

Vivomixx[®]
Probiotic Food Supplement

450

112

Digestion, microbiota
and good probiotics



What makes Vivomixx a high-quality product

Vivomixx® is a high potency food supplement containing a combination of 8 different natural strains that help maintain the balance of the intestinal flora.

The original Vivomixx® formulation has been the object of more than 80 clinical studies and over 280 scientific publications.

The strains in Vivomixx® have been selected for their specific characteristics and their ability to work in synergy and achieve what individual strains or other combinations of strains cannot.



What are microbionics?

The World Health Organization defines microbionics as « Live microorganisms which when administered in adequate amounts confer a health benefit on the host ».

It is important to ensure that the concentration and identity of the strains correspond to published scientific studies.

Vivomixx® contains 450 billion live bacteria per sachet and 112 billion per capsule. Such a concentration is required for an optimal colonization of the gut to help balance the intestinal flora.



450 billion bacteria per sachet corresponds to 360 yoghurts⁽¹⁾

(1) Comparison made on a yoghurt complying with French regulation (Decree No. 88-1203), containing a minimum of 10 million bacteria/g, and for an average yoghurt weight of 125 g.



450

112

billion live
bacteria



Why it is important to maintain your digestive system?

The gut microflora plays a key role in a person's well-being and alterations to the microbiota can lead to many health problems and affect quality of life.⁽²⁾

This is why the balance of your gut flora is so important for your health. A healthy gut flora is made up of over 500 different bacterial species that help regulate the number of pathogenic bacteria.

(2) ref : Mol Nutr Food Res 2017 Jan 61(1)

Vivomixx®

Food Supplement

Which bacteria?



Vivomixx® contains 450 billion bacteria per sachet and 112 billion bacteria per capsule of the following strains:

Streptococcus thermophilus NCIMB 30438,
Bifidobacterium breve NCIMB 30441,
Bifidobacterium longum NCIMB 30435*,
Bifidobacterium infantis NCIMB 30436*,
Lactobacillus acidophilus NCIMB 30442,
Lactobacillus plantarum NCIMB 30437,
Lactobacillus paracasei NCIMB 30439,
Lactobacillus delbrueckii subsp. bulgaricus
NCIMB 30440**

* Reclassified as *B. lactis*

** Reclassified as *L. helveticus*

How do probiotics work?

Probiotics act at different levels throughout the digestive system.⁽³⁾

They balance the intestinal flora and reduce the number of pathogenic bacteria that may cause infections or various health problems.

Probiotics are effective in replacing beneficial bacteria that are destroyed by disease or by certain treatments, such as antibiotics.

(3) Ref: Nature Reviews Gastroenterology & Hepatology 16; 605-616 (2019)

Frequently asked questions

What is the recommended daily dose of Vivomixx?

The recommended daily dose is 1-2 sachets or 1-4 capsules. With the sachets, the contents can be dissolved in 100ml of cold non-carbonated water, yogurt and any other cold, non-carbonated drink.

When is the best time to take Vivomixx?

It is recommended to take Vivomixx before breakfast in the morning.

How long should I take Vivomixx?

The new intestinal balance can be observed after 3-4 days, but optimal colonization occurs within 2-3 weeks.

Does Vivomixx contain any allergens?

Vivomixx does not contain gluten, lactose or soy. It does not contain preservatives or synthetic sweeteners. Vivomixx may contain traces of milk.

Why is it best to keep Vivomixx refrigerated?

The bacteria are live and lyophilized, it is therefore preferable to keep them in the fridge. Vivomixx can be kept out of the fridge at room temperature for up to one week without affecting the quality of the product. However, temperatures above 25°C should be avoided.

Can I take Vivomixx while on antibiotics?

Vivomixx can be taken while on antibiotics however it is best to take it as far apart as possible.

Are there any side effects?

Bloating is a common side effect due to the adaptation of the gut flora to the new bacteria. However, it is a transient phenomenon due to the adaptation of your gut flora to the new bacteria.

Can Vivomixx be taken during pregnancy?

Please do consult your physician when taking this or any other food supplement during pregnancy.

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How can I purchase Vivomixx?

For more information about the product and ordering from your country with reliable partners, visit:

vivomixx.eu/world/



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