

# Frequently Asked Questions

## OsteoFem

### Formulated for Healthy Bone Density

#### 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 that probiotics can prevent osteoporosis?

Clinical studies show that probiotic supplementation in addition to eating patterns can support the prevention of osteoporosis in women and thus have the potential to prevent inflammatory conditions that may occur (5).

#### 5. Is it recommended to be used outside the menopause period?

PoziBiome™ OsteoFem is a probiotic suitable for daily use. The reason why it is especially recommended in the post-menopausal period is to increase immunity against problems that may occur due to osteoporosis.

#### 6. Does the use of probiotics have a negative effect on vaginal health?

Probiotic supplementation has no adverse effects on vaginal health. The effect of vaginal wash products and probiotics, which have become widespread recently, is completely different. Probiotics also act to improve vaginal health and increase beneficial microorganisms, among many other beneficial effects.

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

PoziBiome™ OsteoFem should be taken 1-2 capsules in the morning or evening. It is recommended to be used after meals. Do not exceed the recommended daily intake.

#### 8. Is it inconvenient 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™ OsteoFem 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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2. Maldonado Galdeano, C., Cazorla, S.I., Lemme Dumit, J.M., Vélez, E., Perdígón, G. 2019. Beneficial Effects of Probiotic Consumption on the Immune System. Ann Nutr Metab. 74(2), 115–124.
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4. Sanders, M. E., Merenstein, D., Merrifield, C. A., Hutkins R. 2018. Probiotics for human use. Nutrition Bulletin. 43, 212–225.
5. Li, P., Ji, B., Luo, H., Sundh, D., Lorentzon, M., Nielsen, J. 2022. One-year supplementation with Lactobacillus reuteri ATCC PTA 6475 counteracts a degradation of gut microbiota in older women with low bone mineral density. NPJ Biofilms Microbiomes. 8(1), 84

 @pozitifanalizarge

 info@panalizlab.com

 www.panalizlab.com

 +90 216 515 3626

 +90