

# ZINOBIOTIC

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Zinobiotic is a tailored blend of 5 natural dietary fibers<sup>1</sup>. These fibers are metabolised in the colon (the large intestine) where they support the growth of healthy bacteria.

Zinobiotic helps to reduce spiking in blood sugar after meals<sup>2</sup>, and maintain good cholesterol levels<sup>3</sup>. The fibers promote many healthy bowel functions including regularity<sup>4</sup>, feelings of fullness and reduced bloating.

- ▶ **Dietary Fibre Blend<sup>1</sup>**
- ▶ **Gut Health**
- ▶ **Balanced Cholesterol<sup>3</sup>**
- ▶ **Reduction in blood sugar spiking after meals<sup>2</sup>**
- ▶ **Healthy bowel functions and regularity<sup>4</sup>**
- ▶ **Balanced microbiom**
- ▶ **Colon cleanse<sup>5</sup>**

**DIETARY FIBERS:** Other products generally contain only one or two fibers, a strategy which is not enough for your daily need. Zinobiotic contains significant amounts of five soluble dietary fibers<sup>1</sup>. This approach ensures benefits for the whole colon. Digestion resistant starch, inulin, beta glucan from oat, fructo-oligosaccharide (FOS) and psyllium husk are fermented in the colon and aimed at several bowel functions, for example, the resistant starch will contribute to the reduction of the otherwise normal rise of blood sugar after meals<sup>2</sup>.

**GUT HEALTH:** The fibers in Zinobiotic stimulate the growth of good bacteria throughout the colon. There are over 100 trillion bacteria in the human colon and while some are good for our health, others are less desirable. The good bacteria use dietary fibers as their fuel, enabling them to outgrow and displace the less wanted bacteria. The good bacteria contribute to many important body functions, such as educating our immune system. They are also linked to better mood, stamina and health in general. A healthy gut is essential for a healthy body.

The fibers in Zinobiotic also contribute to a feeling of fullness in the stomach (which can help with appetite control), but at the same time they reduce bloating by improving regularity<sup>4</sup>. There may be a short period of adjustment while the fibers begin to improve the bacterial population, but this is a minor and passing step on the way to better health.

**NORMAL CHOLESTEROL LEVELS:** One of the five fibres is beta glucan from oat. This has a scientifically approved function in maintaining normal blood cholesterol<sup>2</sup>.

**WHICH FIBRES:** Zinobiotic is a concentrated blend of 5 dietary fibers: digestion resistant starch from whole grains, inulin from chicory root, beta glucan from oat, and fructo-oligosaccharide (FOS) also from chicory root and psyllium husk. We have added exactly the same dietary fibers in the LeanShake, thus providing you with two different ways of getting healthy fiber into your diet<sup>2</sup>. Combining Leanshake and Zinobiotic works well too.

**RECOMMENDED DAILY DOSE:** Mix 6 g (1 scoop) powder with 50-100 ml water in a shaker bottle, or mix with a drink of your choice (e.g. water or juice in a shaker). If you mix Zinobiotic with LeanShake or a smoothie, add extra fluid according to taste. The product can be used 1-2 times per day according to your needs.

**WATER:** Drinking extra fluid is strongly recommended when you consume dietary fibers. Water prevents faeces from becoming a bit too solid.

**STORAGE :** Store product dry and cool with the lid on.

**NOTICE:** Recommended daily dosage should not be exceeded. Food supplements do not replace a varied diet. Pregnant women and children below 1 year should consult with physician before use.

\* Confirmed by EFSA (The European Food Safety Authority)

**INGREDIENTS:** Resistant starch (from whole grains), beta glucan from oat, inulin, fructooligosaccharides, psyllium husk powder, bulking agent (xanthan gum E415), anti-caking agent (tricalcium phosphate E341), natural sweetener (steviol glycosides E960)

#### NUTRIENT VALUE

Amount per serving	1 scoop, 6g
Resistant starch	2,4 g
Beta glucan from oat	0,8 g
Inulin	0,7 g
Fructooligosaccharides	0,3 g

## FAQ ZINOBIOTIC

**WHY SHOULD I TAKE ZINOBIOTIC FIBER BLEND?** Health scientists agree we should increase our daily dietary fiber intake. ZinoBiotic provides a blend of dietary fibers which serve as fuel for the beneficial bacteria in our colon so that they grow and replace unwanted bacteria. This balances our microbiome.

**CAN I TAKE ZINOBIOTIC FIBER BLEND AND LEANSHAKE TOGETHER?** Yes. You can take both products together in the same meal or take them separately at different times during the day, as you prefer. The dietary fibers in ZinoBiotic are the same as the ones found in the LeanShake. In one serving of 60 g LeanShake you get 3 g of dietary fibers, ie half of the dose in ZinoBiotic, which are beneficial for the bacteria in the colon. The fibers in ZinoBiotic also contribute to a feeling of fullness in the stomach (which can help with appetite control), but at the same time they reduce bloating by improving regularity<sup>4</sup>. There may be a short period of adjustment while the fibers begin to improve the bacterial population, but this is a minor and passing step on the way to better health.

**IS THERE ANYONE WHO SHOULD NOT TAKE ZINOBIOTIC FIBER BLEND?** It is recommended that people with stomach related problems start with small dosages and increase the dosage over a period of time, giving the microbiome time to adjust.

**WHAT KIND OF SYMPTOMS COULD I EXPERIENCE FROM TAKING ZINOBIOTIC FIBER BLEND?** Symptoms could include increased fecal bulk, rumbling and sounds. Increased level of gas can also be experienced in relation to a dietary fiber intake, but in most cases this will only last for a short period of time. Some people also experience a mild constipation. For this, and other symptoms it is important to ensure your water consumption by adding extra water to your diet. This is recommended in general when you consume any kind of dietary fibers.

## APPROVED CLAIMS BY EFSA

<sup>1</sup>A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.

<sup>2</sup>Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal. The claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch.

<sup>3</sup>Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

<sup>4</sup>Oat grain fibre contributes to an increase in faecal bulk. The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>5</sup>Oat grain fibre contributes to an increase in faecal bulk. The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.