



REALFIBRE

00240



GLUTEN FREE



VEGAN

Keto
+ FRIENDLY

DESCRIPTION

Realfibre is a food supplement containing fibres that promote the maintenance and development of healthy intestinal flora.

They can be useful in cases of constipation, dysbiosis due to incorrect nutrition or from taking antibiotics.

The main characteristics of prebiotics are resistance to digestive processes in the upper gastrointestinal tract and selective fermentation for one or a limited number of microorganisms in the intestinal flora.

Prebiotics provide nourishment for good gut flora, thus creating unfavourable conditions for pathogenic microorganisms.

Dietary FOS (fructo-oligosaccharides) are not hydrolysed by intestinal enzymes and reach the cecum structurally intact.

Their consumption increases faecal mass and can therefore be helpful in combating constipation.

Inulin is an oligosaccharide consisting of long chains of fructose.

Its special characteristic is that it promotes the presence of Bifidobacteria in the intestine.

All in all, these effects result in improved intestinal function in terms of nutrient absorption and an aid to intestinal transit, promoting the well-being of the intestine and thus of the entire organism.

INDICATIONS

Realfibre is a dietary fiber supplement (Inulin and apple fiber) with fructooligosaccharides which is required in all cases of increased requirements or reduced intake of these nutrients.

INGREDIENTS

Inulin; Apple fiber; Fructo-oligosaccharides; Ananas flavour

HOW TO USE

Take 4 g of product directly in the mouth or dissolved in a glass of water.

PACKAGE

120 g

STORAGE

Store in a cool dry place: after opening the product is moisture sensitive, keep tightly closed.

The expiry date refers to the unopened product, properly preserved.

NUTRITIONAL VALUES

Quantities per recommended maximum daily dose (4g)	
Inulin	3.500 mg
Apple fiber	400 mg
Fructo-oligosaccharides	100 mg

WARNINGS

Do not exceed the recommended daily dose. Keep out of the reach of children under three. Supplement should not be considered as substitute for a varied and balanced diet and healthy lifestyle. **Gluten-free.** Vegan.

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