

Description of active substances

Soluble fibre

A new generation of prebiotics based on modified, enzymatically liquefied chicory **fructooligosaccharides** contributes to the natural recovery of intestinal microbiota. It is active in all parts of the intestine, both small and large. Our body cannot use, digest or absorb **fructooligosaccharides**. However, they are an important nutrient for our beneficial intestinal bacteria. In addition, they increase the production of butyrate by friendly intestinal bacteria in the large intestine. Butyrate is a highly beneficial substance for our body. It also serves as a source of energy for the cells of the intestinal mucosa, thereby helping them to restore its integrity.

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: Dragon fruit (Pitahaya blanca) dried juice 500 mg; black goji (Lycium chinense) dried juice 500 mg; beta-glucan from pearl oyster mushroom (Pleurotus ostreatus) 250 mg; chicory fibre 2500 mg; steviol–glycosides (stevia) 10 mg, citric acid (acidity regulator), xanthan gum.



harmonelo

LIFE

For your
harmonious life

This syrup contains a balanced combination of black goji berry and dragon fruit juices. It is enriched with the strength of beta-glucan from the pearl oyster mushroom.



Scan QR code for more
detailed information
on the ingredients



Main features

- Fast absorption – high bioavailability of the active substances
- Gluten-free and dairy-free
- Sweetened using soluble fibre with a prebiotic effect
- Low glycaemic index

What it supports

- Intestinal microbiota
- Normal life rhythm



Black goji

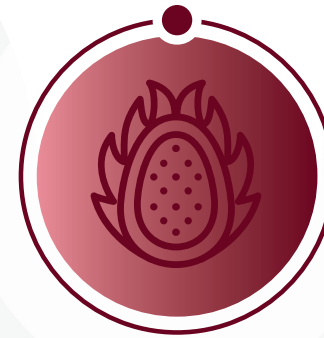
(Lycium chinense)

Superfood of the 21st century with a high antioxidant effect.

Dragon fruit

(Pitahaya blanca)

Contains important vitamins, minerals and fibre.



Beta-glucan from pearl oyster mushroom

(Pleurotus ostreatus)

Indispensable for the immune system.



Stevia sweet

This product contains steviol glycosides as an additional ingredient.

Soluble fibre

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

Black goji *(Lycium chinense)*

Harmonelo Life contains juice of black goji. It is known for its high nutritional value, which is higher than that of other species. Black goji berries contain large amounts of proteins, fats, carbohydrates free amino acids, organic acids of various nutrients, minerals, trace elements, alkaloids and vitamins. In addition, its fruits contain some essential fatty acids that are not usually found in fruit. Another positive factor is the high proanthocyanidins content. This goji berry species contains literally gigantic amounts of antioxidants and natural colourants, bio flavonoids and other beneficial substances. Thanks to their composition, goji berries are called the superfood of the 21st century.

Dragon fruit *(Pitahaya blanca)*

Dragon fruit is the fruit of a cactus from Central America and Asia. It has the shape of berry and the taste of its flesh is sweet with a soft texture. Dragon fruit is a very popular and delicious fruit with a high nutrient content that contributes to the quality of our daily life. Dragon fruit contains important vitamins, minerals and fibre, but is low in calories.

Beta-glucan from pearl oyster

Harmonelo Life contains a purified, i.e. highly refined, extract of pearl oyster mushroom (*Pleurotus ostreatus*), which contains a wide range of beneficial substances. Among the most important are beta-glucans – unique natural polysaccharides – which are almost indispensable for our immune system.