

# ZINOBIOTIC+

## ALL-NATURAL DIETARY FIBER BLEND



KETO-FRIENDLY



NON-GMO



NATURALLY SOURCED  
INGREDIENTS



HIGH IN FIBER



GLUTEN-FREE



### HIGHLIGHTS REGARDING ZINOBIOTIC+

ZinoBiotic+ is a tailored blend of 8 natural dietary fibers.<sup>1</sup> These fibers are metabolized 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.<sup>4</sup>

**Content:** 180 g

### ALL-NATURAL INGREDIENTS

- ▶ Resistant starch from corn, green banana and potatoes
- ▶ Beta glucans from oats
- ▶ Inulin and FOS from chicory root
- ▶ Psyllium husk
- ▶ Guar gum fiber from Indian guar beans

### KEY BENEFITS

- ▶ **Dietary fiber blend<sup>1</sup>**
- ▶ **Reduction in blood sugar spiking after meals<sup>2</sup>**
- ▶ **Gut health**
- ▶ **Balanced cholesterol<sup>3</sup>**
- ▶ **Healthy bowel functions<sup>4</sup>**
- ▶ **Balanced microbiome**

## SUPPLEMENT FACTS

### NUTRITION INFORMATION / 营养资料

Serving size 12 g (2 scoops) / 食用份量 12 g (两勺)  
Servings per Container: 15 / 每个容器所含食用份量数目 15

#### Amount Per Serving / 每份服用剂量的营养成分

Energy / 能量	12 Kcal / 千卡
Protein / 蛋白质	0.2 g / 克
Fat, total / 总脂肪	0.3 g / 克
saturated fat / 饱和脂肪	0 g / 克
trans fat / 饱和脂肪	0 g / 克
Carbohydrate / 碳水化合物	2.2 g / 克
sugars / 糖	0.2 g / 克
Sodium / 钠	4 mg / 毫克
Resistant starch blend / 抗性淀粉混合物	4.9 g / 克
Beta glucans from oats / 燕麦β-葡聚糖	1.0 g / 克
Inulin / 菊粉	1.8 g / 克
Fructooligosaccharides / 果糖	0.2 g / 克
Psyllium husk / 车前子壳	0.5 g / 克
Guar gum / 瓜尔胶	0.24 g / 克

**RECOMMENDED DAILY DOSAGE:** Mix 12 g powder (2 scoops) with 200 ml water in shaker bottle, or mix it with a ready to drink product of your choice e.g. LeanShake, fruit smoothie drink. You can also sprinkle it on a serving of yogurt, kefir, sour milk or similar. Take 1 to 4 scoops of ZinoBiotic+ daily, according to your preference. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet.

**WATER:** Drinking extra fluid is strongly recommended when you consume dietary fibers. Water prevents digestive issues such as constipation.

**INGREDIENTS:** Resistant starch from corn, gluten-free beta glucans from oats, inulin, fructooligosaccharides (FOS), resistant starch from potatoes, psyllium husk, partially hydrolyzed guar gum from guar beans, resistant starch from green bananas.

**STORAGE:** Dry and cool with the lid on. Keep out of reach of small children.

**ZINZINO DIETARY FIBER BLEND:** Resistant starch blend (corn, potatoes, green bananas), oat beta glucans, inulin, fructooligosaccharides, psyllium husk and guar gum fibers.

**NATURAL:** ZinoBiotic+ is made only from natural ingredients and contains no excipients.

**GMO-FREE:** Our products are GMO-free (i.e. free of genetically modified organisms).

### DIETARY FIBERS

Other fiber products on the market generally contain only one or two types of dietary fibers, a strategy which is not enough for your daily need of fibers. ZinoBiotic+ contains significant amounts of eight dietary fibers. This approach ensures benefits for the whole colon. Resistant starch, inulin, beta glucans from oats, fructooligosaccharides (FOS) and psyllium husk are fermented in the colon and promote 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 bodily 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.

Fibers also contribute to a feeling of fullness in the stomach (which can help with appetite control), but at the same time they reduce bloating. 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 situation.

### NORMAL CHOLESTEROL LEVELS

One of the eight fibers is beta glucans from oats. These have a function in maintaining normal blood cholesterol.<sup>3</sup>

### GLUTEN-FREE

ZinoBiotic+ contains special beta glucans from oats that are free from gluten and contamination from other grains.

### OTHER INGREDIENTS

ZinoBiotic+ contains only active ingredients. There are no excipients at all in the product.

## ZINBIOTIC+ HEALTH CLAIMS (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.



Norwegian Formulation. Produced in Norway.

# ZINOBIOTIC+

纯天然膳食纤维混合物



适合生酮饮食



非转基因



成分天然



高纤维



无麸质



## ZINOBIOTIC+ 希诺益生原膳食纤维 特色

ZinoBiotic+ 是 8 种天然膳食纤维的特制混合物<sup>1</sup>。这些纤维在结肠 (大肠) 中代谢, 有利于结肠中有益菌群的生长。

ZinoBiotic+ 有助于控制餐后血糖升高<sup>2</sup>, 并维持良好的胆固醇水平<sup>3</sup>。所含纤维可促进多种有益健康的肠道功能<sup>4</sup>。

**含量:** 180 克

### 纯天然成分

- ▶ 玉米、青香蕉和土豆(马铃薯)中所含的抗性淀粉
- ▶ 燕麦中所含的  $\beta$ -葡聚糖
- ▶ 菊苣根中所含的菊粉和低聚果糖
- ▶ 车前子壳
- ▶ 印度瓜尔豆中所含的瓜尔胶纤维

## 主要好处

- ▶ 膳食纤维混合物<sup>1</sup>
- ▶ 控制餐后血糖升高<sup>2</sup>
- ▶ 促进肠道健康
- ▶ 平衡胆固醇含量<sup>3</sup>
- ▶ 促进有益健康的肠道功能<sup>4</sup>
- ▶ 平衡微生物群

## 营养成分

### NUTRITION INFORMATION / 营养资料

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Guar gum / 瓜尔胶	0.24 g / 克

**每日推荐剂量:** 在摇瓶中混合 12 克粉 (2 勺) 与 200 毫升水, 或依个人口味将粉混合在其他饮品 (如 LeanShake、水果冰沙饮料) 中。您也可以把它撒在酸乳、牛奶酒、酸奶或类似食品上食用。根据您的个人喜好, 每日食用 1 到 4 勺 ZinoBiotic+。请勿超过每日推荐剂量。食品补充剂不可替代均衡多样的膳食。

**水:** 摄入膳食纤维时需多喝水。多喝水可以防止便秘等消化问题。

**成分:** 玉米抗性淀粉、无麸质燕麦 β-葡聚糖、菊粉、低聚果糖 (FOS)、土豆抗性淀粉、车前子壳、部分水解的瓜尔豆胶、青香蕉抗性淀粉。

**保存方式:** 关好盖子, 储存于干燥阴凉处。避免儿童接触。

**ZINZINO 膳食纤维混合物:** 抗性淀粉混合物 (玉米、土豆、青香蕉)、燕麦 β-葡聚糖、菊粉、低聚果糖、车前子壳及瓜尔胶纤维。

**天然:** ZinoBiotic+ 仅选用天然的原材料成分, 不含任何辅料。

**无转基因成分:** 我们的产品无转基因成分 (即不含基因改造生物)。

#### 膳食纤维

市面上的其他纤维产品通常仅含有一种或两种膳食纤维, 不能满足您对纤维的日常所需。ZinoBiotic+ 含有丰富的八种膳食纤维。此产品可为整个结肠带来诸多益处。抗性淀粉、菊粉、燕麦 β-葡聚糖、低聚果糖 (FOS) 和车前子壳在结肠中代谢, 可促进多种肠道功能。例如, 抗性淀粉有助于控制餐后通常会发生的血糖升高<sup>2</sup>。

#### 肠道健康

ZinoBiotic+ 中的纤维可促进整个结肠内有益菌的生长。人类的结肠中有超过 100 万亿个细菌, 其中有些细菌对人类健康有益, 有些则对人类健康不利。有益菌利用膳食纤维可获得快速生长, 并取代对人类健康不利的细菌。有益菌对我们的许多重要身体机能都有益处, 比如训练我们的免疫系统。通常而言, 有益菌还能为我们带来好心情、旺盛的精力和健康的体魄。肠道健康对于健康的体魄至关重要。

纤维还能增加饱腹感 (这有助于控制食欲), 同时减少腹胀。纤维对菌群情况的改善可能需要一段短期的调整, 但这只是您向更健康的身体状态迈进的一小步。

#### 正常胆固醇水平

这八种膳食纤维中的其中一种是燕麦 β-葡聚糖。它们有助于维持血液胆固醇的正常水平<sup>3</sup>。

#### 无麸质

ZinoBiotic+ 中含有来自未被其他谷物污染的无麸质燕麦的特殊 β-葡聚糖。

#### 其他成分

ZinoBiotic+ 中仅含有活性成分。产品中不含任何辅料。

## ZINOBIOTIC+ 保健功效声明 (EFSA)

<sup>1</sup>一种食品只有每 100 克含至少 6 克纤维, 或每 100 千卡含至少 3 克纤维时, 才可称为高纤维食品, 或者做出对于消费者而言可能具有相同含义的任何声明。

<sup>2</sup>在饮食中用抗性淀粉代替可消化淀粉有助于控制餐后血糖升高。此声明仅适用于使用抗性淀粉代替可消化淀粉, 从而使抗性淀粉的最终含量至少达到总淀粉含量 14% 的食品。

<sup>3</sup>β-葡聚糖有利于维持正常的血液胆固醇水平。此声明仅适用于在每次的额定食用量中可通过燕麦、燕麦麸、大麦、大麦麸, 或通过这些成分的混合物摄取至少 1 克 β-葡聚糖的食品。在传达此声明时, 应向消费者提供具体信息, 即每天通过燕麦、燕麦麸、大麦、大麦麸, 或通过这些成分的混合物摄取 3 克 β-葡聚糖对健康有益。

<sup>4</sup>燕麦谷物纤维有助于增加粪便体积。此声明仅适用于在《欧盟 1924/2006 条例执行细则》(Annex to Regulation [EC] No 1924/2006) 中所列高纤维声明中提及的一种具有高纤维含量的食品。