

# ZINOBIOTIC+

## ALL-NATURAL DIETARY FIBER BLEND

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### PRODUCT HIGHLIGHTS

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

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- ▶ **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

Nutritional value in 2 scoops / 1 sachet:	12 g
Resistant starch blend*	4,9 g
Beta glucans from oats*	1,0 g
Inulin	1,8 g
Fructooligosaccharides	0,2 g
Psyllium husk	0,5 g
Guar gum	0,24 g

**RECOMMENDED DAILY DOSAGE:** Mix 12 g of powder (2 scoops / 1 sachet) with 200 ml water in a shaker bottle, or mix it with a ready to drink product of your choice e.g. LeanShake, fruit smoothie drink. 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. \*EU-origin.

**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 (EU)

<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.

# ZINOBIOTIC+

膳食益生元纖維粉



## 產品亮點

ZinoBiotic+ 是混合 8 種天然膳食纖維的特製產品。  
幫助增加飽足感，促進腸道蠕動並維持健康、使排便順暢不困擾。

粉狀質地可添加於各式食物中，不影響食物風味。

**重量：**180 公克

## 全天然成分

- ▶ 玉米、綠香蕉和馬鈴薯的抗性澱粉
- ▶ 燕麥的  $\beta$ -葡聚醣
- ▶ 菊苣根的菊糖和果寡糖 (FOS)
- ▶ 洋車前子殼粉
- ▶ 印度關華豆的關華豆膠纖維

## 主要亮點

- ▶ 膳食纖維混合物
- ▶ 使排便順暢
- ▶ 健康維持
- ▶ 幫助維持消化道機能
- ▶ 改變細菌叢生態
- ▶ 幫助維持健康的腸道菌群

營養標示

營養標示		
每一份量 12公克. 本包裝含 15份.		
	每份	每 100 公克
熱量	27.8 大卡	230.1 大卡
蛋白質	0.2 公克	1.7 公克
脂肪	0.2 公克	1.5 公克
飽和脂肪	0.04 公克	0.3 公克
反式脂肪	0 公克	0 公克
碳水化合物	10.9 公克	90.8 公克
糖	0.2 公克	1.6 公克
膳食纖維	9.2 公克	76.7 公克
鈉	3.4 毫克	28.1 毫克

**食用方式:** 取2匙(12公克)加入200毫升水，或依個人口味將粉混合在其他飲品（如 水果冰沙飲料）中。營養補充品不可替代均衡多樣的膳食。

**注意事項:**

- 1. 本產含有含燕麥，有過敏體質者不適合使用。
- 2. 孕婦、正在哺乳之婦女或正在接受藥物治療的人，請在食用前先諮詢您的醫師。
- 3. 本品使用(洋)車前子殼作為原料之食品，請配合足量水一起食用，對車前子過敏者請勿食用。

**水：**強烈建議您在食用膳食纖維時多喝水。

**成分:** 玉米抗性澱粉 (44.2%)、β聚葡萄糖 (來自燕麥) (24.9%)、混合原料 (菊糖、果寡糖) (17.1%)、馬鈴抗性澱粉 (4.6%)、(洋)車前子殼 (4.6%)、關華豆膠 (2.3%)、綠香蕉抗性澱粉 (2.3%)

**保存期限:** 兩年

**保存方法:** 請置於陰涼乾燥處，避免高溫及陽光直射及避免兒童接觸。

**ZINZINO 膳食纖維混合物：**抗性澱粉混合物（玉米、馬鈴薯、綠香蕉）、燕麥 β-葡聚醣、菊糖、果寡糖、洋車前子殼粉和關華豆膠纖維。

**天然：**ZinoBiotic+ 僅由八種成分組成，不含任何賦形劑。

**膳食纖維**

市面上其他纖維產品通常只包含一或兩種膳食纖維，這種策略並不足以滿足日常纖維需求。ZinoBiotic+ 包含大量的八種膳食纖維。這種配方可確保對整個消化道有益。抗性澱粉、菊糖、燕麥的 β-葡聚醣、果寡糖 (FOS) 和洋車前子殼粉可提供好菌充足營養，維持消化道機能更有感。

**消化道健康**

消化道內的微生物群對全身的健康狀態有著深遠的影響。精心選配，富含八種天然纖維來源，包含燕麥、玉米、綠香蕉、馬鈴薯、菊糖、果寡糖、(洋)車前子殼、關華豆膠，提供日常膳食中所需的多樣化纖維來源，適合現代人日常健康管理需求，為注重體態管理的您提供理想選擇。

膳食纖維是平衡飲食的重要一環，能與日常飲食搭配，為身體帶來多重助益纖維的攝取有助於維持良好的飲食習慣，成為日常飲食中的好幫手。

**日常健康管理**

多元纖維成分溫和且易於搭配日常飲食。每一次補充，都是為健康體態與舒適生活加分的小步驟。纖維的吸水特性不僅能增加滿足感，也讓餐後輕鬆自在，讓忙碌的您隨時保持最佳狀態！

**全素**

**其他成分**

產品完全不含賦形劑。