

# fit@work® Stressbiotic



## Innovative combination preparation for relaxation and mental balance

Stress due to occupational stress not only reduces performance and health, but also the quality of life of the individual. In the long term, the bad mood that can creep in due to prolonged mental stress does not stop at private life and can even negatively influence interpersonal relationships. fit@work® Stressbiotic - the new special preparation of the fit@work series - was developed to support inner balance and contribute to relaxation.

fit@work® Stressbiotic is based on the brand raw material Probiostress™ - a targeted combination of lacto- and bifidobacteria with saffron extract - supplemented by vitamins B2 and C, which support the function of the nervous system and energy metabolism. Vitamin C also contributes to normal mental function. Probiostress™ combines the bacterial strains *Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175 with high-quality saffron extract. 3 billion of the reproductive bacteria are contained in one capsule, which can colonise the intestines and thus contribute to general well-being. The contained saffron is not only a valuable spice, but is also traditionally used in the Orient to support relaxation and helps to maintain a positive mood. With this innovative combination, fit@work® Stressbiotic offers the possibility of a natural countermeasure to occupational stress - so that you find your inner balance.

## fit@work® Stressbiotic

- Combination of lacto- and bifidobacteria, saffron extract and vitamins for relaxation and mental balance
- Saffron supports relaxation and emotional balance and helps to maintain a positive mood.
- With the scientifically tested bacterial strains *L. helveticus* R0052 and *B. longum* R0175
- Vitamins B2 and C contribute to the normal functioning of the nervous system and energy metabolism and protect the cells from oxidative stress.
- Vitamin C supports normal mental function and the normal functioning of the immune system.

## Possible applications:

- For the targeted supply of special lacto- and bifidobacteria strains
- To support increased strain and stress, especially in everyday working life
- As a contribution to relaxation and to maintaining a positive mood
- To support psychic function and mental balance
- For needs-based use within the framework of occupational health management

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**BIOGENA**  
WELCOME TO YOURSELF

### Bioavailable micronutrients in pure form

- According to the reinsubstance principle
- Without colouring, flavouring and coating substances
- Gluten-free
- 100 % vegetarian
- Vegetable capsule shell
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Probiostress™	500 mg	-
<i>contains lactobacilli and bifidobacteria cultures**</i>	<i>3 bn. CFU</i>	-
<i>contains saffron extract</i>	<i>30 mg</i>	-
Vitamin C	80 mg	100
Riboflavin (vitamin B2)	1.4 mg	100

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

### INGREDIENTS

Bulking agent: magnesium hydroxide, capsule shell (hydroxypropyl methyl cellulose, gelling agent: gellan gum), calcium-L-ascorbate, saffron extract, lactobacilli and bifidobacteria cultures\*\*, riboflavin.

### RECOMMENDED DOSAGE

1 capsule daily approx. 30 minutes before a meal with plenty of liquid.

### NOTE

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

### ADDITIONAL NOTE

\*\*With a total of 3 billion CFU (colony-forming units) per capsule of the strains *Lactobacillus helveticus* and *Bifidobacterium longum* at the time of filling.

### PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 48 g

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. Probiostress™ is a trademark of Comercial Quimica Massó SA. DRcaps® is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version 07.02.2023.



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