

# 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

Nutritional value in 2 scoops:	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 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.

## ZINOBIOITIC+ 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.