



rawbiotics

Information guide



Bacteria & human health

There's no doubt that bacteria's role in human health has been underestimated and misunderstood across the board - at times even by the medical world itself. Our intention here is to give you a stronger understanding of bacteria, its relationship to the human body, and how closer attention can open the door to a new era in human health.

INTRODUCTION

The gastro-intestinal tract's healthy function relies on beneficial bacteria showing up. Beneficial bacteria are important when looking at everything from digestion to correct pH balance (acidity), to processing of nutrients and guarding against the build up of harmful bacteria.

There are over 100 trillion bacteria that line the intestinal tract. Let that sink in. The bacteria in your bowels outnumber the cells in your body 10 fold. We call this "world" of active, diverse bacteria (along with its friends archaea and fungi) the gut flora. You might also here it referred to as the gut microbiota, or the microbiome. The gut flora has incredible power over the immune system, tying overall health closely with the state of the gut.

In this modern era, we're quick to treat bacterial and viral issues with antibiotics. The trouble is, when antibiotics kill the bad bacteria they also kill a lot of the good type. Repeated use of antibiotics over time is no friend to good bacteria in the gut, which then have to rebuild all over again. This leaves a window for bad bacteria and harmful yeasts to take a foothold and multiply faster than we'd like them to within the gastrointestinal tract.



Probiotics

The word probiotic literally means ‘for life’, which really encapsulates what happens when a probiotic shows up. It will encourage the formation of a living colony of specific beneficial bacteria; in this case, in the human digestive tract.

Today we mostly understand probiotics as products. It's become something of a global industry. The list of products goes on and on... And on.

But let's zoom out a little and look at the 2 “segments” of probiotics to get a little more familiar. You get your dry products - capsules, tablets, sachets, etc - and then you get your liquids - things like yoghurt and kombucha.

DRY PRODUCTS

These come in all shapes and sizes, but the process of freeze-drying makes them alike. It's possible to freeze simple organisms and cells under low temperature and pressure, removing water without damaging the delicate structure of the cell or organism itself. In the case of probiotics, this puts the bacteria in a state of suspended animation, which makes long term storage possible. Once moisture becomes available to the bacteria, they re-hydrate and a proportion of the bacteria will go on to function and divide again as it did before freezing. This means that many strains can be combined into a single product. But this comes at a cost. The hope is that bacteria will re-hydrate once swallowed and entered into the acidic environment of the stomach, thus regaining moisture and function and returning to life. If they do in fact return to their former beneficial state with no harm done, it hasn't been proven how long this takes. If it's more than an hour or two, the microbes will be past the stomach, through the intestine and in the bowel before they wake up. Or even further along.

Microbiologists globally agree that freeze drying of microbes causes a level of cellular damage, having unfortunate effects on how the microbes end up performing in the body. This is the main reason most probiotics on the market contain billions of cfu (colony forming unit) per ml. It becomes necessary to use tremendous amounts of weakened microbes to try and match the benefits of what would have been fully-flourished microbes.

LIQUID PRODUCTS

Liquid products generally contain live bacteria, which is intuitively a good idea. To be called a probiotic in the first place, a product should contain live bacteria. It's also important that these bacteria, once swallowed, are able to reach the gut and colonise in order for effect. Live products also need to contain a source of nutrition for the bacteria, however, this raises some new issues. Firstly, storage and shelf-life become hindered (check the labels). Secondly, palatability is trickier since probiotic bacteria aren't necessarily tasty creatures. Another important thing to consider is competition between bacterial strains within the same live product; they can compete with one another for resources in the bottle. This can make it very difficult to develop a multi-strain live product.

Microbes that have a probiotic or beneficial effect on the body are "mesophilic". A mesophile - unlike the extremophile which thrives in extreme environments - grows best in moderate temperature. Not too hot, not too cold - somewhere between 20 and 45 °C. Essentially, they love our body's natural temperature which is why they've formed a symbiotic relationship with other life forms - in this case, mammals. Put them in a cold environment and they die, which is why the concept of "freeze-drying" mesophilic bacteria is such a contradiction.



Let's also look at the number of probiotic strains in a product - there are single strain products and multi-strain products:

SINGLE STRAIN DRY PROBIOTICS

Some might believe that a single strain of bacteria is all you need for action. Acidophilus species are a good example, hence plenty of producers of single strain freeze dried probiotic tablets in capsule and powder form. Since the human gut contains more than 500 different species of bacteria, hoping that a single strain hits the mark may be wishful thinking.

SINGLE STRAIN LIQUID PROBIOTICS

With a few exceptions, live probiotic products (particularly dairy-based products containing yoghurt or milk) are single strain probiotics containing bacteria which thrive on the kind of sugar found in milk; lactose (hence Lactobacillus). These bacteria strains tend to come from the Bifidobacteria or Lactobacilli genera, which are very common in the environment.

MULTIPLE STRAIN DRY PROBIOTICS

As we've mentioned, freeze-drying allows for multiple species and strains to be combined in a single product without fear of competition, but the concern of dehydration and recovery remains.

MULTIPLE STRAIN LIQUID PROBIOTICS

On paper, these products deliver the best of both worlds. They offer more benefits and eliminate the downfalls of dry products. However, the devil's in the detail and it can be much tougher to produce and deliver a multiple strain live product, which is why you haven't seen many of them.

Rawbiotics™ contains multiple strains, and better yet, in a liquid form, offering you one of the best probiotics on the market. We're talking complex microbial cultures. Manufacturers are clear that the importance of the microbes' population count doesn't compare to the importance placed on the product being in liquid form, or even the benefit of microbial diversity. If Rawbiotics™ had one less strain of microbes, it would function like the rest, and the results wouldn't be what they are.



The bacteria species present in Rawbiotics and the benefits of each species:

BIFIDOBACTERIUM ANIMALIS

Gut, Digestion, Obesity, Immune System, Cold & Flu, Skin

BIFIDOBACTERIUM BIFIDUM

Diarrhea, Immune system, Candida

BIFIDOBACTERIUM LONGUM

Diarrhea, Allergies, Irritable Bowel Syndrome (IBS), Celiac, Immune System

LACTOBACILLUS ACIDOPHILUS

Irritable Bowel Syndrome (IBS), Diarrhea, Immune System, Urogenital Infections, Allergies

LACTOBACILLUS BULGARICUS

Liver, Inflammatory Bowel Disease (IBD), Cold & Flu, Diarrhea, Skin, Allergies, Colic

LACTOBACILLUS CASEI

Immune System, Colds & Flu, Diarrhea

LACTOBACILLUS FERMENTUM

Immune System, Urogenital Infections, Liver, Cholesterol

LACTOBACILLUS PLANTARUM

Immune System, Irritable Bowel Syndrome (IBS), Colds & Flu

LACTOCOCCUS LACTIS SSP. DIACETYLACTIS

Immune System, Allergies, Irritable Bowel Syndrome (IBS), Skin

BACILLUS SUBTILIS

Diarrhea, Constipation, Irritable Bowel Syndrome (IBS), Immune System

SACCAROMYCES CEREVISIAE

Immune System, Digestion

STREPTOCOCCUS THERMOPHILUS

Diarrhea, Digestion, Irritable Bowel Syndrome (IBS), Immune System, Colic

Rawbiotics™ probiotics

We place a huge emphasis on nature, and to stay true to this principle, our products are consortia-based. Unlike pure-culture probiotics, our products contain not one but many different live strains. As a result, users end up with a comprehensive probiotic that survives stomach acid better than a lot of probiotics on the market today.

The majority of probiotics available today contain only one or two species of bacteria, grown as pure cultures and then freeze-dried so that they may be kept alive. It is not a natural process and does not contain the full range of species that microbes usually interact with as a part of their normal life cycle. Moreover, these probiotics are grown in a sterile environment, with no competition, and so when they are introduced to the wild and variable ecosystems of the “real world”, their ability to survive is severely impeded.

Rawbiotics™ are non-freeze-dried meaning they are alive and in their natural, raw state owing to the reason why they are so effective.



MICROBIAL SPECIES IN RAWBIOTICS™

Bacillus subtilis, Bifidobacterium animalis, B. bifidum, B. longum, Lactobacillus acidophilus, L. casei, L. bulgaricus, L. fermentum, L. plantarum, Lactococcus lactis, Saccharomyces cerevisiae, Streptococcus thermophilus

Rawbiotics DAILY

A daily liquid probiotic that provides you with the beneficial bacteria needed for optimum digestive health. This is your preventative and maintenance product. Take Rawbiotics DAILY if you don't have gut issues but want to ensure that you have optimum gut function and don't develop problems in the future, or if you have been on a course of antibiotics to replace vital good bacteria. *Herbal Extracts: Chamomile, Rose Hip, Olive Leaf, Elderberry, Siberian Ginseng and Astragalus*



PRODUCT REVIEWS

“This will cure anything you got. It works like a charm to heal you within a few hours and also keeps you healthy and energized. Got the Daily as a sample. I struggled with a terrible stomach bug...nothing helped not even antibiotics. Me, my husband and kids drank this and the next day we were fine. UNBELIEVABLE!! THIS SHOULD BE IN EVERY HOME IN SA.” **CM**

“Excellent. Life Changing. I gave Rawbiotics to a friend who had sciatica totally changed her life, she cannot stop thanking me for recommending this wonderful probiotic. I love taking it every morning to keep my gut regular. I highly recommend it.” **PZ**

“Best probiotic. Really great product. I find it works so much better than probiotic tablets. Works faster. Always take this if I am on an antibiotic.” **Tania**

“My husband and I started taking the Daily Rawbiotics every morning before we ate anything else. And immediately we noticed a difference. We could actually feel all the goodness of the raw probiotic seep into our bodies. As the days went on, we noticed incredible difference in our stomach and overall well-being. My husband had indigestion problems with heart burn and from the time of taking this it has stopped and now my husband simply cannot do without the Rawbiotics. I myself have been having problems with bloating and generally just feeling drained out and tired, but from the start of taking the Rawbiotics, I noticed that the bloating and tiredness has stopped. This is such a good product for general well-being that I am always spreading the good news about the product. I truly believe that if it comes from nature then it's worth and benefit is endless to the body.” **Mandy**

“Daily delight. I continue to be impressed with this product; it’s a great staple and I would really recommend having it as a daily supplement. My eczema prone skin definitely benefits and my stomach, which is always the first affected by anything from stress to a bug feels on top form.” **C**

“I have had IBS on and off for 25 years and have tried many things. I tried this product after being given a sample and was very cynical about it. However, I am now hooked on it as within a week my symptoms had gone and have not re-appeared in the three months, I have been using it. It doesn’t taste very nice but for me it is a minor miracle!” **KT**

“I was sent a sample and it came in handy when I had a bad bout of food poisoning. It worked quickly for my bowel movements and digestion as expected and drastically lowered my excessive sugar cravings due to the food poisoning. I would recommend starting slower than stated as introducing it too fast can cause severe side effects like painful cramps and diarrhea. I started at an 1/8th of a teaspoon. It worked so well I proceeded to purchase the 1L bottle which is great value for money for live probiotics. I will continue to use this product to further enhance my health and would greatly recommend it.” **Kezia**

“A brilliant product. My gut was in such a mess I could not eat anything without experiencing acute acid reflux. After a week on Raw Biotics my IBS had disappeared and I was even sleeping better. I find it rather unpleasant to taste but have resorted to taking it with my vitamin C which disguises the taste.”

Elizabeth

“Worked from day 1. Very good product, it worked from the very first day. The taste is something to get used to, but not too bad. Much better than any other capsule/tablet probiotic I have taken.” **Marieta**

“I’ve been using probiotics a long time and am an avid brew master of kombucha. I cannot live without the good bacteria. Without it, I have difficulty digesting many things and have a few sensitivities. My homeopath is a complete supplement snob and swears by fridge probiotics only so I wouldn’t even try probiotics that weren’t in the fridge. He was right, they’re not as effective... until now! My tummy has been great! Rawbiotics is the truth! Not only does it have additional nutrients that this breastfeeding mama needs, it’s good on the wallet.”

Thembelihle

“A perfect probiotic. This product really enlightened me to the profound importance of gut health and natural bacteria. I feel far more enlivened than before!” **Knwyn**

Rawbiotics GUT

A live liquid probiotic that works to correct imbalances that lead to digestive disorders such as IBS, bloating, acid reflux, diarrhea and constipation, and restore the beneficial bacteria necessary for long-term healthy balance in the gastro-intestinal tract.

Herbal Extracts: Slippery Elm, Lemon Balm, Peppermint and Rose Hip.



PRODUCT REVIEWS

“Excellent probiotic. Best on the market, in my opinion.” **Rex**

“Great for IBS pain. After many procedures and doctors, I was finally diagnosed with IBS, which caused me incredible pain. Even though I’ve tried standard pharmacy probiotics and I’m following a strict diet, I still got occasional pain. Since I started taking this daily, my IBS pain has subsided, even if I eat some of my trigger foods! The taste is almost like kombucha...a bit bitter, but very bearable!” **AM**

“Gut Corrected! I bought it for my daughter who battles with gut problems and she is so happy with the results. It has eased the intense pain she has at times and now even manages to eat some bread on occasion. Thank you for this wonderful product!” **Kathy**

“This is an amazing product. Just ordered my second 1 litre bottle. The taste is fine, and I try not to miss a day. The shelf life is excellent. My skin is less inflamed. Definitely addressing my inflammation. And I a regular as clockwork. Excellent product.” **Patricia**

“Finally something that works. I have been battling with my stomach so badly for so long. Especially after the Christmas period. Terrible bloating, cramps and other not so nice IBS symptoms and since taking this product for a week now I feel like a different person. I have honestly tried everything - including the very expensive probiotics that cost over R700 and this has done so much more than any of those others have done.” **Michelle**

“Great stuff. Absolutely love this! Definitely seeing results in terms of bloating and stomach issues, if I skip a day, I feel it!!” **Jo**

“Gut Saver. My digestive system was really struggling for about a month. Cramping, flatulence, nausea and all the rest that goes with gut imbalance. I started using this and after 3 days could start feeling a difference. After about two weeks almost all my symptoms including the nausea that plagued me throughout the day disappeared. Would definitely recommend this product as it does the job and is friendly on your purse/wallet.” **AV**

“Rawbiotics gut corrector - it's a winner! This is one of the best products for gut health restoration. I highly recommend it.” **Catherine**

“Great product. I've had quite a problem with constipation and irregularity, but this cleared it right up. A 1l bottle lasts about a month which makes it great value for money.” **Carina**

“I am a person that always suffers with constipation. I tried this product a few days ago when I was really struggling and have noticed a great difference. I would honestly recommend this product.” **Shaleen**

“Best probiotic ever. I've been using Rawbiotics GUT for a year now and my IBS is a thing of the past. I take it with me wherever I travel. No more pain!” **Juliana**

“Great vegan product for IBS. Best vegan probiotic by far and I have tried a few. If you struggle with IBS I suggest the Rawbiotics GUT, I can even feel the difference if I accidentally forget to take it in the morning. Really good product.” **Charlene**

“Best probiotic! I have used so many probiotics for my IBS in my life, but this product is the only one that made a difference! Love it!!” **Mariska**

“This product is absolutely amazing. If you are having any problems with your gut, this is the solution.” **Schalk**

“Highly effective product! From the first day I noticed a dramatic difference in my digestion and elimination. This is the most effective probiotic I've ever used.” **V**

“Relieves chronic constipation. I suffer from chronic constipation. I have been taking this product every morning on an empty stomach and now I go every day to the lavatory.” **Gifto**

Rawbiotics KIDS

A daily probiotic that provides natural bacteria needed for children's health and growth. These essential bacteria improve the body's ability to use nutrition, assisting with healthy growth and increasing the body's ability to create natural vitamins and antibiotics.

Herbal Extracts: Peppermint, Lemon Balm, Chamomile and Elderberry.



PRODUCT REVIEWS

“By far the best probiotic I’ve used with my little one who has tummy issues. Loves the tart taste too so easy to give him. Great for little ones.” **Shannon**

“My children aged 5 and 8 are enjoying the probiotic for kids. They have both suffered with eczema and food intolerance’s but are doing so much better since taking your probiotic every day so thank you!” **Kirsten**

“Very impressed by this product. My son suffers from eczema and the probiotics help restore the bacteria in the gut, thereby improving his skin. Good value for money too.” **Michelle**

“Love it. Amazing product that works and is value for money. Seen results in my kids in a few days.” **Natalie**

“A must have. Rawbiotics products are fantastic, I highly recommend this especially for children. My baby has it every day and is super healthy.” **Tammy**

“Highly recommend. Best probiotic which I have found for my child. He has gotten used to the taste and I love that it is a live probiotic.” **Kate**

“Daily staple. My toddler made it through winter with only minor sniffles after taking this daily. She loves the taste.” **Kirsten**

“It’s the best thing for my kid. It really is a general health tonic. Great product.” **Nompumelelo**

“Will buy this for as long as its around. Great, great product. Give to my kids most days. They have been pretty consistently healthy for a long time whereas before, it was weekly colds and flus.” **Justine**

“Results! My 2-year-old had ongoing diarrhea since starting school in January and this probiotic seems to have helped make things more solid. She’s also managed to keep a mild cold from escalating. We had no problem with the taste. I’m definitely going to try the other products for my husband and I.”

Kirsten

“Best one so far. Both my kids seem to benefit from this. no more runny tummies after school as we often got with my 5-year-old.” Sonette

“Fantastic. Since starting this with my almost three-year-old he has not had a single sick day off school. It’s fantastic.” **Bridget**

“Good probiotic. Love giving good quality products to my kids which support their health. I buy this every month.” **Lauren**

“A must have!! Rawbiotics products are fantastic, I highly recommend this especially for children. My baby has it every day and is super healthy.” **Tammy**

“Good product. Seems so really make a difference in balancing my kids’ digestive systems.” **Sunette**



Rawbiotics DEFENCE

Rawbiotics DEFENCE contains a blend of potent herbal extracts that, along with the live probiotic bacteria, provide increased immune support through a healthy digestive tract. To be taken as a daily probiotic if one has a weakened immune system, or to increase the body's defences when they are most needed. Rawbiotics DEFENCE can also be taken in addition to one's regular Rawbiotics product for a short term boost.

Herbal Extracts: Ginger, Turmeric, Elderberry and Cinnamon



PRODUCT REVIEWS

“Great product. really helps with inflammation in the body.” **S**

“It is very good. You get better faster when you are ill & taking Rawbiotics. Also good to take, to stay well.” **A**

“Felt the effect within minutes. Took it with breakfast and felt the effect a few minutes after. Amazed at the difference it made to my day. The tired brain fog pulling me down just evaporated and pushed me to be more productive.” **L**

“I definitely feel a difference. I use to get bad cramps after dinner especially and after taking this every morning, my digestive system and energy has improved.” **C**

“Excellent highly recommended for any digestive issues or just for strengthening the immune system.” **Z**

“Feel amazing after using the Rawbiotics Defence liquid. It is perfect for the whole family and what's best is it's all natural ingredients. One major advantage is the bottle size lasts months without diminishing in its potency. It's my foremost favorite to stock up on before heading into Winter.” **R**

“This product is excellent for general tummy health but even more so after antibiotics and or Covid. I take 20ml every day and my tummy has settled a lot and is very regular.” **S**

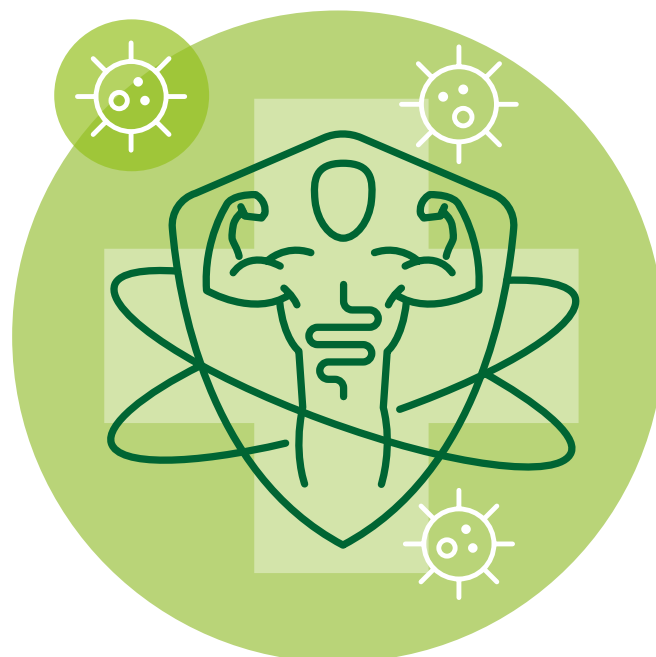
“Had some worries due to extensive travelling and this helped me transition during my travels with ease and less discomfort than usual. I took a bit less than the recommended dosage but that’s due to my sensitive system and the product still helped my body transition.” **D**

“Works great, had a tummy bug and this helped me get back to normal, and I’ll keep using it and hope for a better response to illness in the coming winter!” **C**

“I have seen an improvement in my immune system since I started using Rawbiotics Defence (how often I get sick, and how quickly I recover).” **O**

“This is a staple. I used to have an ongoing dry cough until I started taking this. I highly recommend this brand.” **T**

“My Naturopath prescribed this for me to build up my immune system and strengthen my gut bacteria. Works like a charm. My hubby no longer has IBS since we been using this. Read the instructions, do not shake the bottle or stir the ingredients once poured into juice or water, juice or water must be room temperature, not hot or cold from the fridge as this is raw biotics.” **C**



Questions & answers

WHAT IS THE DIFFERENCE BETWEEN THE 4 RAWBIOTICS PRODUCTS?

All Rawbiotics products contain the same strength of probiotic bacteria. The only difference is the added herbs in each product that make them more specific for a certain need:

Rawbiotics DAILY A daily liquid probiotic that provides you with the beneficial bacteria needed for optimum digestive health. This is your preventative and maintenance product. Take Rawbiotics DAILY if you don't have gut issues but want to ensure that you have optimum gut function and don't develop problems in the future, or if you have been on a course of antibiotics to replace vital good bacteria.

Rawbiotics GUT A live liquid probiotic that works to correct imbalances that lead to digestive disorders such as IBS, bloating, acid reflux, diarrhea and constipation, and restore the beneficial bacteria necessary for long-term healthy balance in the gastro-intestinal tract.

Rawbiotics KIDS A daily probiotic that provides natural bacteria needed for children's health and growth. These essential bacteria improve the body's ability to use nutrition, assisting with healthy growth and increasing the body's ability to create natural vitamins and antibiotics.

Rawbiotics DEFENCE A live liquid probiotic which supports good gut and immune function. Containing a potent blend of ginger, turmeric, elderberry and cinnamon extracts along with the probiotic bacteria. Can be taken as your regular daily product if you have a weakened immune system, or to increase the body's defences when they are most needed. Can also be taken as an addition to one's regular Rawbiotics product for a short term boost.

ARE THERE ANY SIDE EFFECTS?

Very seldom. Occasionally the body may start to detox and get rid of chemicals which have been in your system, resulting in mild diarrhea or gas. If this occurs too suddenly, just cut down quantity and increase slowly until the body is comfortable with it. Any side effects experienced will be as a result of the detox action of the beneficial bacteria. This is a good thing as it shows the body is cleansing itself.

WHEN SHOULD I TAKE THE PROBIOTIC?

Rawbiotics™ can be taken at any time. With or without meals, morning or evening.

HOW MUCH SHOULD I TAKE IF I HAVE A COMPROMISED DIGESTIVE SYSTEM?

Everyone has a different ratio of microbes in their digestive tract. Our products contain antioxidants in large numbers, as well as very active beneficial bacteria. Individuals with compromised immune/digestive systems **MUST** start on lower dosages: for adults: 1 tablespoon (15ml) per day, and for children under the age of two, 1 teaspoon (5ml) per day. After a month one can start slowly increasing the dosage.

HOW DO RAWBIOTICS DIFFER TO OTHER PROBIOTICS?

The reason for Rawbiotics™ efficacy and results is not, as many people believe, the number of microbes present in the product but, rather the number of microbial species. Although lactic acid bacteria are the most predominant bacteria in the GI tract they cannot establish themselves without the natural symbioses they share with other types of microbes. In the natural world various classes of bacteria are utterly reliant upon each other for growth and stability, as can be seen by the diversity of microbial life in soils and plants. Unlike most probiotic products which contain freeze-dried strains of just one or two species of microbes, Rawbiotics™ closely mirrors the natural range of microbes that are found in our soils and food. It is the combination of these species which make Rawbiotics™ unique. This is what accounts for their efficacy and successes.

CAN I TAKE RAWBIOTICS WITH OTHER MEDICATIONS?

Yes, you can. The gastro-intestinal tract's healthy function relies on the presence of beneficial bacteria. Beneficial bacteria aid in digestion, correct pH balance (acidity), the processing of nutrients and the prevention of the build-up of harmful bacteria. Beneficial bacteria do not interfere with medication. In fact, they are almost completely killed off with the use of antibiotics and the immune system is hugely compromised by the toxins in most medical drugs. Taking Rawbiotics™ helps to protect the body from harmful toxins.

CAN I GIVE RAWBIOTICS TO BABIES? WHAT AGE CAN THEY START TO TAKE THE PRODUCT AND WHAT DOSAGE?

Yes you can but the amount depends on the age of baby. Newborn babies need just a couple of drops and then you can increase the ml amount as they get older.'

WHY IS RAWBIOTICS DEFENCE MORE EXPENSIVE?

Rawbiotics Defence contains a blend of premium herbal extracts, some of which are more expensive than the herbs used in other Rawbiotics products. Rawbiotics Defence also contains a higher concentration of herbal extracts per daily dose than other products in the range.

CAN I USE RAWBIOTICS IN A NEBULIZER?

Yes, use as a substitute in the same dosage as the recommended pharmaceutical products.

CAN I TAKE RAWBIOTICS IF I AM PREGNANT OR BREASTFEEDING?

Yes. While Rawbiotics are 100% natural and safe to take and unlikely to disagree with mothers, we always suggest consulting with your doctor if you're unsure or have existing health concerns.

ARE RAWBIOTICS VEGAN FRIENDLY?

Yes, Rawbiotics™ are suitable for vegetarians and vegans. No animal derived products are used in the culturing or production of our products.

ARE RAWBIOTICS SUITABLE FOR DIABETICS?

Yes, Rawbiotics™ are suitable for diabetics. There is only a small amount of sugar that goes into the product during the manufacturing process and this is used as food for the beneficial bacteria during the fermentation. By the time the product has fermented there is very little sugar in our product.

We have done lab tests and the nutritional analysis of the product is:

Carbohydrates: Less than 1g/ 100ml
Of which total sugar: Less than 0.1g/ 100ml

WHY ARE THERE WHITE FLAKES ON THE TOP?

This is the natural yeast that forms when the product is exposed to oxygen (in other words, once the seal is broken) Do not shake it, it is normal for it to be there.

WHY SHOULD ONE NOT SHAKE THE PRODUCT?

Because the product is a “live” microbial product.

CAN I REFRIGERATE THE PRODUCT?

No, it is a “live” microbial product. The microbes go dormant if refrigerated. Store at room temperature out of direct sunlight. If the product has been refrigerated mistakenly do not worry – simply remove from the refrigerator and store at room temperature. The microbes will wake up.

HOW WILL I KNOW IF THE PRODUCT HAS GONE OFF?

You will definitely know! It will get a really “rotten” smell when it goes off. The product has a 2-year shelf life unopened and 6-8-week shelf life once the bottle has been opened.

IS RAWBIOTICS GOOD FOR LACTOSE INTOLERANT PEOPLE?

Rawbiotics is suitable for lactose intolerant individuals because the product does not contain any dairy. As for it being good for lactose intolerant people: although we are not permitted to make any claims that aren't proven by clinical trials, the truth is that many gut disorders or conditions are as a result of microbial imbalances in the gut. Thus, by addressing the microbial balance one will very often resolve other gut issues such as lactose intolerance.

WHAT IS THE COLONY FORMING UNIT (CFU) COUNT IN RAWBIOTICS?

The average number of CFUs in our formulations is 1 billion CFUs per 30ml daily dose. It should be noted, however, that CFU counts are relevant more to freeze-dried probiotics than fermented probiotics like Rawbiotics. With a freeze-dried (encapsulated) probiotic, the bacteria are in a far less robust and stable form and many of them die off on the way to the gut, thus requiring high numbers of CFUs in order to be effective. With fermented probiotics that are in their natural form, along with all of their supporting bacteria, the numbers of CFUs needed are relatively low. In fact sometimes just hundreds of thousands of CFUs, rather than millions or billions, are more than sufficient.

WHEN CAN I START GIVING IT TO MY KIDS?

Rawbiotics™ KIDS can be given to your children from newborn age, starting with a small dose of 1ml per day and increasing gradually to 5ml at age 6, and eventually to 15ml for 6+.

CAN I MEASURE MY DAILY DOSE WITH THE BOTTLE CAP?

4 capfuls will equal 1 adult's serving.

ARE THERE OTHER WAYS TO TAKE RAWBIOTICS?

You can add Rawbiotics to your favourite smoothie, shake, fruit juice, or cereal/oats bowl.

For more information, please visit our website

WWW.RAWBIOTICS.CO.ZA

Find us on social media:

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Manufactured & Distributed by:

Efficient Microbes Pty Ltd.

Tel: +27 (0)31 266 2935 / +27 (0)31 266 5417

6 Waterfall Ave, Westville, 3630, KZN, South Africa info@saem.co.za

www.efficientmicrobes.co.za



happy inside