

# ZINOBIOTIC+

MIXED RESISTANT STARCH WITH BETA-GLUCAN & INULIN

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## PRODUCT HIGHLIGHTS

ZinoBiotic+ is a tailored blend of 8 natural dietary fibers. 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, and maintain good cholesterol levels. The fibers promote many healthy bowel functions.

**Content:** 180 g

## NATURALLY SOURCED 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

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- ▶ **Dietary fiber blend**
- ▶ **Reduction in blood sugar spiking after meals**
- ▶ **Gut health**
- ▶ **Balanced cholesterol**
- ▶ **Healthy bowel functions**
- ▶ **Balanced microbiome**

# SUPPLEMENT FACTS

## NUTRITION INFORMATION

Serving size 12 g (2 scoops)		
Servings per Container: 15		
Amount Per Serving	12 g	100 g
Energy	28 Kcal	236 Kcal
Protein	0.2 g	1.5 g
Fat, total	0.2 g	1.6 g
saturated fat	0 g	0.3 g
monounsaturated fatty acid	0.1 g	0.6 g
polyunsaturated fatty acid	0.1 g	0.7 g
trans fat	0 g	0 g
Carbohydrate	2.3 g	19 g
total sugars	0.2 g	2 g
dietary fibers	8.64 g	72 g
Beta glucans from oats	1.0 g	7.5 g
inulin	1.8 g	15.4 g
fructooligosaccharides	0.2 g	1.7 g
Gluten	0 g	0 g
Sodium	2 mg	16 mg

**RECOMMENDED DAILY USE:** 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. fruit smoothie drink. Do not exceed recommended daily use.

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

**STORAGE:** Dry at room temperature. Keep out of reach of children.

**INGREDIENTS:** Resistant starch from corn (35.8%), gluten-free beta glucans from oats, inulin, fructooligosaccharides (FOS), resistant starch from potatoes (3.33%), psyllium husk, partially hydrolized guar gum from guar beans, resistant starch from green bananas (1.67%).

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

### 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.

### 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.

### 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.

# ZINZINO

## 膳食纤维混合物



高纤维



无麸质



SPORT



VEGAN  
FRIENDLY

### 产品亮点

ZinoBiotic+ 是 8 种天然膳食纤维的特制混合物。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，并维持良好的胆固醇水平。所含纤维可促进多种有益健康的肠道功能。

**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
- ▶ 控制餐后血糖升高
- ▶ 促进肠道健康
- ▶ 平衡胆固醇含量
- ▶ 促进有益健康的肠道功能
- ▶ 平衡微生物群

ZINZINO

营养成分

营养资料		
食用份量 12 g (两勺) 每盒所含食用份量数目 15		
每份服用剂量的营养成分	12 克	100 克
能量	28 千卡	236 Kcal 千卡
蛋白质	0.2 克	1.5 克
总脂肪	0.2 克	1.6 克
饱和脂肪	0 克	0.3 克
单不饱和脂肪酸	0.1 克	0.6 克
多不饱和脂肪酸	0.1 克	0.7 克
反式脂肪	0 克	0 克
碳水化合物	2.3 克	19 克
总糖	0.2 克	2 克
总膳食纤维	8.64 克	72 克
燕麦 β-葡聚糖	1.0 克	7.5 克
菊粉	1.8 克	15.4 克
果糖	0.2 克	1.7 克
麸质	0 克	0 克
钠	2 毫克	16 毫克

**每日使用方式:**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 水果冰沙饮料) 中。请勿超过每日推荐用量。

**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。

**保存方式:**室温干燥保存。避免儿童接触。

**成分:**玉米抗性淀粉 (35.8%)、无麸质燕麦 β-葡聚糖、菊粉、果糖 (FOS)、土豆抗性淀粉 (3.33%)、车前子壳、部分水解的瓜尔豆胶、青香蕉抗性淀粉 (1.67%)。

**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。

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。

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。

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。