

Frequently Asked Questions

FreshGum^{Adults}

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. Is using oral probiotics safe for oral health?

The microorganisms used in oral probiotics are the dominant species in the human oropharynx. Oral probiotics have been used for a long time to improve oral, dental and throat health (5,6). Their consumption is safe.

5. What are the benefits of oral probiotics?

It is known that the use of oral probiotics can prevent and cure problems such as pharyngitis, otitis media, tooth decay, gingivitis and halitosis (7,8).

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

PoziBiome™ FreshGum^{Adults} should be consumed by keeping one lozenge in the mouth a day before going to bed until it is completely dissolved. Do not exceed the recommended daily intake.

7. 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.

8. Under what conditions should the product be stored?

PoziBiome™ FreshGum^{Adults} 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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