

## Product information PROBIOTIC VIDA

**Probiotic Vida** combines 13 different strains of bacteria with multiple sources of dietary fiber. It contains partially hydrolyzed guar gum, inulin from chicory, psyllium husk powder and 300 billion bacteria.

**Prebiotics** are non-digestible food components for humans that are broken down in the large intestine by intestinal bacteria. In short, prebiotics are the food of probiotics. A sufficient amount of prebiotics in the diet promotes the growth and multiplication of probiotics, leading to a competitive advantage of probiotics over other microorganisms.

### Advantages of Probiotic Vida

- Contains partially hydrolyzed guar gum, inulin from chicory and psyllium husk powder. These are prebiotic additives, i.e. nutrients for probiotic bacteria.
- Contains 300 billion bacteria (equivalent to 10 billion per daily dose, at the time of production).
- Probiotic Vida supplies the body with lactic acid bacteria, which are considered physiologically beneficial - in addition to a balanced and varied diet.

### Recommended dosage

Take 3 g daily (= 1 scoop) on an empty stomach at least 30 minutes before meals. Mix powder with 200 ml of lukewarm water, allow to swell for 10 minutes. (The powder dissolves best if lukewarm water is used and this is poured into the glass with the powder).

### Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of children. Do not exceed the recommended intake.

### Ingredients

50% Partially hydrolyzed guar gum, 27% inulin from chicory, maltodextrin, psyllium husk powder, **lactic acid bacteria cultures:**

Bacillus coagulans, Bifidobacterium bifidum, Bifidobacterium animalis ssp. lactis, Bifidobacterium infantis, Bifidobacterium longum, Bacillus subtilis, Lactobacillus rhamnosus, Lactobacillus acidophilus, Bifidobacterium breve, Lactobacillus casei, Lactococcus lactis, Lactobacillus plantarum, Streptococcus thermophilus

### Minimum shelf life

36 months

Nutritional values	
Amount per daily dosage of 3 g	
Bacterial cultures	10 billion bacteria**
Inulin	800 mg
Partially hydrolyzed guar gum	1500 mg

\*\*at the time of production. Probiotics are living microorganisms, prebiotics their source of nutrients.

### Net quantity

Net content 90 g

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