



## Floraplex

30 CAPSULES | CODE 04238

A pre/probiotic supplement that supports gut flora, contribute to normal immunity

### Dosage and directions for use:

Adults and children over 14 years:

Treatment dose: 1 capsule 3 times a day, preferably on an empty stomach, 30 minutes before meals for one to two weeks.

Maintenance dose: 1 capsule once a day, preferably on an empty stomach, 30 minutes before meals.

### Antibiotics:

Take at least 2 – 3 hours before or after antibiotics

Continue conjunction therapy with treatment for at least one week after antibiotic medicine therapy.

### Antifungal medicines:

Take at least 2 – 3 hours before or after antifungal medicine.

Children 1 to 14 years:

Maintenance dose: 1 capsule a day.

**Tip for younger children: Open a capsule into a teaspoon and mix in powder into food e.g. yoghurt, maas, mash potato or jam.**

### The active substances per each capsule are.

1 x 10<sup>9</sup> cfu (colony forming units) probiotics consisting of a blend of:

*Bifidobacterium bifidum*

*Bifidobacterium infantis*

*Bifidobacterium longum*

*Bifidobacterium lactis*

*Lactobacillus acidophilus*

*Lactobacillus gasseri*

*Lactobacillus plantarum*

*Lactobacillus rhamnosus*

*Lactobacillus salivarius*

Prebiotic: Oligofructose 100mg