

Precision Biotics®

ALFLOREX®

User Information

Alflorex® has been specifically developed with the unique **35624®** strain, which was discovered and developed by PrecisionBiotics and has been scientifically studied in partnership with experts from a world-leading centre of research into the microbiome. This naturally occurring strain belongs to *Bifidobacterium longum*, a bacterial species that may be passed from mother to baby at birth.

Food supplements should not be used as substitutes for a varied diet and a healthy lifestyle.

DIRECTIONS: Take one capsule of **Alflorex®** every day. Do not exceed the stated dose. **Alflorex®** can be taken at any time of day, with or without food.

For best results, do not take hot or acidic drinks such as fruit juices at the same time as **Alflorex®**.

STORAGE: No refrigeration required. Store below 25° C. For best results store in the original container with the lid securely closed. **Keep out of reach of children.**

QUESTIONS

Can I take **Alflorex®** with other food supplements and with medicines?

Yes. There are no known adverse interactions of **Alflorex®** with other food supplements or with medicines. If you are prescribed antibiotics, it is best to take **Alflorex®** at a different time of day from the antibiotics because the bacteria in **Alflorex®** can be inactivated by antibiotics. If you have a serious medical condition or have questions about whether **Alflorex®** is suitable for you, please consult your doctor.

Are there any side effects of taking **Alflorex®**?

There are no known side effects of taking **Alflorex®**. It is a food supplement containing a natural bacteria culture native to the human digestive system. The safety of the **35624®** culture contained in **Alflorex®** has been confirmed by research studies in humans. During the first 2 weeks taking **Alflorex®**, as the bacteria begin to gently prime the gut, some people may experience mild and temporary changes in their gut.

Is **Alflorex®** suitable:

For those with diabetes? Yes. There is only a very small amount of sugar contained in each capsule of **Alflorex®**, which will not affect blood glucose levels.

During pregnancy and breastfeeding? Yes.

For those who follow a vegetarian diet? Yes.

Is **Alflorex®** free from; gluten, dairy, lactose, soya and other allergens?

Yes. The raw materials used for **Alflorex®** do not contain any of the allergens listed in the Regulation (EU) 1169/2011, and the manufacturing facilities ensure there is no cross contamination from allergens.

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Will the bacteria in Alflorex® reach my gut alive?

Yes. **Alflorex®** is specifically formulated to ensure that the bacteria contained in it will remain viable through your gut. One capsule of **Alflorex®** contains 1×10^9 colony forming units (CFUs) of the unique **35624®** culture. The number of bacteria in each capsule has been scientifically studied and chosen for optimal effectiveness.

How quickly does Alflorex® work?

Alflorex® begins working immediately. The specially selected **35624®** culture in **Alflorex®** should reach your gut in peak condition within a few hours of taking it. During the first two weeks, **Alflorex®** will begin to gently prime the gut where it is needed. When taken every day, you can expect to feel the full effects of **Alflorex®** within four to eight weeks.

How do you feel?

You may find this table useful to record how you are feeling before and since taking **Alflorex®**. E.g. "Good, I feel in control and can plan my day", "I have more good days than bad", "I don't feel in control. I can't predict what will happen next".

BEFORE	AFTER 2 WEEKS	AFTER 4 WEEKS	AFTER 8 WEEKS

How long should I take Alflorex® and what happens if I stop?

The bacteria in **Alflorex®** stay in your gut only for as long as you continue to take it. After that, they will be naturally swept out by bowel movements, which is why it is important to continue to take **Alflorex®** every day to keep your gut primed.

Where can I get more information about Alflorex®?

Please call our Careline or email us:

Careline IRL: +353 (0)21 2066012 | UK: +44 (0)330 057 8598

Email ask@precisionbiotics.com

This product has been carefully produced to Good Manufacturing Practice (GMP) for food supplements. Produced for **(EU)** PrecisionBiotics Group Ltd., 4400 AirportBusiness Park, Cork, Ireland. T12N84F; **(UK)**: Novozymes UK Ltd., Brockhurst Davies Ltd., 11 The Office Village, Loughborough, LE11 1QJ.

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