

If we detect a reduced concentration of *bifidobacteria* in your intestinal microbiota, we try to reverse this negative condition with a targeted intervention. We have developed a unique symbiotic dietary supplement **Harmonelo Bifi** for these situations. This supplement contains a strongly concentrated prebiotic chicory soluble fibre based on **fructooligosaccharides** and is additionally fortified with pure inulin. It is scientifically proven that high doses of this soluble fibre significantly support the growth of *bifidobacteria* in the intestines. It is basically a rejuvenating treatment that restarts your microbiota.

If we detect a reduced concentration of friendly *lactobacilli* in your intestinal microbiota, we recommend regular use of **Harmonelo Lacto**, a completely unique symbiotic syrup. This syrup contains a high dose of selectively acting nutrients that support the growth of *lactobacilli* in your intestines. These are so-called **galactooligosaccharides**, which are literally a strong stimulant for the growth of protective *lactobacilli*. These play a significant role in the proper functioning of our bodies; therefore we want to increase their numbers in the intestine.



Current legislation and COMMISSION REGULATION (EU) No 432/2012 (of 16 May 2012), which has been in force since 14. 12. 2012, do not allow the effects of our supplements on the human body to be described by means of so-called health claims. Moreover, it is forbidden to mention scientific research that demonstrates the effects unless it is dealing with a drug registered by a pharmaceutical company.



MICROBIOME TEST

Would you like to know the condition of your intestines?

Intestinal microbiome – what is it?

The intestinal microbiome is the famous intestinal microflora. It is a unique environment full of life and various bacteria, which are magnificently beneficial for us. These unique organisms can almost be called a separate organ.

MICROBIOME TEST – what is it?

It deals with a specific analysis of your intestinal microbiome. After receiving your order, we will send you a sampling set used to take a sample of your intestinal microbiome, which we will then analyse. The sampling is fast, undemanding, hygienic and, of course, painless. You can do it in the peace and comfort of your own home according to the instruction leaflet in the package. Early detection of a large difference between the actual age of an individual and his/her microbiome age means that an unfavourable trend can be reversed and fatal consequences can be prevented by an informed change in lifestyle.



Influence the condition of your intestines and nurture them.

As you surely know, the intestines are considered a second brain today. They are responsible for a number of important reactions and processes in the human body. Therefore, it is important to know their condition. If they are not in good shape (and we don't have to feel it at all initially), it is possible to prevent an impending catastrophe with a suitable intervention. A **MICROBIOME TEST** is intended for both clients who have problems and clients who want to take care of themselves. With early intervention the clients' intestinal microbiota can be restored to equilibrium based on the results of the analysis. Within the **MICROBIOME TEST** we analyse the intestinal microbiota in the sent sample, focusing on the 2 main groups of bacteria, namely *lactobacilli* and *bifidobacteria*, whose representation in the microbiome we are able to detect very accurately. They are the bacteria that fundamentally affect us. For this reason, they represent a major component of all probiotic products.



1. You take a sample

Simply and in the comfort of your home (we will send you instructions) + you fill in a short on-line form.



2. You hand it over

The carrier picks up the sample and transports it to the laboratory.



3. We analyze it

We find the proportion of the two main bacterial groups, which make up 90% of the microbiome. We find out the current condition of your microflora.



4. We send you a report

A special microbiome report informs you about the condition of your intestines + we recommend suitable product(s) for its correction.