

MÖDERE™



PROBIOTIC

with beneficial bacteria and prebiotic fibres

THE WELLNESS PROBLEM

There are literally trillions of bacteria living inside your intestines – and most of them are essential to your wellbeing! These bacteria can be broadly divided into two categories: ‘good and bad’.

Those bacteria which are good are commonly referred to as probiotics and they play a huge role in our wellbeing. The beneficial bacteria perform many useful functions including fermenting indigestible carbohydrates, producing B-group vitamins and vitamin K and helping to maintain or enhance digestive function.

However, when the balance of bacteria in the gut is upset the corresponding rise in the amount of potentially harmful bacteria can lead to digestive disturbances and other imbalances. The balance of bacteria can be negatively influenced by alcohol intake; consumption of processed, fast and fatty foods; stress; as well as some medications.

When this occurs, a quality supply of probiotic bacteria can help to restore a proper bacterial balance within the digestive system.

THE MODERE SOLUTION

With 30 billion beneficial bacteria packed in every dose, Probiotic contains a proprietary synbiotic blend of pre and probiotic ingredients to help maintain an optimum balance of ‘good’ bacteria within the intestines.

Probiotic contains the probiotic bacterial strains *Bifidobacterium lactis* LAFTI® B94 and *Lactobacillus acidophilus* LAFTI® L10.

The *Bifidobacterium lactis* LAFTI® B94 strains work in synergy with the *Lactobacillus acidophilus* LAFTI® L10 and the prebiotic fibres.

The prebiotics in Probiotic are non-digestible fibres that stimulate or ‘feed’ the probiotics to help them multiply and restore the bacterial balance of the gut.

Probiotic’s innovative dual sachet packs separate the probiotics from the prebiotics until they need to be taken, prolonging the product’s shelf life. Readily soluble with a slightly sweet taste, Probiotic is designed to blend well with water or fruit juice.



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WELLBEING BENEFITS OF PROBIOTIC

Dietary supplementation

- Stimulates the growth of good bacteria and minimises the growth of bad bacteria to support digestive function and promote good bacterial balance
- Contains probiotic bacteria and prebiotic fibres: Probiotics are the good bacteria, prebiotics act as a food source and boost the effectiveness of the probiotic bacteria
- A good bacterial balance can help because:
Processed diets, alcohol and some medications can increase the level of bad bacteria
An overgrowth of bad bacteria can lead to digestive discomfort and other conditions
- By restoring and maintaining a healthy bacterial balance, you can reduce digestive discomfort and support normal digestive function and overall wellbeing

LIFESTYLE TIPS

- Get tested for food allergens or food sensitivities. Common allergens are wheat, dairy, corn, peanuts, citrus, soy, eggs, fish and tomatoes.
- Fibre supplementation helps with regular bowel motions. The use of a prebiotic will support the growth and colonisation of good flora levels.
- Gut irritation can be caused by diets high in fatty red meat, regular consumption of fried foods, excess dairy foods (cheese, milk, yogurt), poor quality chocolate (high in sugar and vegetable oils), as well as excess coffee, alcohol, soft drinks and artificial sweeteners.
- Stress reduction is important for the gut. There is a gut mind relationship.
- Exercise every day for at least 30 minutes for good bowel health.

COMPANION PRODUCTS

You may receive additional nutritional benefits from combining this product with: Aloe Vera, Colostrum, Liver Health, Fiber, Para Cleanse

FACTS

ACTIVE INGREDIENTS

Trehalose, fibre (arabinogalactan 26%, inulin 26%), cultures [*Bifidobacterium lactis* 2%, *Lactobacillus acidophilus* 1.5%]. May contain traces of soy and milk.

DIRECTIONS FOR USE

Stir the contents of dual sachets into 100mL of water. Take every second day. Best taken after meals. More servings may be taken if desired. Refrigerated storage below 4°C is recommended. Please note that the dual sachet configuration makes it ideal for travelling where it will remain at satisfactory levels of activity for up to a month out of the fridge.

Pack size: 75g.

FREE FROM

Gluten, artificial colours and flavours and yeast. Suitable for vegetarians.

NUTRITIONAL INFORMATION

Each 5g dual sachet contains a total of 30 billion *Lactobacillus acidophilus* and *Bifidobacterium lactis* organisms when packed.

Servings per container: 15

Serving size: 100mL when prepared as directed

Average quantity per 100mL prepared in water

Energy	54.5kJ
Protein	0.3g
Fat, total	0.00g
- saturated	0.00g
Carbohydrate	3.2g
- sugars	1.8g
Sodium	3.7mg
Dietary fibre, total	2.6g
- arabinogalactan	1.3g
- inulin	1.3g
Lactose	0g
- galactose	0g