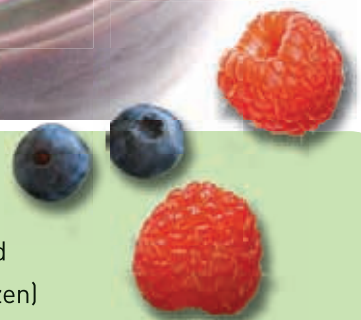




Make your own  
**Vita Biosa**  
Probiotic  
smoothie

**Ingredients:**



100 g blueberries and  
100 g raspberries (frozen)  
1 apple  
1 hand full of almonds  
1-2 dl. orange juice  
50 ml Vita Biosa

**How to prepare:**

Blend all the ingredients, not the Vita Biosa, in a blender. Add the Vita Biosa and stir carefully.

For more information:

Visit our homepage [www.biosa.dk](http://www.biosa.dk)  
or call us at +45 4777 2270

Distributor:

*Biosa Danmark*



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*Vita Biosa*

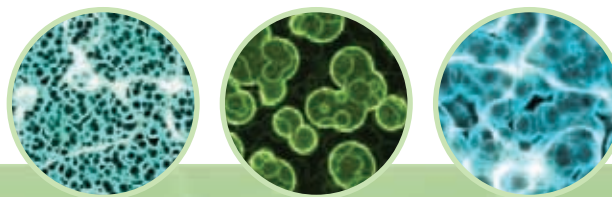
**PROBIOTIC**

Strengthens the  
immune system

Improves the stomach  
and digestive system

Organic herbal  
probiotic drink

# Vita Biosa



## PROBIOTIC

### Organic and probiotic herb drink

Vita Biosa probiotic helps you through every day with a well functioning digestion and a strengthened immune system.

Vita Biosa Probiotic is a probiotic herb drink containing an extract of selected organic herbs<sup>1</sup>, developed to create a balanced intestinal flora for every family member between 1 and 99 years old. The 19 different herbs are fermented with 3 probiotic bacteria cultures<sup>2</sup>. During the fermentation the bacteria multiply while they convert carbohydrates (sugar) to organic acids, mostly lactic acid. The developed acids preserve the product. When all the sugar has been converted, the fermentation process is over and the product is sugar free.

### Nurtures the stomach and intestines

The intestinal eco-system plays an important role for our wellbeing and health as 70-80% of our immune system is established here. We live in a symbiosis with a sensitive intestinal culture; established at the time of birth and developed through the food we eat. The intestinal bacteria help us to optimally utilise the nutrients in the food. They influence the maturing and maintenance of the bowels and are essential for the development of our immune system. The immune system distinguishes between beneficial and harmful bacteria. When the bacteria in the gut, good as well as bad, meet the intestinal wall, the intestinal cells communicate to the body, which immune cells that need to be recruited. This way, our defence cells can look after the beneficial bacteria and fight the harmful ones.

1. The herb mixture contains anise, basil, fenugreek, dill, juniper, fennel, elder, ginger, angelica, chervil, liquorice root, oregano, peppermint, parsley, roman chamomile, rosemary, sage, large nettle, thyme.  
2. *Bifidobacterium animalis* subsp. *lactis*, *Lactobacillus acidophilus* and *Lactobacillus paracasei* subsp. *paracasei*.

The probiotic bacteria in Vita Biosa Probiotic can survive in and adhere to the intestines, multiply and communicate with the intestinal cells. The developed acids and the probiotic bacteria create an acidic intestinal environment and thus prevent the growth of many harmful bacteria. This way the harmful bacteria are outmatched. Studies have shown, that a probiotic bacteria dominated digestive system improves the bowel functions and strengthens the immune system:

1. The digestive system is improved because increased amounts of probiotic bacteria stimulate the natural digestive movements and enhance the digestion and the expulsion of waste products.
2. The immune system is strengthened because the probiotic bacteria restrict the growth of decaying bacteria and promote the production of antibodies in the intestinal mucous membrane (IgA).

Vita Biosa Probiotic facilitates a natural stimulation of the defence mechanisms in the digestive tract and regulates the stomach and bowel functions through balancing the micro flora.

Vita Biosa Probiotic with its millions of living probiotic bacteria and organic herbs is available in different tastes:

- **Vita Biosa Probiotic Herbs** with the fresh taste of 19 organic herbs.
- **Vita Biosa Probiotic Aronia** with the round taste of organic aronia, blackcurrant and blueberries.
- **Vita Biosa Probiotic Rosehip** with the spicy taste of organic rosehip and ginger.

Vita Biosa Probiotic is a living product containing a minimum of 100 million probiotic bacteria per ml. when bottled. The recommended intake corresponds to 50 ml. a day.

There is no upper limit of intake and even large doses can easily be tolerated. Vita Biosa Probiotic can be mixed with water or juice or be used as a salad dressing etc.

### Vita Biosa Probiotic is available in different sizes to accommodate every need:



#### Vita Biosa Probiotic Herbs

Packaging:  
3 litre BaginBox  
1 litre  
½ litre



#### Vita Biosa Probiotic Aronia

Packaging:  
3 litre BaginBox  
½ litre



#### Vita Biosa Probiotic Rosehip

Packaging:  
3 litre BaginBox  
½ litre