

# ProLon L-Biome



## General information

L-BIOME is a dietary supplement containing probiotics, prebiotics, DHA, and L-lysine that facilitates the balance of the intestinal bacterial flora. L-BIOME is well-tolerated as it is gluten and lactose-free. Lactobacillus rhamnosus HN001 and Bifidobacterium Breve B3 contribute to the re-establishment of the intestinal bacterial flora, by supporting the gut-immune system and favoring metabolism. Inulin contributes to providing the nourishment for probiotic strains. DHA and lysine promote the integrity and proper functioning of tissues, including the intestinal one.

Intestinal bacterial flora is present in the lumen of the intestinal mucosa and is composed of microorganisms that protect the intestine from pathogenic germs, hinder infections, promote food digestion, regulate intestinal function, produce essential vitamins for the body, and eliminate harmful waste. The bacterial flora can be altered by various factors such as stress, a poor diet, and antibiotics.

Prebiotics are the nourishment for the bacterial flora, **promoting its growth**. They are indigestible by the human intestine, and naturally found in many plant-based foods.

To carry out its beneficial action, the probiotic requires prebiotics intake. **L-Biome is a synergistic** blend of probiotics, prebiotics, DHA, and lysine to help promote intestinal well-being.

## Ingredients:

salt of omega-3 lysine fatty acids (Omega-3 from oil derived from the microalgae Schyzochitrium sp., L-lysine), L-Inulin; capsule: Hydroxypropyl methylcellulose; Bifidobacterium breve B3; anti-caking agent: Calcium biphosphate; Lactobacillus rhamnosus HN001; anti-caking agents: Magnesium salts of fatty acids, Talc; Calcium carbonate.

AVERAGE CONTENTS	for 2 capsule	for 3 capsule
LACTOBACILLUS RHAMNOSUS HN001	18 <sup>ml</sup> <sub>bn</sub> CFU	27 <sup>ml</sup> <sub>bn</sub> CFU
BIFIDOBACTERIUM BREVE	10 <sup>ml</sup> <sub>bn</sub> CFU	15 <sup>ml</sup> <sub>bn</sub> CFU
SALT OF OMEGA-3-LYSINE FATTY ACIDS	400 mg	600 mg
of which DHA dodecohexanoic acid	200 mg	300 mg
of which L-lysine	132 mg	198 mg
INULINA / INULINE / INULIN	300 mg	450 mg

## Dosage:

Directions for use: It is recommended to take 2-3 capsules per day with a glass of water.

## Storage Instructions:

Store in a cool, dry place at a temperature not exceeding 25°C, away from light and/or heat sources. The minimum expiry date refers to the product if correctly stored in an intact package. Do not throw away in the environment after use.

## WARNINGS:

Directions for use: It is recommended to take 2-3 capsules per day with a glass of water.

## Storage Instructions:

Dietary supplements should not be considered as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. KEEP OUT OF REACH OF CHILDREN UNDER THREE YEARS OLD. Do not take in case of allergies or hypersensitivity to one or more components.

**The package contains 60 capsules**  
**Weight: 37.8g**

These statements have not be evaluated by the Food and Drug Administration.  
This product does not intended to diagnose, treat, cure, or prevent any disease.

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## Approved Claims

- 28 BILLION COLONIES
- Gluten-Free
- Allergen-Free
- Lactose-Free
- Made in Italy
- DHA contributes to the maintenance of visual function
- DHA contributes to the maintenance of brain function
- Probiotics facilitate the balance of intestinal flora
- Helps improve the level of natural good bacteria in the body
- Positively influences the intestinal flora



## Discover more for each ingredient

**Lactobacillus rhamnosus HN001:** It is a probiotic particularly resistant to the action of bile. Thanks to this characteristic, it is capable of colonizing the upper part of the small intestine and the colon. Numerous studies show that *L. rhamnosus* HN001 has a beneficial impact on intestinal barrier function.

**Bifidobacterium breve B3:** is a bacterial species of the genus *Bifidobacterium* which has probiotic properties. Bifidobacteria are a type of bacteria that live symbiotically in the intestines of humans. It promotes bacterial diversity within the microbiota.

**Inulin:** Inulin is a less soluble fiber found, for example, in chicory. While refined foods provide taste and energy, they lack fiber, and their long-term consumption can lead to various disorders. Several studies demonstrate that inulin acts as a prebiotic and can support the growth of *Bifidobacteria* and *Lactobacillus* species in the intestinal microflora, promoting good digestive health.

**DHA (Docosahexaenoic Acid):** DHA is a polyunsaturated omega-3 fatty acid. It is "essential", which means that it cannot be synthesized by the body. Recent studies have shown that European populations consume few DHA-containing foods, creating situations of deficiency that can be addressed through supplementation. DHA is important because it contributes to the maintenance of normal brain, visual. It is a component of phospholipids in various organs, including the heart, brain, and retina. The intake of DHA is considered necessary for normal growth.

**Lysine:** It is essential in humans and must therefore be obtained from the diet. Lysine plays several roles in humans, most importantly proteinogenesis, but also in the crosslinking of collagen polypeptides, uptake of essential mineral nutrients, and in the production of carnitine, which is key in fatty acid metabolism.

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