

CleanoCOL®



Plant substances for the intestinal function

CleanoCOL®: With swellable plant fibres for the intestines

CleanoCol® is a dietary fibre preparation for supporting the intestines. A high proportion of the powder is made up of dietary fibre-rich plant fibres, such as psyllium (*Plantago ovata*) and linseed (*Linum usitatissimum*), which are highly swellable. In addition to these plant fibres, the powder contains 10 Lactobacilli strains and the mineral magnesium.

Dietary fibre from psyllium husks and linseeds for an essential sense of well-being

CleanoCOL® is an expedient combination of psyllium and linseeds with a high dietary fibre content. Linseeds support the peristaltic motion of the intestines and help to regulate bowel movements. Furthermore, psyllium supports the digestive tract and helps to maintain normal digestive functions.


Possible uses:

- To support the intestinal function
- For a targeted increase of the dietary fibre intake
- For targeted, short-term use, particularly during spring or the period of fasting

Bioavailable micronutrients in a pure form

- Only active ingredients
- Free of additives
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Hypoallergenic
- 100 % vegetarian
- Quality tested

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	7,5 g	% NRV*
Magnesium	75 mg	20
Lacto- and bifidobacteria**	250 mg	-
Ground psyllium husks	4300 mg	-
Papaya fruit concentrate	1000 mg	-
Linseed ground	750 mg	-
Marshmallow root extract	500 mg	-
Ground peppermint leaves	100 mg	-
Liquorice root extract	50 mg	-
Ground fennel seeds	50 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Ground psyllium husks, papaya fruit concentrate, ground linseed, marshmallow root extract, magnesium citrate, lacto- and bifidobacteria powder**, ground peppermint leaves, liquorice root extract, ground fennel seeds.

RECOMMENDED DOSAGE

Daily dissolve the content of one stick (7.5 g) into 1 glass of water (0.2 L) 30-50 minutes before a meal and drink immediately.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

ADDITIONAL NOTE

** with the bacterial strains: *L. acidophilus*, *L. casei*, *L. paracasei*, *L. plantarum*, *L. rhamnosus*, *B. bifidum*, *B. lactis*, *B. longum*, *B. breve*, *S. thermophilus*. Corresponds to 1.5 billion colony-forming units (CFU) per portion at the time of bottling.

PACKAGE SIZE AND CONTENT

30 portions (of 7,5 g), 225 g

** with the bacterial strains: *L. acidophilus*, *L. casei*, *L. paracasei*, *L. plantarum*, *L. rhamnosus*, *B. bifidum*, *B. lactis*, *B. longum*, *B. breve*, *S. thermophilus*. Corresponds to 1.5 billion colony-forming units (CFU) per portion at the time of bottling. Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 14.11.2019.



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