

# LONGEFLORE

## Formula flora adult



Réf : 4011

### **Presentation :**

*Box of 30 capsules*

### **Directions:**

*1 capsule per day or as advised*

### **Do not use:**

*No known cases*

**LONGEFLORE** is a mix of beneficial lactic bacterias present in the intestinal and vaginal flora. Their presence contributes to control the proliferation of harmful micro-organisms such as the *Candida Albicans* that can for example, provoke infectious diarrhoea or vaginitis. It's the "barrier effect".

This beneficial lactic bacterias are useful for the digestion of food. In a healthy organism, the digestive tract is colonized by about 100 000 billions bacterias belonging to 500 different species that form a stable ecosystem and essential to the maintainable of a good health.

Towards the end of 19th century, microbiologists realized that the intestinal flora of people in good health is different from sick people. The nobel price winner, Elie Metchnikoff, who in the begining of the 20th century, discovered that the effect of pathogenic bacterias can be cancelled by consuming lactic bacterias.

Lactic bacterias can promote the return to the equilibrium of the intestinal flora after taking antibiotics. If the anti bio-therapy shouldn't be questioned when needed, it represents nevertheless a very aggressive attack for the equilibrium of the intestinal flora.

A daily intake of 3 to 5 billions beneficial bacterias constitutes a good dosage to maintain and strengthen the intestinal flora. Lactophar brings 10 billions of them.

Two meta-analysis published in 2001 conclude to the utility of the strain of type *Lactobacillus* to reduce the term of infectious diarrhoea for kids.

A synthesis published in 2001 had arrived to the same conclusions and also revealed a benefit as a precautionary measure.

Studies showed that probiotics could contribute to:

- reduce the term of diarrhoea (including the traveller's diarrhoea)
- stimulate the immune system
- support the patients with disturbed flora because of heavy treatments
- have a positive impact on circulating fat

**Composition for 1 capsule :** *Lactobacillus paracasei* : 2,5 milliards • *Lactobacillus plantarum* : 2,5 milliards • *Lactobacillus reuteri* : 2,5 milliards • *Lactobacillus rhamnosus GG* : 2,5 milliards • Non active ingredients: maltodextrin, magnesium stearate