

**WEIDER**

# HELPS STRENGTHEN THE IMMUNE SYSTEM

- 1.65 billion live bacteria
- Rapidly absorption probiotics
- Oral format that can be dissolved quickly



Just open



Put it directly onto  
your tongue

A WEIDER INNOVATION



# WEIDER®

## WEIDER MICROBIOTICS

### Helps strengthen the immune system

1.65 billion live bacteria

Rapidly Absorbing Probiotics

Oral format that can be dissolved quickly

**Weider Microbiotics** contain probiotics, in a single-dose format. These individually packaged doses are designed to be taken directly by mouth; no water needed and no pills to swallow! This way of consuming the product helps to increase absorption in your body and the unique manufacturing process helps to preserve the integrity of the product.

**Weider Microbiotics** contains 15 unique strains of bacteria that are specially formulated to protect and restore balance to your digestive system, which helps support a healthy immune system.

Your digestive system is continuously exposed to a large number of bacteria from diet and other environmental factors. A large part of your immune system lives within the digestive system, so when you take care of your intestinal microbiota you are also helping out your entire immune system.

#### A healthy digestive system supports a healthier you!

**Weider Microbiotics** provides you with 1.65 billion beneficial bacteria from 15 unique strains, including an exclusive strain called BACO-17. Accompanied by Vitamin C, Vitamins B2 and B6 this is the most complete probiotic available! These beneficial bacteria improve digestion and support absorption of nutrients which leads to good functioning of the immune system.

- **BACO-17:** resistant to high temperature and stomach acid which increase survivability and efficacy of the product.
- **Vitamin C:** promotes the natural stimulation of immune defenses.
- **Vitamin B6 and B2:** contribute to proper functioning of the immune system.

**Take Weider Microbiotics to ensure you have proper digestion and absorption of nutrients which will lead to a healthy functioning immune system.**

**At Weider we are committed to deliver quality products that help you and your family improve your health and life!**



Nutritional Information	Per dosis
Microbiotic mix	1,65 x 10 <sup>9</sup> UFC**
Streptococcus thermophilus ST4, Bacillus coagulans BACO-17 Bifidobacterium longum BLI-02 Bifidobacterium lactis CP-9 Streptococcus thermophilus SY-66 Lactobacillus acidophilus TYCA-06 Lactobacillus paracasei GL - 156 Lactobacillus rhamnosus F - 1 Lactobacillus fermentum TSF331 Lactobacillus helveticus RE - 78 Lactobacillus bulgaricus GA - 812 Bifidobacterium bifidum Bf - 688 Lactobacillus casei CS - 773 Lactobacillus reuteri GL - 104 Bifidobacterium infantis GB - 1496	
Vitamin C	12mg (*15%)
Vitamin B2	0,21 mg (*15%)
Vitamin B6	0,21 mg (*15%)

**Ingredients:** Corn flour, lactose (milk), sucrose, fructooligosaccharides, acidifier: citric acid; Streptococcus thermophilus, acidity regulator: calcium lactate; Vitamin C (ascorbic acid), Bacillus coagulans, Bifidobacterium longum, Bifidobacterium lactis, inulin, flavouring, colouring: beta-carotene; maltodextrin, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), Lactobacillus acidophilus, Lactobacillus paracasei Lactobacillus rhamnosus, Lactobacillus fermentum, Lactobacillus helveticus, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus casei, Lactobacillus reuteri, Bifidobacterium infantis.

**RECOMMENDATION:** Take 1 single-dose stick per day. We do not recommend taking more than 3 sachets per day. It is possible that you might experience some bloating or more regular bowel movements, but no serious side effects or illness.

**PACKAGING:** box with 60 single-dose sticks. **FLAVOUR:** Orange.

**DIRECTIONS OF USE:** Open the envelope and pour the contents directly onto the tongue or if you would like to you can dissolve it in a cold beverage, however you do not need to.

## FAQ

### QUESTIONS AND ANSWERS

**1. I have just taken antibiotics, is it advisable to take probiotics after taking the antibiotic?**

Yes, it is 100% recommended, since the antibiotic kills the intestinal flora and it is necessary to regulate the digestive system. Weider Microbiotics helps you to achieve this in a fast and effective way. But never during the antibiotic intake, always after.

**2. Which is better, vitamins or probiotics?**

One thing does not take away the other, they are complementary products, the ideal is to take both. But in this case we have supplemented Weider microbiotics with Vitamin C, B2 and B6, to make the most complete probiotic on the market.

- Vitamin C: which promotes the natural stimulation of defenses (immunoglobulins...).
- Vitamin B6 and B2: which contribute to the proper functioning of the immune system.

Of course, Weider microbiotics helps you strengthen your immune system and digestive system.

**3. I feel tired, can Weider microbiotics help give me energy?**

Not necessarily this product is focused on another objective, but you should look at what is the cause of your tiredness. And if you need energy in Weider we have many other products that can help you get it.

**4. How many live bacteria does the product have?**

1.65 billion live bacteria. The 15 strains of live bacteria make it the most complete probiotic on the market.

**5. What is the ideal dose?**

1 sachet per day is the recommended daily dose. However you can take up to 3 per day.

**6. Should I have breaks between taking probiotics?**

Weider microbiotic is so friendly to the intestinal flora that no rest is necessary, you can take it continuously and it would have no adverse effects.

**7. Can children take probiotics?**

A healthy digestive system is important for children too, so in general it is advisable that they take probiotics. However it is always advisable to check with your physician.

## FAQ QUESTIONS AND ANSWERS

### 8. When is it best to take Weider Microbiotics?

It is recommended to consume the product half an hour before a meal or during a meal.

### 9. Is drinking yogurt the same as taking a probiotic?

It is not the same, Weider microbiotics has 15 strains of bacteria and a yogurt does not usually reach 5 strains. Microbiotics is much more complete than yogurt.

### 10. Would it cause a negative effect on the body if the intake recommendation is exceeded?

When probiotic intake exceeds what the body demands, it will not colonize in the intestine and will leave the body through excrement. However, intake of a large volume of probiotics may cause bloating or increase bowel movements, but this would be temporary.

### 11. Can Weider Microbiotics be consumed if I feel sick or have a seasonal cold?

Yes, we recommend taking 2 to 3 sachets at a time.

### 12. How should I take it if I have severe constipation?

It is recommended to take probiotics with enzymes. The enzyme will first help cleanse the intestine, allowing the probiotics to colonize for greater benefit.

