

Pre and Probiotics with L-Glutamine and FOS (Fructooligosaccharides) are often used to support gut health and digestion. Here's a rundown of their usage, dosage, side effects, and storage:

Composition: Each Hard gelatin Capsule contains:

Fructooligosaccharid	200 mg
L-Glutamine	100 mg
Bifidobacterium Bifidum	150 millions
Bifidobacterium Longum	150 millions
Lactobacillus Acidophilus	300 millions
Streptococcus Thermophilus	150 millions

Usage:

- **Prebiotic:** Prebiotic are dietary substances that nurture a selected of microorganisms living in the gut. They favor the growth of beneficial bacteria over that of harmful ones.
- **Probiotic:** The term Probiotic means "for life" and is currently to name bacteria associated with beneficial effect for human or animals. They are supplement which beneficially affect the host by improving properties of indigenous flora.
- **L-Glutamine:** L-Glutamine is an amino acid that is important for the health of the intestinal lining and can support gut repair and overall digestive health.
- **Fructooligosaccharides (FOS):** FOS are prebiotic fibers that serve as food for the beneficial bacteria in the gut, promoting their growth and proliferation.
- **Supporting Gut Health:** Probiotics contain beneficial bacteria that can help maintain the balance of microorganisms in the gut, promoting digestive health.
- **Enhancing Immune Function:** Probiotics may also play a role in supporting immune function, as a significant portion of the immune system resides in the gut.

Dosage:

- One Capsule twice a day or As Directed by physician.
- Dosage may vary depending on the specific formulation of the product and individual needs.
- It's essential to follow the dosage instructions provided on the product label or as directed by a healthcare professional.
- Typical dosages may range from one to several capsules per day, taken with meals or as recommended by a healthcare provider.

Side Effects:

- **Digestive Issues:** Some individuals may experience mild digestive discomfort such as bloating, gas, or diarrhea when first starting probiotics. These symptoms usually subside as the body adjusts to the supplement.
- **Allergic Reactions:** Rarely, individuals may experience allergic reactions to ingredients in the supplement. If you experience any signs of an allergic reaction, such as rash, itching, swelling, or difficulty breathing, discontinue use and seek medical attention.
- **Interactions:** Probiotics may interact with certain medications or medical conditions. It's essential to consult with a healthcare professional before starting any new supplement regimen, especially if you have underlying health conditions or are taking medications.

Storage:

- Most probiotic supplements should be stored in a cool, dry place away from direct sunlight.
- Some probiotics may require refrigeration to maintain potency. Check the product label for specific storage instructions.
- Keep the product out of reach of children and pets.

Packing:

- 10 x 10 Alu -Alu

Always consult with a healthcare professional before starting any new supplement regimen, especially if you have underlying health conditions or are pregnant or breastfeeding. They can provide personalized recommendations based on your individual needs and health status.