

# Precision Biotics®

## ALFLOREX® DUAL ACTION

### User Information

**Alflorex®** Dual Action has been specifically developed to support gut health and reduce fatigue\*. The unique **1714®** and **35624®** strains in **Alflorex®** Dual Action were discovered and developed by PrecisionBiotics and have been scientifically studied in partnership with experts from a world-leading centre of research into the microbiome. These naturally occurring bacteria belong to the species *Bifidobacterium longum*, which may be passed from mother to baby at birth. Combined with selected B vitamins and calcium, **Alflorex®** Dual Action has been specially formulated to support gut health and reduce fatigue\*.

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

**DIRECTIONS:** Take one capsule of **Alflorex®** Dual Action every day. Do not exceed the stated dose. **Alflorex®** Dual Action can be taken at any time of day, with or without food. For best results, we recommend taking **Alflorex®** Dual Action with water, milk or plant-based milk alternatives, rather than hot drinks and acidic drinks such as fruit juices.

**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®** Dual Action with other food supplements and with medicines?

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

#### Are there any side effects of taking **Alflorex®** Dual Action?

There are no known side effects of taking **Alflorex®** Dual Action. It is a food supplement containing bacteria belonging to a species that may be passed naturally from mother to baby at birth, and which may live naturally in the gut. The safety of the bacteria contained in **Alflorex®** Dual Action has been confirmed by research studies in humans. During the first 2 weeks of taking **Alflorex®** Dual Action, as the bacteria begin to gently prime the gut, some people may experience mild and temporary changes in their gut.

#### Is **Alflorex®** Dual Action suitable:

- **For those with diabetes?** Yes. There is only a very small amount of sugar contained in each capsule of **Alflorex®** Dual Action, which will not affect blood glucose levels.
- **During pregnancy and breastfeeding?** Yes.
- **For those who follow a vegetarian diet?** Yes.

#### Is **Alflorex®** Dual Action free from gluten, dairy, lactose and soya and other allergens?

Yes. The raw materials used for **Alflorex®** Dual Action 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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\*Calcium: Contributes to the normal function of digestive enzymes. Pantothenic acid, vitamin B6: Contribute to the reduction of tiredness and fatigue.

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## Will the bacteria in Alflorex® Dual Action reach my gut alive?

Yes. **Alflorex®** Dual Action is specifically formulated to ensure that the bacteria contained in **Alflorex®** Dual Action will remain viable through your gut. One capsule of **Alflorex®** Dual Action contains one billion bacteria, or  $1 \times 10^9$  colony forming units (CFUs). The number of bacteria in each capsule has been scientifically studied and chosen for optimal effectiveness.

## How quickly does Alflorex® Dual Action work?

**Alflorex®** Dual Action begins working immediately. The specially selected bacteria in **Alflorex®** Dual Action should reach your gut in peak condition within a few hours of taking **Alflorex®** Dual Action. During the first two weeks, **Alflorex®** Dual Action 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®** Dual Action 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®** Dual Action. 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® Dual Action for and what happens if I stop?

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

## Where can I get more information about Alflorex® Dual Action?

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 Airport Business Park, Cork, Ireland. T12N84F; **(UK)**: Novozymes UK Ltd., Brockhurst Davies Ltd., 11 The Office Village, Loughborough, LE11 1QJ.

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