



## Food supplement with probiotics and oligosaccharides



















#### PROBIOTICS AND OLIGOSACCHARIDES

- (1) Natural lemon flavouring.
- (2) It does not require refrigeration.
- (3) Bifidobacterium longum subsp. infantis, Bifidobacterium longum and Bifidobacterium animalis subsp. lactis.
- (4) Galactooligosaccharides and fructooligosaccharides.
- (5) Lactobacillus rhamnosus and Lactobacillus acidophilus
- (6) Made with colostrum and egg yolk.

## Did you know that...?

Millions of microorganisms live in our body, distributed throughout our skin and mucous membranes.

These microorganisms (microbiota) live in different areas and have beneficial activities, such as optimizing the use of nutrients, generating some vitamins, and protecting ourselves.

Probiotics are "live microorganisms that offer health benefits to the host, when administered in adequate amounts."<sup>1</sup>

Oligosaccharides are "ingredients that produce a selective stimulation of the growth and/or activity of species of microorganisms in the gut microbiota, providing health benefits to the host."<sup>2</sup>

## Probiotics and oligosaccharides work very well synergically

Our current lifestyle —involving an excess of processed foods, low fiber intake, antibiotic treatments, etc.— result in a low quality and quantity of our microbiota (i.e. a bacterial imbalance), which can affect our general wellbeing.

### What does PRE/O offer?

Each packet contains **875 million** colony-forming units from 5 different probiotics. It contains **2 types of oligosaccharides and corn fiber.** Thanks to our **microencapsulated technology**, it does not require refrigeration and allows live cultures to be optimally released into the colon to perform their functions. 100 mg of **4Life Tri-Factor™ Formula** per packet. Easy to carry, share, and **ready to take**. Pleasant lemon taste.







Take one (1) packet per day.

Pour all the content into your mouth.

Swallow it WITHOUT CHEWING.

If you want, drink water or another beverage afterwards. It is not apt for children under 3 years of age. Children between 3 and 12 years old can take smaller amounts during the day.



First month – one packet per day
Second and following month – one packet
every other day

#### **NUTRITIONAL INFORMATION**

Daily dose: One (1) packet

Daily servings per container: 15

#### **INGREDIENTS:**

Galactooligosaccharides, corn fiber, fructooligosaccharides, fully hydrogenated coconut oil (*Cocos nucifera*), cane sugar, maltodextrin, 4Life Tri-Factor™ Formula (made from colostrum (milk) and egg yolk), fish gelatine, natural lemon flavouring, thickening agent (glycerine), *Bifidobacterium longum subsp. infantis*, sodium chloride, emulsifier (soy lecithin), *Bifidobacterium longum*, stabiliser (pectins), *Lactobacillus rhamnosus*, *Lactobacillus acidophilus*, sweetener (steviol glycosides), and *Bifidobacterium animalis*. *subsp. lactis*.

## **Amount per daily dose**

14 kcal 0,12 g 2,8 g 0,37 g 0,21 g 0,18 g 0,02 g
1000 mg 500 mg 70 mg 30 mg 13,5 mg/
250 million CFUs* 4 mg/ 250 million CFUs* 1,7 mg/
125 million CFUs* 1,5 mg/ 125 million CFUs* 149,94 mg/ 250 million CFUs*

<sup>\*</sup> CFUs: colony-forming units









Warnings: An excessive consumption can cause intestinal discomfort. Avoid taking it together with medicines and other fiber-based food supplements. It is not apt for children under 3 years of age. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF REACH OF CHILDREN. Store in a cool and dry place.

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