

Regul8®

MAINTAIN PRE & PROBIOTIC

REGUL8'S MAINTAIN HAS BOTH THE PREBIOTIC INULIN AND THE PROBIOTIC BIFIDOBACTERIA. HERE IS SOME GREAT INFORMATION ABOUT THE BENEFITS OF THESE INGREDIENTS AND HOW THEY SYNERGISTICALLY WORK SO WELL TOGETHER.

Pre and probiotic health benefits

Inulin and oligofructose extracted from the roots of the chicory plant are among the few ingredients, and the only plant-based ones, that are officially recognised as prebiotics by ISAPP4. In addition, they are also dietary fibres, i.e., chicory root fibre. Chicory inulin and oligofructose reach the human colon intact where bifidobacteria ferment them as an energy source to short-chain fatty acids (SCFAs), inulin and oligofructose are dietary fibres that selectively increase the number of bifidobacteria in the gastrointestinal tract and have scientifically proven health benefits on the digestive system. Moreover, there is increasing evidence for other benefits such as supporting weight management and a good immune system. This selective fermentation of chicory inulin and oligofructose by bifidobacteria, the so-called 'bifidogenic effect', is key to the health benefits. The SCFAs are absorbed and used as an energy source by the whole body. Especially the colon cells will function better and support regular digestion with softer stools, besides improving our protection against chemicals and pathogens. There is the science that chicory root fibre can play a role in preventing overweight/obesity and reducing inflammation which underlies many conditions today. Health benefits of prebiotics Chicory root fibre fermentation leads to an increase in bifidobacteria and the production of SCFAs.

The combination

Prebiotics and probiotics may be combined in one product, as the prebiotic may support the storage life of the probiotic microbe and enhance the health benefits. This combination makes a 'synbiotic', which is defined as a mixture comprising live microorganisms and substrate(s) selectively utilised by host microorganisms that confers a health benefit on the host.

More reasons to stay on the Regul8 Maintain every day for ongoing support of your digestive health.

