



### What is FertyBiotic BALANCE?

**FertyBiotic BALANCE** is a food supplement containing *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Lactobacillus crispatus* and Vitamin D.

### The microbiota

Microbiota is the set of microbial species present in a concrete habitat. In the human body, there is a different microbiota in the skin, respiratory system, reproductive system or digestive tract. In the case of the digestive system microbiota, its interaction with the organism is of great importance for the development of the individual throughout his or her life.

Some functions of the microbiota are the maintenance of the integrity of the intestinal barrier, the degradation and digestion of nutrients, the production of fatty acids and vitamins, the reabsorption of bacterial metabolites and the activation of the immune system.

If there is no balanced intestinal microbiota, this will adversely affect the immune response, resulting in a weakened immune system.

### What is the content of FertyBiotic BALANCE?

Contribution per dose	Per capsule	NRV*
<i>Lactobacillus rhamnosus</i> BPL205	1 x 10 <sup>9</sup> CFU**	--
<i>Lactobacillus plantarum</i> BPL207	1 x 10 <sup>9</sup> CFU**	--
<i>Lactobacillus crispatus</i> BPL209	1 x 10 <sup>9</sup> CFU**	--
Vitamin D	15 µg	300%

\*NRV: Nutrient Reference Values. | \*\*CFU: Colony Forming Units.

### FertyBiotic BALANCE 34 Capsules

Food supplement formulated with the probiotic mix of *Lactobacillus rhamnosus*, *Lactobacillus plantarum* and *Lactobacillus crispatus* and Cholecalciferol (Vitamin D).

- **Probiotics:** Probiotics are defined, according to FAO, as living organisms that when administered in adequate quantities confer health benefits on the host. Once ingested, probiotics become established in the gastrointestinal tract, helping to achieve a balanced microbiota. These probiotics are safe and beneficial to health, being on the list approved by the EFSA (European Food Safety Authority - QPS: Qualified Presumption of Safety).
- **Vitamina D:** Vitamin D contributes to the normal functioning of the immune system and the process of cell division.

The product contains no added sugars, gluten or lactose and is suitable for vegans.

### Additional information

**Colony Forming Units (CFU) provided:** 1x10<sup>9</sup> CFU/Capsule.

**Recommended daily dose:** 1 capsule per day (Oral).

**Format:** 34 capsules/Bottle and Box.

**Instructions for use:** Take 1 capsule in the morning.

### Warnings and Recommendations for use:

- Do not exceed the recommended daily dose
- Food supplements are no substitute for a varied and balanced diet and a healthy lifestyle.
- Keep out of reach and sight of young children.
- **FertyBiotic BALANCE** contains live heat-sensitive *Lactobacillus*. It is recommended to avoid exposure to heat sources or temperature changes. Store in a dry place away from light and at temperature below 25°C.

### Marketing responsibility:

Fertypharm, S.L. - Avenida Cortes Valencianas 39 · 46015 Valencia, Spain.