



**Proflora Fiber**

**Food Supplement of Soluble Fibers and Lactic Acid Bacteria to improve the Bowel Function and help reduce the occurrence of Constipation.**

**Indication:**

To balance the intestinal microflora and alleviate symptoms related to constipation.

**Active ingredients in One Sachet:**

<i>Bifidobacterium lactis</i>	3,0 billion
<i>Lactobacillus casei</i>	3,0 billion
<b>Total viable cell count per dose</b>	<b>6 billion cfu/sachet</b>
Fiber (Fructooligosaccharides)	2500 mg

Other ingredients: Fructose, Orange flavour, Silicon dioxide.

**Recommended daily intake for adults:** 1 sachet per day.

**Instructions of use:**

Empty 1 sachet into a glass of water and stir until the powder dissolves, before drinking, or sprinkle on top of yoghurt or breakfast cereals.

**Situations of use:**

Sluggish stomach/slow transit stomach affects up to 30% of the population and is characterised by infrequent bowel movements and difficult passage of stools.

Slow transit is a symptom with many causes, however insufficient intake of fluids, lack of exercise, poor diet, travel activities, pregnancy, Irritable Bowel Syndrome (IBS), medication (such as Loperamide), often lead to constipation.

Probiotic bacteria produce organic acids and short-chain fatty acids by fermentation of the fructooligosaccharide. The fatty acids lower the intestinal pH and thereby assist the bowel movement and decrease the colonic transit time, which is beneficial for treating constipation.

**Adverse effects and precautions:**

- The product has no known adverse effects and no special precautions need to be taken for otherwise healthy people.
- Pregnant women should only take the supplement after prior approval by a medical doctor or other health care professional.
- Do not use if you have allergy to any of the ingredients of the product.
- Do not exceed the recommended dosage.
- Do not use as a substitute for a varied diet.

**Storage:**

Keep out of the reach of children, below 25°C and away from moisture.

**Unit weight:**

3000 mg per sachet

**Made in Italy**

**Manufactured by**

Biofarma S.p.A.  
Via Castelliere 2, 33036 Mereto  
di Tomba (UD), Italy

**Marketing Authorization Holder:**

Biocare Copenhagen A/S  
Ole Maaloes Vej 3, 2200  
Copenhagen, Denmark

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Size: 210 (h) x 138 (w) mm