

unigo
talk to nature



BATTALION

★ fibres & spores HU58™

Double Fibres

Triple Spores

Promotes Regular Bowel Movement

Helps Relieve Constipation

Maintains A Good Intestinal Environment

Clear. Soluble. Taste-free



Did You Know?

Battalion HU58™ fibres & spores is a functional food which provides true prebiotics and probiotics benefits to our health by supporting the digestive function.

Battalion HU58™ contains 2 types of dietary fibre and 3 types of spore forming probiotics in a sachet.



Bacillus subtilis HU58™

Produces over 12 effective antibiotics. Produces nattokinase & vitamin K2. Highly important for immune development - GALT



Bacillus coagulans

Long history of used in IBS and Crohn's ulcerative colitis. Produces L+optical form of lactic acid.



Bacillus indicus

Produces carotenoids - lycopene, astaxanthin, beta-carotene, and lutein. Produces quinols & vitamins.



FOS-enriched Inulin

A prebiotic. Gives our gut the nutrition it needs to feed the friendly bacteria.



Resistant Dextrin

A dietary fibre. Helps to promote regular bowel movement especially of people with a tendency to constipation.



HU58™

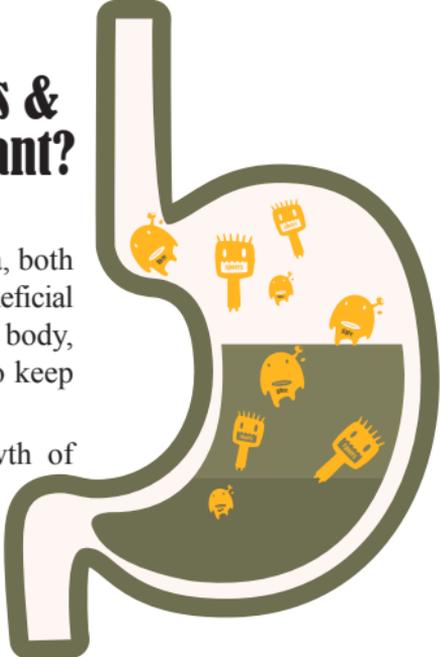
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Why Are Prebiotics & Probiotics Important?

The digestive system is full of bacteria, both good bacteria and bad. Probiotics are beneficial bacteria that, when introduced to the body, help to balance out the bad bacteria to keep the entire body healthy.

Prebiotics are food to promote growth of healthy bacteria.



Prebiotic-Rich Foods

Whole grains

Oatmeal, Barley, Flaxseeds, Wheat

Fruit & Vegetables Sources

Berries, Bananas, Tomatoes, Onions, Asparagus, Garlic

Legumes

Lentils, Kidney beans, Chickpeas, Black beans



Probiotic-Rich Foods

Dairy sources

Aged cheese (e.g. bleu, cheddar), Lassi, Yogurt

Fruit & Vegetables Sources

Pickles, Kimchi

Soybean Sources

Miso, Tempeh, Natto, Soy sauce

Grain Sources

Sourdough bread





How Do Gut Bacteria Affect us?

Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

Depression & Autism ★

Often co-occurs with leaky gut.

★ Anxiety

Prebiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

Schizophrenia ★

Some studies have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

★ Parkinson's Disease

People suffering from this disease have different gut bacteria than healthy people.

Obesity & Diabetes ★

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

★ Crohn's Disease

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

Colon Cancer ★

Sugar-loving microbes in the gut - along with the carbs that feed them - can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

★ Ulcerative Colitis

Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

Rheumatoid Arthritis ★

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

★ Irritable Bowel Syndrome

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.

★ 70% of your immune system is located in your digestive tract.

★ 80 - 90% of SEROTONIN (a chemical in the brain that helps to regulate mood) is made inside the gut.



Do You Have These Symptoms?



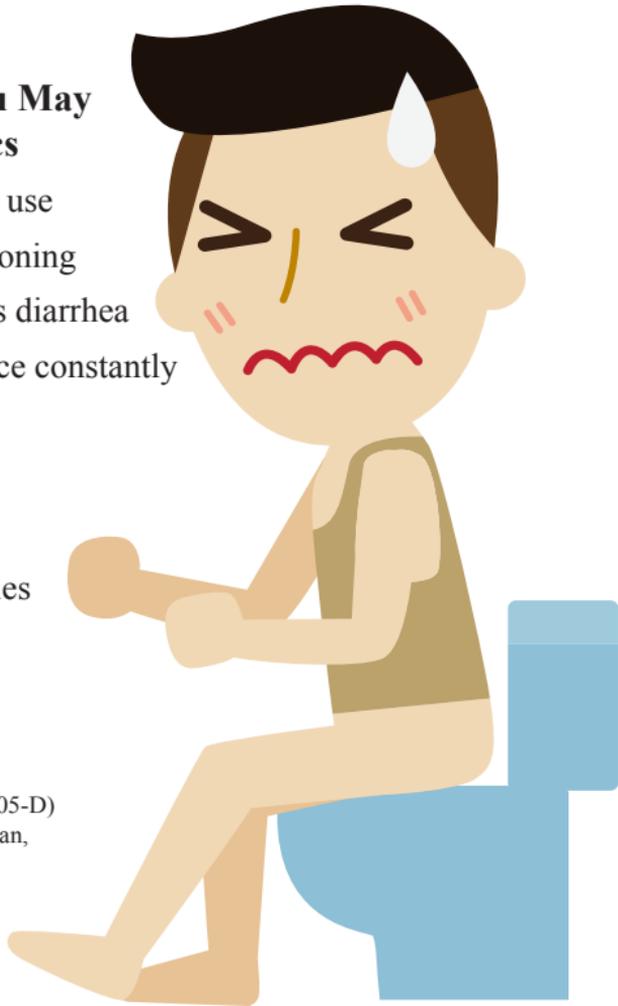
Signs That You May Need Dietary Fibres / Prebiotics

- Always constipated
- Always hungry
- Overweight
- Blood sugar fluctuations
(apply to diabetics)
- Diet-related nausea & tiredness
(especially for those who has high-protein / low carbo diet)



Signs That You May Need Probiotics

- Recent antibiotic use
- Recent food poisoning
- Prone to travelers diarrhea
- Gastric / flatulence constantly
- Unhealthy skin
- Mood disorders
- Weak immunity
- Asthma & allergies



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FAQs

Q Why is Battalion HU58™ different from other products?

A Our medical research team has worked for a long time studying the work of Prof. Dr. Simon Cutting, Royal Holloway University of London before we finalised on 3 bacillus species to synergise with 2 other well-researched fibres (resistant dextrin and FOS-enhanced inulin) to provide our consumers a full spectrum solution for gut health.

The selected spore species (*Bacillus subtilis HU58™*, *Bacillus indicus and, Bacillus coagulans*) produce endospores that allow them to endure extreme conditions of heat, dryness, humidity and acidity. Therefore they can survive the harsh gastric system and get to the intestine alive.

These bacillus species are a natural part of the human environment and for thousands of years humans have consumed these species as part of their diet, for instance, in the making of Japanese food natto. In olden days, humans also consumed these species which were found in grains, meats, fruits and vegetables, and formed a symbiotic relationship with these beneficial microorganisms. Unfortunately modern food systems have sterilized processing where all fruits, vegetables and meats are treated with antimicrobials which in turn eliminate our exposure to these beneficial bacteria.

Resistant dextrin in Battalion HU58™ is a functional fibre which helps to promote regular bowel movement especially for people with a tendency to constipation. Whereas FOS-enriched inulin is a prebiotic which is not only improves the intestinal flora balance, it also reduces blood sugar response and improves calcium absorption.

Q Why should I switch from my current probiotics to Battalion HU58™?

A Unless your current probiotics contains high doses of spore strains, it does not survive the harsh digestive tract.

Q Why should I switch from my current fibre to Battalion HU58™?

A Due to the variability of fibre's health effects in the body, it is important to consume fibre of different characteristics. Battalion HU58™ contains 2 types of fibres to provide our consumers a holistic diet plan.

Q What are the side effects of taking Battalion HU58™?

A None have been reported. Battalion HU58™ is a functional food whereby its ingredients are well tested and researched.



FAQs

Q Any significance of taking before or after a meal??

A No. The fibres are designed to help the spores to transform from their dormant (spore state) to their active (vegetative state) form in the gastrointestinal (GI) tract. There are tremendous immune benefits if the spores are made to germinate into their vegetative state in the upper GI.

Q Is Battalion HU58™ safe for pregnancy and breastfeeding?

A As is recommended for all functional foods and supplements, pregnant or lactating women should first consult a medical professional.

Q How long it takes for the gut to self-inoculate?

A The friendly bacterial do not stay in the GI tract forever. With daily consumption, it takes them about 21 days to reach a steady state concentration in the GI and this is when they are most effective in regulating the GI.

Q Any healing crisis?

A As the body detoxifies and restores balance to an unhealthy intestinal tract, the chance for our consumers to experience a short-term herxheimer reaction is possible. The most frequent symptoms reported are intestinal cramping. Increase the consumption slowly when first started or decrease the serving size to eliminate any uncomfortable symptoms.





Have you 'cultured' your drinks?

'Culture' your beverages naturally with Battalion HU58™ is a simple and yet great way to incorporate more fibres and spores probiotics into your diet."



Everyone, everywhere, anytime.



Testimonials

" I have used numerous products which I hoped would help with my long suffering digestive problems. None worked very well. After taking Battalion HU58™, I have virtually no constipation now. "

⊕ Jason, 26, Engineer



" I feel more rested, sleep better and more energized after adding Battalion HU58™ into my drinks! It turns my breakfast drinks into magical tonics and my skin looks really great!"

⊕ Michele Tang, 33, Teacher

" The feeling of being bloating always put me in a terrible mood. It affected my work, my social life and worse still I got moody and irritable when I was at home. HU58™ is the one thing that gives me relief after so many years."

⊕ Jessie, 35, Account Executive

