

Frequently Asked Questions

CarChol Fem⁺³⁵

Formulated for Cardiovascular & Cholesterol Health

1. What is a probiotic ?

According to the World Health Organization (WHO) statement, probiotics are defined as live microorganisms that, when administered in adequate amounts, provide a beneficial health effect on the host (1). Probiotics are used as supplements due to their positive effects on health.

2. What are the health effects of probiotics ?

Probiotics are used to improve health, protect and treat microorganisms that will cause disease. In studies, it has been determined that they provide protection against infection by supporting immunity, reduce the symptoms of irritable bowel syndrome (IBS), prevent the proliferation of Helicobacter pylori, which is a harmful pathogen for the stomach, and reduce the possibility of allergic reactions (2).

3. Is it safe to use probiotics?

The most commonly used microorganisms as probiotics are Lactobacillus, Bifidobacterium and Saccharomyces species. These bacteria are evaluated in the GRAS (Generally Recognized As Safe) category. For this reason, their consumption is considered safe for human health (3). On the other hand, it is stated that they can cause side effects such as gas and bloating. To reduce this risk, probiotics should be selected according to health status and used in accordance with the instructions for use (4).



4. Are there clinical studies showing that probiotics are protective against cardiovascular system diseases?

Studies report that consumption of probiotics in addition to nutrition reduces cholesterol levels in blood serum (5,6). It is also known that the use of probiotics can reduce blood pressure, total cholesterol in the blood, LDL and triglycerides, and increase the level of HDL in the blood. Thus, they support the cardiovascular system.

5. Is it harmful to use by people who do not have cardiovascular diseases?

Its use by people who do not have cardiovascular disease does not cause a negative effect on the person. It is recommended to be used regularly only by people with these problems.

6. What is the reason for the product to be separated by gender?

Since the variety, number and content of microorganisms in the microbiota of women and men are different, the product PoziBiome™ CarChol Fem⁺³⁵ is a product specially produced for women.

7. What are the terms of use of the product?

PoziBiome™ CarChol Fem⁺³⁵ should be taken 1-2 capsules in the morning or evening. Do not exceed the recommended daily intake.

8. Is it safe to use more probiotics than recommended?

Using more than the recommended amount of probiotics does not cause serious side effects. In this case, side effects such as gas and bloating may be encountered.

9. Under what conditions should the product be stored?

PoziBiome™ CarChol Fem⁺³⁵ can be stored below 25°C for 2 weeks, but the best storage condition is to keep this product at 2-8°C (in the refrigerator), which extends the shelf life of probiotic bacteria. Protect from moisture and sunlight and keep out of reach of children.

References

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