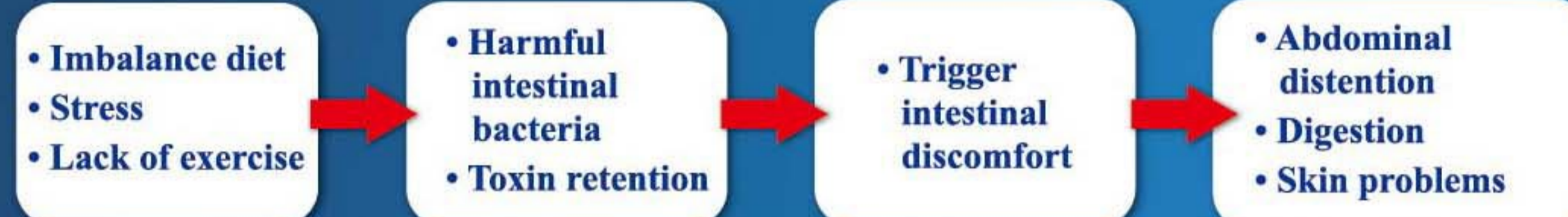




# 快通寧 SPIRULINA PROBIOTICS WITH FORMULA

## Do you have the following problems?

- ✓ Indigestion    ✓ Constipation    ✓ Abdominal Distention
- ✓ Irregular Bowel Movement    ✓ Acne    ✓ Smelly Fat
- ✓ Bad Breath    ✓ Flatulence    ✓ Diarrhea



**Spirulina and Probiotics** are two kinds of micro-organisms that can help maintain the function of gastrointestinal and digestive system, and resolve common problems of people with hectic lifestyle.<sup>[1,2]</sup>

### Probiotics Maintain Balance of Gut Microflora

The Food and Agriculture Organization of the United Nations and the World Health Organization defined probiotics as “Live microorganisms which when administered in adequate amounts confer a health benefit on the host”.<sup>[3-4]</sup> Probiotics (derived from Greek, meaning “for life”) are live microorganisms that help balance intestinal microflora and improve health.<sup>[1,3-4]</sup> Most often, the bacteria come from two groups, Lactobacillus or Bifidobacterium. Their main functions include:

#### ★ Maintain Gastrointestinal Health

Probiotics can improve the digestion problems in children.<sup>[1,3-5]</sup> The role of probiotics is closely related to the development of many gastroenterology problems.<sup>[1,3-5]</sup> Some strains resist to acid and adhere to the cell wall of the stomach. They inhibit the growth of bacteria which is a cause of digestion problems.<sup>[1,3-5]</sup>

#### ★ Suppress Bacteria Growth

Some strains of probiotics could acidify the urogenital system. It helps suppress the growth of pathogens. The “good” bacteria kick out the “bad” bacteria by competing for spaces and resources for colonization.<sup>[6]</sup> Probiotics produce organic acids, free fatty acids, hydrogen peroxide, and bacteriocins. These can aid to inhibit pathogens.<sup>[7]</sup>

#### ★ Alleviate Allergy & Lactose Intolerance

Probiotics regulate the level of immunoglobulin E (IgE) to reduce the allergic responses.<sup>[4]</sup> Researches show that they can prevent and manage dermatology problems in children.<sup>[1,3-5,7]</sup> Probiotics assist in gastrointestinal digestion by converting lactose to lactic acid. This can alleviate lactose intolerance.<sup>[8]</sup>

### Nutritious Spirulina for Multiple Benefits

Spirulina are a large number of cyanobacteria or blue-green algae. These algae are found in warm, alkaline waters around the world, especially of Mexico and Central Africa.<sup>[2]</sup> The nutritional values of Spirulina have drawn attention over a few decades:

- ★ Contain high content of protein (60-70%), a source of many types of essential amino acids<sup>[2,9,10]</sup>
- ★ Consist of multivitamins, especially B12 and β-carotene.<sup>[2,10-11]</sup> β-carotene is an antioxidant which could suppress the damage to cells by free radicals, slowing down aging. In human body, β-carotene is converted to pro-vitamin A which has beneficial effects to the eyes and skin.<sup>[11]</sup>
- ★ Rich in minerals, such as iron, magnesium and calcium<sup>[12]</sup>
- ★ Serve as a source for high content of EPA and gamma-linoleic acid<sup>[13]</sup>
- ★ Compose high content of DNA and RNA. Spirulina also contains phycocyanin. When combined with chlorophyll, they become antioxidants.<sup>[2,14]</sup>

Probiotics	Spirulina
<ul style="list-style-type: none"> <li>• Maintain gastrointestinal health<sup>[1,3-5]</sup></li> <li>• Relieve intestinal discomforts<sup>[1,3-5]</sup></li> <li>• Suppress bacteria growth<sup>[6]</sup></li> <li>• Enhance immune system<sup>[7]</sup></li> <li>• Alleviate allergy responses<sup>[1,3-5,7]</sup></li> <li>• Relieve lactose intolerance<sup>[8]</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Reduce bad breath<sup>[15]</sup></li> <li>• Cleanse the gut<sup>[15]</sup></li> <li>• Increase level of lactobacillus<sup>[16-17]</sup></li> <li>• Enhance nutrients absorption<sup>[18]</sup></li> <li>• Detoxification: Neutralize heavy metals and toxins for kidneys<sup>[16-17]</sup></li> </ul>

### Vitamin C for Better Absorption

Vitamin C is a strong antioxidant and plays important roles in various body functions. This essential vitamin aids in digestion by supporting healthy teeth and gums and helping the body absorb iron, the element that promote haemoglobin production. Moreover, restoring intestinal redox status has been found to improve microbiota balance for a healthier gut.<sup>[19-20]</sup>

### Recommended daily dose:

Adults: Take 1-2 tablets 2 times daily.

Children aged of 6 years and up: Take 1 tablet 2 times daily.

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