liquefied chicory **galactooligosaccharides**.

Stevia sweet

This product contains steviol glycosides as an additional ingredient.



Probiotics

The World Health Organization (WHO) defines probiotics as living organisms that, when applied in adequate amounts, have a beneficial effect on the host's health. The probiotic cultures we use are safe and tested. In general, probiotics can be understood as substances that exhibit a favourable influence on the development of intestinal microbiota.

GOS prebiotics

A selective stimulation of the growth or activity of some strains of the intestinal microbiota due to the prebiotics based on modified, enzymatically liquefied chicory **galactooligosaccharides (GOS)**.