

Instructions for use Kijimea® FloraCare

What is Kijimea® FloraCare?

Kijimea® FloraCare is a food supplement made of 33 strains of Lactobacillus that are specially tailored to one another. Kijimea® FloraCare also contains vitamin B_3 , B_7 and B_2 , which contribute to the maintenance of normal mucous membranes. Kijimea® FloraCare also contains vitamin B_6 , which contributes to the regulation of hormonal activity, and zinc, which contributes to normal fertility and normal reproduction.

Is Kijimea® FloraCare well tolerated?

No side effects are known when taking Kijimea® FloraCare. Kijimea® FloraCare is gluten-free, fructose-free and lactose-free, and is free of preservatives, flavourings and sweeteners.

What do I need to consider before taking Kijimea® FloraCare?

²CFU = colony-forming units

Consult your doctor or pharmacist if you are taking, have recently taken or are planning to take any medicines together with Kijimea® FloraCare.

An interval of 2 hours should be maintained between taking Kijimea® FloraCare and any medication. There is no information to indicate that Kijimea® FloraCare should not be taken during pregnancy and breastfeeding.

You should not take the product if you are allergic to one of the ingredients.

How do I take Kijimea® FloraCare?

Adults and children over the age of 12: 1 x 1 capsule daily swallowed whole with plenty of liquid with a meal (in the morning, at lunchtime or in the evening).

We recommend taking Kijimea® FloraCare for at least four weeks

How should Kijimea® FloraCare be stored?

Kijimea® FloraCare should be stored dry $\mathring{\mathcal{T}}$ and below 25 °C $\mathring{\mathcal{L}}$ °. Store out of the reach of young children.

Do not use Kijimea® FloraCare after the date of minium durability indicated on the secondary packaging ...

Composition	Per daily portion (1 capsule)
VITAMINS	
Vitamin B ₃ (niacin)	15 mg NE (94%¹)
Vitamin B ₂ (riboflavin)	1.8 mg (129%¹)
Vitamin B ₆	1.9 mg (136%¹)
Vitamin B ₇ (biotin)	75 μg (150%¹)
Folic acid	30.0 μg (15%¹)
MINERALS	
Zinc	1.5 mg (15%¹)
OTHERS	
Microcultures	10 ¹⁰ CFU ²
¹Percentage of the nutrient refere	nce values according to Regulation (EU) no. 1169/2011

Ingredients:

microculture mixture (microculture strains*, maize starch), maize starch, capsule shell: hydroxypropyl methyl cellulose; niacin, anti-caking agent: magnesium salts of fatty acids; zinc citrate, riboflavin, colour: calcium carbonate; vitamin B₆, anti-caking agent: silicon dioxide; biotin, folic acid.

Important notes:

The recommended daily dose indicated should not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle.

One capsule (0.26 g) contains 33 microculture strains with at least 10 billion viable microcultures:

*L. crispatus SG18, L. crispatus QL33, L. crispatus ID63, L. fermentum LB91, L. fermentum LR28, L. gasseri RG19, L. gasseri SW5, L. reuteri OS31, L. rhamnosus ZR54, L. rhamnosus AC94, L. rhamnosus IX51, L. rhamnosus HM83, L. rhamnosus BP73, L. rhamnosus VN76, L. acidophilus FY47, L. acidophilus MK24, L. brevis VF63, L. delbrueckii ssp. bulgaricus ZDS17, L. casei JC65, L. helveticus LM56, L. johnsonii BI99, L. delbrueckii ssp. lactis UMF46, L. paracasei NC701, L. paracasei DZ13, L. paracasei CQ16, L. paracasei W09, L. plantarum XG46, L. plantarum KU86, L. plantarum JT63, L. plantarum EV38, L. plantarum YCA16, L. sakei FQ41, L. salivarius PL301



Kijimea® FloraCare is available in the following pack sizes:



28 capsules 4260344397099 56 capsules 4260344397105 84 capsules 4260344397112

Kijimea®: for health and environment.

Kijimea® values responsible use of resources. The instructions for use and folding box are made of recycled paper.





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