

# Life Spirit Symbiotix

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Antibiotics, infections and constipation that have entered the body during antibiotic treatment, unilateral malnutrition and environmental pollution can contribute to the imbalance of the intestinal flora. Life Spirit Symbiotix is a special dietary supplement containing 13 beneficial probiotic bacterial strains and prebiotics, adapted to the specific nutritional needs of the intestinal flora in the event of damaged intestinal flora. **One Symbiotix capsule = contain 29.5 billion live flora cells!** Store in a refrigerator!

To enhance the immune system and healthy defences, we created Symbiotix, a product containing 13 types of probiotic strains, which is a broad-spectrum pro- and prebiotic dietary supplement. Known as probiotics, "friendly"

microbes can have a wide range of beneficial effects on health and the maintenance of healthy digestion. It contains 29.5 billion living flora cells from specially selected strains.

The human gut flora is like a fingerprint, unique to each person. The intestinal tract is home to a wide variety of bacterial and fungal strains that are involved in metabolic processes, breakdown, and vitamin and mineral uptake. Its community in the intestinal tract is called a microbiome. The microbiome not only plays a role in the normal functioning of the intestinal tract, but also largely affects the immune system, our health, and our lives.

The sensitive balance of the intestinal flora, which is useful and harmful to us, is primarily determined by the food we eat and our way of life. Due to the improperly formulated, modern fast-processed diet, anxious, stressful lifestyle; the microbiome shifts in the harmful direction, leading to the development of countless diseases. The products and by-products of the majority of harmful microorganisms, as well as the lack of materials of the reduced good flora, can in some cases cause inflammation and many other problems and diseases.

If adverse changes occur in the microbiome, it will not only have intestinal consequence, but will also affect the entire body. This in turn increases the risk of developing obesity, diabetes, thyroid and autoimmune as well as cardiovascular disease, insulin resistance and some cancers. Symptoms of microbial displacement may include bloating, gasification, abdominal cramps, diarrhea, and irregular bowel movements. If these symptoms occur, it is strongly recommended that you call for help with a probiotic.

The beneficial bacteria and fungi in Symbiotix make it impossible for them to multiply the presence of large numbers of harmful bacteria and produce substances that benefit our health. The prebiotic content of symbiotix is food for good bacteria, so the capsule not only introduces but also feeds the probiotic strains. By ensuring the appropriate proportions of the intestinal flora, a healthy microbiome makes it possible to eliminate and restore the causes of many diseases of the immune system and other diseases attributable to the intestinal flora. A balanced, healthy microbiome is the basic condition for the health of our body and the creation of our physical and mental harmony.

## Life Spirit Symbiotix composition

<i>Active substance content in 1 capsule</i>	<i>NRV% *</i>
Live flora powder mixture	500 mg NA
Bifidobacterium longum	6,0 mrd CFU NA
Bifidobacterium bifidum	3,5 mrd CFU NA
Lactococcus lactic	3,0 mrd CFU NA
Lactobacillus acidophilus	2,5 mrd CFU NA
Lactobacillus casei	2,5 mrd CFU NA
Lactobacillus rhomnosus	2,0 mrd CFU NA
Bifidobacterium lactis	2,0 mrd CFU NA
Bifidobacterium breve	2,0 mrd CFU NA
Lactobacillus plantarum	1,5 mrd CFU NA
Lactobacillus reuteri	1,5 mrd CFU NA
Lactobacillus salvarius	1,0 mrd CFU NA
Lactobacillus helveticus	1,0 mrd CFU NA
Lactobacillus paracasei	1,0 mrd CFU NA
Inulin	50 mg NA
L-glutamin	50 mg NA

## Ingredients

Live flora powder mixture, Inulin, L-glutamine

## Application

Recommended dosage: 1 capsule daily. Take the daily dose with plenty of fluids after waking up on an empty stomach or at bedtime.

## Storage

Store in a refrigerated room (refrigerator)! Keep out of reach of children!

## Attention

Do not exceed the recommended daily dose. Consuming the product is no substitute for a varied, balanced diet and a healthy lifestyle.

## Packaging

30 pcs