

Frequently Asked Questions

 **Fem⁺³⁰**

Formulated for Healthy Digestive & Immune System

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 have a positive effect on health?

Studies report that consumption of probiotics in addition to nutrition increases food digestion and absorption, and folic acid and vitamin B2, B3, B6 and B12 synthesis. In addition, it is known that by supporting the immune system, they have a protective and curative effect against many diseases, especially digestive system diseases (5, 6).

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

PoziBiome™ Fem⁺³⁰ is a product specially produced for women, as the diversity, number and content of microorganisms in the microbiota of women and men are different.

6. Is it harmful for men to use?

If men use it, no side effects are observed. However, it is recommended that male consumers use PoziBiome™ Men⁺³⁰ due to differences in the microbiota of males and females.

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

PoziBiome™ Fem⁺³⁰ 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™ Fem⁺³⁰ 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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