

PRODUCT INFORMATION

Florachron®

Improvement of the intestinal flora by ingestion of a chronobiologically developed probiotic (morning) and prebiotic (evening) bacteria mixture with a synergistic action.

Basic Facts

The digestive eco-system hosts 400 to 500 different types of bacteria. In the healthy flora of the small and large intestines, bacteria with beneficial properties dominate over illness-causing germs. These «friendly» micro-organisms preserve the body's immune defense, assist in the uptake of nutrients and facilitate the elimination of undigested food particles. The condition of this first and most important barrier against pathogens and toxins is seriously impaired in millions of people by three factors: inappropriate antibiotic treatment, an unbalanced diet, and inflammatory bowel diseases.

«Death sits in the bowels» goes a famous wise saying by early history's most prominent physician, Hippocrates of Kos. Modern medical research proves him right. Nearly all diseases of affluence, or lifestyle diseases, are related to impaired digestion and a deficient uptake of nutrients. The food we eat introduces pathogens and other harmful substances into our digestive system. Ideally, they are eliminated while proteins, fats, carbohydrates as well as vitamins, minerals and secondary plant constituents are absorbed by the organism. The intestinal mucosa also produces immune cells, which are distributed to all parts of our body through the lymphatic channels, thus strengthening our immune system.

The restoration of the natural bacterial balance after an antibiotic therapy, which uncontrollably kills off both friendly and harmful bacteria, after infectious or inflammatory diseases and the maintenance of a healthy intestinal flora are the prime areas of application of chronobiology. The relevant measures are repeated in two steps according to a daily rhythm: healthy, living bacteria (probiotics) are applied to normalize the bacterial flora. Fibrous substances which are indigestible by the human digestive system (prebiotics) provide a perfect breeding ground for these probiotics, assuring that the friendly bacteria stick to the intestinal wall and find optimal conditions for procreation.

Florachron® is a preparation whose effect takes place at the correct time of day. A probiotic complex of bacterial stems is administered in the morning. The capsule taken in the evening, which contains a multiple of the amount of prebiotics, helps the microorganisms to accumulate effectively inside the digestive tract.

The daily amount of about 26 billion bacteria contained in Florachron®, which is much more than the amount of micro-organisms contained in the daily food, is administered chronosymbiotically in the manner of a «yoghurt tablet», assuring that a sufficient amount of these micro-organisms survives the passage through the stomach with its gastric acid and reaches the different bowel sections in an efficient number.

Effects

Effects of probiotics

While the food is being digested, ***Lactobacillus acidophilus*** forms several substances (e.g. lactic acid) which create an unfavorable environment for undesirable micro-organisms. By producing niacin, folic acid and pyridoxine, this lactobacillus moreover contributes to the formation of a healthy intestinal flora. Lactic acid bacteria strengthen the immune system, have cancer-preventive properties and regulate the cholesterol level. A precondition is that these healthy bacteria are administered in sufficient number so they can overcome the gastric acid barrier which builds up during the digestive process, and reach the bowels alive.

The probiotic bacterial stem ***Lactobacillus plantarum*** – generally known to be contained in fermented sauerkraut – converts oxygen into hydrogen peroxide. This is a powerful weapon which the immune system employs against many unhealthy micro-organisms, and which serves to eliminate competing, unhealthy bacteria from the intestines.

Another integral constituent of the human digestive tract, and indispensable for its continuous restoration, is ***Lactobacillus salivarius*** (an autochthonous bacterium).

Lactobacillus rhamnosus is one of 52 bacterial stems that has proven particularly resistant to illness-causing bacteria and gastric acid. It shows particularly strong adherence to the intestinal mucosa.



Bifidobacterium bifidum exerts its effect especially in the large intestine, where it produces B vitamins and enhances the absorption of calcium and other minerals as well as many vitamins, just like other intestinal symbiotic bacteria. The intestinal flora of a breastfed infant is a typical bifidus flora. The lactic acid and acetic acid produced by the intestinal symbiotic bacteria improve the acidity in the intestinal tract and make it more resistant to pathogenic bacteria and molds. The conversion of nitrate (in vegetables) into nitrites and subsequently into carcinogenic nitrosamines is thus inhibited.

Effects of prebiotics

Tens of thousands of plants contain fructo-oligosaccharides (FOS). Particularly high concentrations of these fibers, which are non-digestible for humans, are found in rye, garlic, onions, bananas, burdock and honey. Because our digestive system lacks certain enzymes, their molecules cannot be fully digested. They are converted into **short-chain fructo-oligosaccharides (scFOS®)** which adhere to the mucosa of the intestinal tract. In this way they provide a perfect breeding ground selectively for the «friendly» bacteria which are able to assimilate this sugar.

Most FOS are natural derivatives of **inulin**, a reserve carbohydrate which occurs in plants (also referred to as alant starch). It was much revered by the North American Indians for its health benefits particularly in the Jerusalem artichoke, or **topinambour**. When inulin and its related substances accumulate in the intestines, their additional bacteriostatic properties also assist in restoring healthy intestinal flora. Inulin swells in the stomach, curbing the feeling of hunger there already. The fossilized coral minerals contained in **Coral Calcium®** optimize the acid-base balance and enhance the absorption of the administered substances.

Composition

AM tablet (morning)

	per tablet	daily dose
Probiotic complex (patented BIO-tract® technology, containing lactobacillus acidophilus 30%, lactobacillus plantarum 30%, lactobacillus salivarius 15%, lactobacillus rhamnosus 20%, bifidobacterium bifidum 5%)	10 billions* CFU** (209 mg)	20 billions* CFU**
scFOS® (short-chain fructo-oligosaccharides)	130 mg	260 mg

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, hydroxypropyl methylcellulose, pectin, sodium carbonate (anhydrous), stearic acid, guar gum, turmeric (color).

* guaranteed amount of living bacteria at the time of filling

** CFU = Colony-forming unit

PM capsule (evening)

	per capsule	daily dose
scFOS® (short-chain fructo-oligosaccharides)	450 mg	900 mg
Inulin	100 mg	200 mg
Topinambour (Jerusalem artichoke)	75 mg	150 mg
Coral Calcium®	12.5 mg	25 mg

in pharmaceutical grade. Other ingredients: magnesium stearate, tricalcium phosphate, SiO₂

Dosage

In normal cases take 2 tablets AM (white) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.






Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

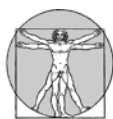
Store in a cool and dry environment, out of reach for children.

Florachron® Product Groups

Florachron® can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food Supplements**
-  **Chronobiology**
-  **Immune System, Cell Protection & Antioxidants**
-  **Stomach & Intestines**
-  **Metabolism & Weight**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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