

Bio-Kult was formulated by an expert team of doctors, nutritionalists and scientists dedicated to advancing the research and use of probiotic health supplements. It carries no risk of overdose, is suitable for vegetarians, those who are lactose intolerant, pregnant women and children. (Advice should always be sought from your GP/Health Care Practitioner for specific indications).

Bio-Kult contains 14 strains of beneficial bacteria; seven strains of Lactobacillus, four strains of Bifidobacterium, and one strain of Lactococcus, Streptococcus and Bacillus at a minimum of 2 billion probiotic microorganisms per capsule (2×10^9 CFU/capsule), equivalent to 10 billion probiotic microorganisms per gram (1×10^{10} CFU/gram).

Usage guidelines

Digestive disorders can vary enormously, from a mild upset caused by food poisoning to chronic disorders such as Ulcerative Colitis. If you are taking Bio-Kult for such conditions we recommend that you seek advice from your Doctor or Health Care Practitioner for specific dosages suitable for your condition.

Bio-Kult capsules can be pulled apart and the contents sprinkled on to food, mixed in a drink or swallowed whole.

Guidelines for general use*

1 - 2 capsules once or twice daily with food. If taking two or more capsules daily, you may wish to split the dose between two meals.

If you are taking antibiotics

Double daily dose. Ideally take at a different time of day from the antibiotics.

Continue taking for at least 1 week after completion of the antibiotic course.

For travellers

Double daily dose. Ideally start 1 week before travel and continue for 1 week following the end of travel.

Children

Children under 12 – half adult dose.

Bio-Kult is completely safe, has no contraindications and carries no risk of overdose.

*All doses are guidelines, please seek advice from your doctor or health care practitioner for specific conditions.

Allergen Declaration

Bio-Kult contains traces of soya and traces of milk products at a level which would not affect lactose intolerance sufferers.

Bio-Kult is available from:

The Finchley Clinic

Telephone (Orders):

Free phone 0800 2800 486 or +44 (0) 1635 225 186

Telephone (Product Advice)

0871 231 7399**

Order Online:

www.TheFinchleyClinic.com

Bio-Kult is manufactured by:

Protexin, Lopen Head, Somerset, TA13 5JH

**Calls cost 10p per minute.

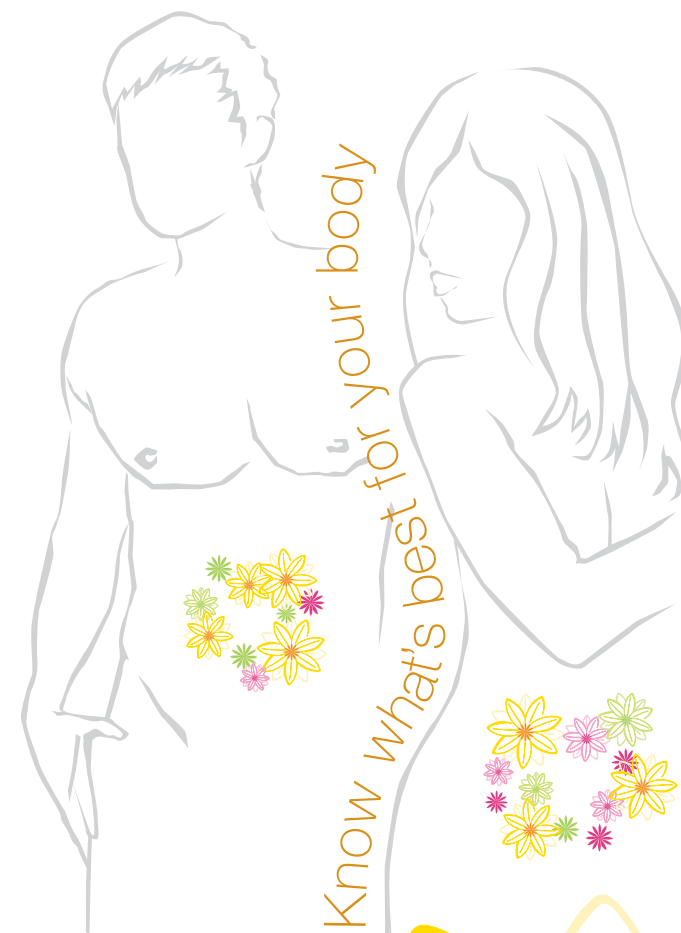
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Protexin®
health care
Science and nature in balance

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Know what's best for your body



Boosting the natural power of good bacteria

Just like everyone else, your gut contains trillions of 'good' bacteria – known as your 'microflora'. Topping up these bacteria is a natural way to help keep your digestive and immune systems functioning correctly, and may help in the management of some gut-associated conditions (see pages 3 & 4).

Your gastrointestinal tract contains more than 500 different strains of bacteria, living in different places and performing different functions. So when it comes to 'topping up', you'll want to know you are giving your body the best chance of getting the bacteria it needs.

That's why Bio-Kult from Protexin has 14 separate strains of bacteria inside each vegetable capsule – unlike other probiotic supplements and yogurts that have only one or two strains. Bio-Kult is also:

- * Highly concentrated
- * Manufactured in the UK (Somerset)
- * Independently analysed.



Have you been recommended Bio-Kult?

If Bio-Kult has been recommended by your Health Care Practitioner, Doctor or Nutritionist, then this may be to help with a specific condition.

Antibiotic associated diarrhoea

Diarrhoea is often associated with an imbalance of the gut bacteria, with pathogenic 'bad' bacteria becoming dominant. Often this is as a result of a course of antibiotics, which can kill the good bacteria in the gut and leave it open to attack by bad bacteria. Using Bio-Kult to replace the good bacteria helps restore the balance and can help alleviate the symptoms.

Traveller's stomach

Food or water from an infected source can introduce bad bacteria, resulting in diarrhoea, cramps and/or nausea. Use Bio-Kult as a preventative to strengthen the good bacteria in your gut before, during and after your holiday, or if you have a bout of traveller's stomach.

Atopic dermatitis (eczema)

Eczema can be triggered by changes to the gut microflora, often as a result of lifestyle factors such as stress, diet or even just a hectic lifestyle. If so, then using Bio-Kult to help restore the balance can help with eczema.

Leaky gut syndrome

If the gut lining becomes permeable, it can allow bacteria and some undigested nutrients to enter the bloodstream instead of being digested. This can cause the immune system to react, leading to inflammation. Probiotics have been shown to re-establish intestinal barrier function and therefore reduce inflammation in such cases.

Irritable bowel syndrome (IBS)

IBS is caused when the gut doesn't work properly, leading to soreness, bloating, diarrhoea and/or constipation. Ensuring the gut microflora is well balanced with good bacteria can help strengthen the gut's ability to respond, and so reduce the symptoms.

Candida (Candidiasis)

The yeast *Candida albicans* naturally lives on or in most humans as a harmless organism, but it can become a major fungal pathogen. A study showed that the normal gut flora has a natural resistance to *Candida albicans* but this may be reduced when antibiotics are taken, leading to recurring yeast infections in women. These can be localised, e.g. in the mouth, vagina, and can spread to almost any organ system. Candidiasis can be associated with a number of conditions:

chronic fatigue syndrome, arthritis, Irritable Bowel Syndrome (IBS) and allergies. Probiotic microbes suppress the growth of *Candida* in both the gastrointestinal tract and vagina. They also stop *Candida* adhering to mucous membrane.

Inflammatory bowel disease (IBD)

Persistent inflammation of the gut – such as in cases of Crohn's disease and Ulcerative Colitis – will need specific drugs to reduce the inflammation. Probiotics, alongside specific medication, can help boost the immune system to ensure an appropriate immune response in IBD sufferers.

Autism

While there is much research yet to do, there are some indications that autistic children have a deficient gut microflora. This affects their ability to absorb nutrients and can also allow pathogenic bacteria to take hold and release toxins into the bloodstream. Over time a high-strength, naturally powerful probiotic could help to restore the balance, re-establish good digestion and reduce the toxin-producing 'bad' bacteria.

