

Florachron®

Florachron® promotes healthy intestinal flora by providing a chronobiologically developed probiotic (morning) and prebiotic (evening) regimen designed to work synergistically to help maintain healthy levels of intestinal flora.

Basic Facts

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

«Death begins in the bowels» is a famous and wise saying attributed to early history's most prominent physician, Hippocrates of Kos. Today, modern medical research proves him right. Nearly all diseases of affluence, or so-called «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 systems. Ideally, they are eliminated while proteins, fats, carbohydrates, vitamins, minerals and secondary plant constituents are absorbed by the body. 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. Restoring the natural bacterial balance after antibiotic therapy, which kills off both friendly and harmful bacteria, replenishing intestinal flora after infectious or inflammatory conditions and the maintenance of a healthy intestinal flora are prime areas of application for chronobiology.

The Florachron® regimen consists of two steps in accordance with the body's daily rhythm. First, healthy, living bacteria (probiotics) are provided to normalize the bacterial flora in the gut. Then, fibrous substances which are unable to be digested by the human digestive system (prebiotics) are introduced to provide a perfect internal environment for the probiotics, assuring that the «friendly» bacteria adhere to the intestinal wall and encounter optimal conditions in the digestive tract.

Florachron® is a chronobiological preparation designed to provide the optimal ingredients for digestive health at the correct time of day. A capsule containing a probiotic complex of approximately 20 billion live cells, along with a small amount of prebiotic substances, is administered in the morning. This probiotic capsule has been specially developed to ensure that a sufficient amount of probiotic bacteria survive the passage through the stomach, ultimately reaching the lower portions of the digestive tract. The evening capsule contains a much higher quantity of prebiotics, which help the probiotic bacteria accumulate effectively inside the digestive tract, while also preparing the intestinal wall for the next load of prebiotics.

Effects

Effects of probiotics:

While food is being digested, the bacteria **lactobacillus acidophilus** forms several substances (e.g. lactic acid) which create an unfavorable environment for undesirable microorganisms. By producing niacin, folic acid and pyridoxine, lactobacillus also contributes to the formation of healthy intestinal flora. Lactic acid-producing bacteria help support a healthy immune system, promote healthy cell growth and help maintain cholesterol levels already within normal ranges. It is, however, necessary that these friendly bacteria are administered in sufficient numbers so they can overcome the gastric acid barrier which builds up during the digestive process, thus reaching the bowels alive.

The probiotic **lactobacillus plantarum** – generally known to be present in fermented sauerkraut – converts oxygen into hydrogen peroxide. This is a powerful process that the immune system employs against many unhealthy microorganisms, and which serves to eliminate competing, unhealthy bacteria from the intestines.

Lactobacillus paracasei is a probiotic that works to transform carbohydrates into lactic acid, acetic acid and hydrogen peroxide in the gut, facilitating efficient digestion.

Its powerful antiseptic properties also help protect against harmful pathogens, promoting a healthy balance of beneficial bacteria. **Lactobacillus paracasei** also effectively breaks down the sugars in milk products that may normally cause unpleasant symptoms such as cramping and bloating. This probiotic strain has also been shown to support a healthy immune system.

Lactobacillus rhamnosus is one of 52 beneficial bacteria that has proven particularly resistant to illness-causing bacteria and gastric acid. It is also able to easily adhere to the intestinal mucosa.

Bifidobacterium bifidum exerts its effects primarily in the large intestine, where it produces B vitamins and enhances the absorption of vitamins, calcium and other

Florachron®

- ▶ Promotes healthy intestinal flora
- ▶ Helps strengthen the body's own defense mechanisms
- ▶ Works to restore the natural balance of «good» bacteria after antibiotic therapy
- ▶ Administers the active ingredients in a chronobiological form

At a Glance

Florachron®

minerals, just like other symbiotic intestinal bacteria. The lactic acid and acetic acid produced by 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 also inhibited.

Bifidobacterium lactis is a probiotic superstar that has been linked to a wide variety of health benefits. One of the most studied probiotic strains, *B. lactis* has been shown to provide benefits relating to metabolic syndrome, immune system health, healthy weight maintenance, healthy blood sugar levels, heart health, inflammation and more.

Saccharomyces boulardii is a yeast with probiotic properties that has been successfully used to alleviate many types of infectious diarrhea and help mediate inflammation in the bowel. *S. boulardii* supports the healthy functioning of the gastrointestinal barrier, promoting regularity. Like other probiotic strains, *S. boulardii* also supports a strong and healthy immune system.

Effects of prebiotics:

Tens of thousands of plants contain fructo-oligosaccharides (FOS), otherwise known as prebiotics. Particularly high concentrations of these fibers are found in rye, garlic, onions, bananas, burdock and honey. Because our digestive system lacks certain enzymes, FOS cannot be fully digested by humans, but are instead 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 for the «friendly» bacteria, who are able to assimilate this sugar.

Closely related to fructo-oligosaccharides, **inulin** is a polysaccharide produced by certain plants that is also referred to as alant starch. This substance derived from chicory root fiber and Jerusalem artichoke root (**topinambour**) works as an effective pre-biotic dietary fiber, helping the helpful bacteria in the digestive tract to thrive. When inulin and its related substances accumulate in the intestines, their additional bacteriostatic properties also assist in restoring healthy intestinal flora. Inulin also swells in the stomach, helping to curb feelings of hunger.

Composition

AM capsule (morning)		
	per capsule	daily dose
Probiotic complex (Contains: <i>saccharomyces boulardii</i> , <i>bifidobacterium bifidum</i> , <i>lactobacillus acidophilus</i> , <i>lactobacillus rhamnosus</i> , <i>lactobacillus paracasei</i> , <i>lactobacillus plantarum</i> , <i>bifidobacterium lactis</i>)	10 Mrd.* CFU** (509 mg)	20 Mrd.* CFU** (1018 mg)
scFOS (short-chain fructo-oligosaccharides)	130 mg	260 mg

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate.

* 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 (made from chicory root fiber and Jerusalem artichoke)	160 mg	320 mg
Coral Calcium®	12.5 mg	25 mg

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

The fossilized coral minerals contained in **Coral Calcium®** optimize acid/alkaline balance and enhance the body's absorption of ingredients.

Uses

Scientific studies have revealed that probiotics can have a positive influence on a wide variety of physical conditions, working primarily by improving the body's own defense mechanisms. These conditions include:

- ▶ diarrhea
- ▶ irritable bowel symptoms
- ▶ stomach and intestinal discomfort
- ▶ gum health
- ▶ immune system health
- ▶ skin health

The probiotic bacteria and prebiotic substances in Florachron® work symbiotically and chronobiologically to help maintain a healthy digestive tract and immune system.

Dosage

In normal cases take 2 capsules AM (clear) in the morning and 2 capsules PM (blue) in the evening at mealtimes 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.

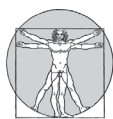
Store in a cool and dry environment, out of reach for children.

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:



VitaBasix®

by LHP Inc.

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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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