

Description of active substances

Soluble fibre

A new generation of prebiotics based on modified, enzymatically liquefied chicory **fructooligosaccharides** contributes to the natural recovery of the 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: Soluble fiber of chicory root (*Cichorium intybus*) based on fructooligosaccharides, citric acid (acidity regulator), inulin, tyndalized probiotics - 12 strains (*Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Lactobacillus casei*, *Lactobacillus reuteri*, *Bifidobacterium bifidum*, *Bifidobacterium lactis*, *Bifidobacterium longum*, *Bifidobacterium breve*, *Bifidobacterium animalis*, *Bifidobacterium infantis*, *Streptococcus thermophilus*), potassium sorbate and sodium benzoate (preservatives), forest fruit flavor, steviol–glycoside, xanthan gum.



harmonelo

PROBIO

Smooth digestion throughout the day

Eliciting a positive effect on the intestinal microbiota, whilst helping to maintain its normal condition and simultaneously contributing to better and smoother intestinal patency. It contains a unique combination of 12 probiotic strains.



Scan QR code for more detailed information on the ingredients

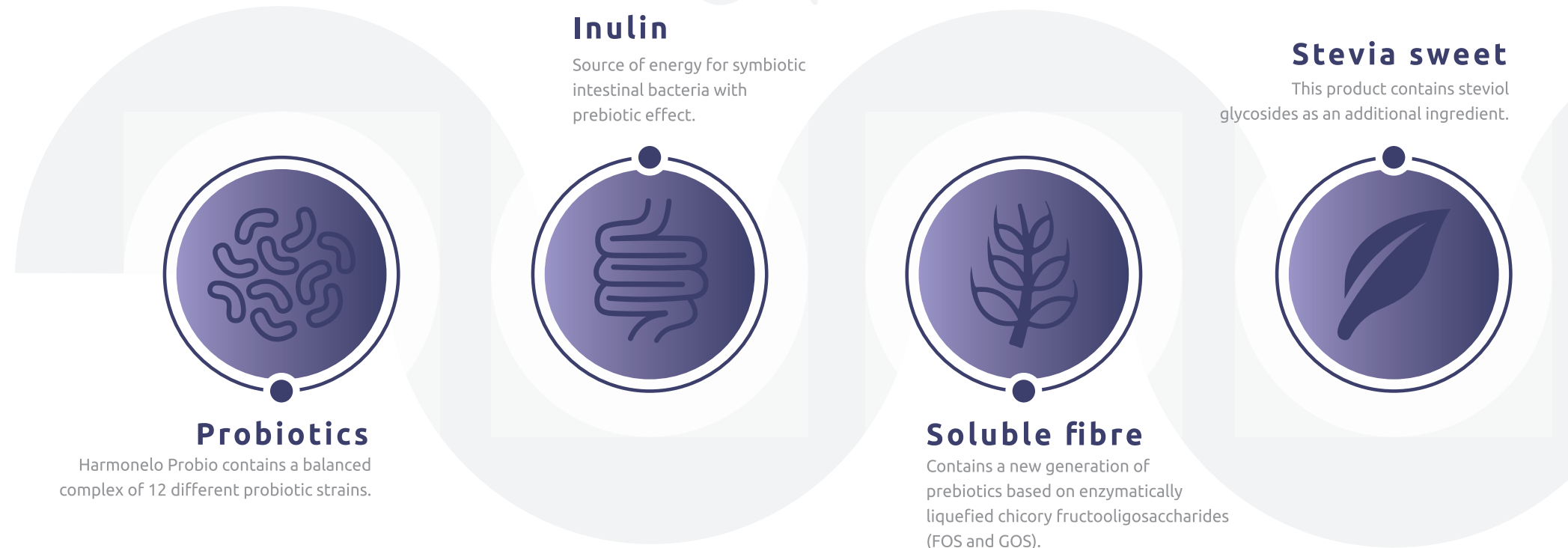


Main features

- Fast absorption – high bioavailability of the active substances
- Gluten-free and dairy-free
- Sweetened with soluble fibre and steviol glycosides derived from stevia
- It supports regular bowel movements
- Enriched with pure inulin which has a strong synergistic effect on friendly intestinal bacteria
- Low glycaemic index

What it supports

- Normal condition of intestinal microbiota
- Better and smoother intestinal patency
- Increased stool frequency



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.

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.