

# Bimuno®

Bimuno® is a unique daily prebiotic fibre supplement that contains GOS (galactooligosaccharides) which feeds and stimulates the growth of good bacteria in the gut.

**It's scientifically proven to increase levels of good bacteria, Bifidobacteria within just 7 days\***



Bimuno® DAILY is a daily prebiotic supplement in powder form. It dissolves easily in hot or cold drinks and can be sprinkled on your cereal without affecting the taste. Take 1 sachet daily. Box contains 30 sachets.

**RRP £11.99**



Bimuno® IBAID are easy to chew pastilles that contain an optimum dose of GOS, specifically designed for those with a sensitive stomach. Take 2 pastilles daily. Box contains 30 pastilles.

**RRP £11.99**



Bimuno® TRAVELAID are easy to chew pastilles specifically designed for when travelling. Take 3 pastilles each day for 7 days before you travel and then each day you are away. Box contains 30 pastilles.

**RRP £11.99**

## Why choose Bimuno?



### Highly selective prebiotic effect

High specificity towards Bifidobacteria in the gut, which has been shown to have a beneficial effect.



### Rapid onset of action

Bimuno works in as little as 7 days to increase levels of Bifidobacteria, helping to maintain a balanced gut.



### High prebiotic index at a low dose

Bimuno exhibits a powerful bifidogenic effect at a very low dose compared to other commercial prebiotics.



### Unique triple impact on health

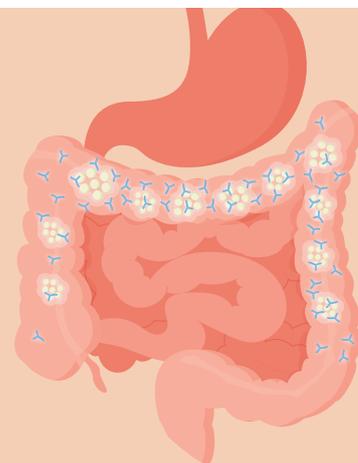
A balanced gut is associated with modulating gut microbiota, protecting against gut pathogens and reducing markers of inflammation.

## The Importance of the Gut Microbiome

The gut microbiome is home to a community of trillions of bacteria, both good and bad and it's important to get a balance between them.

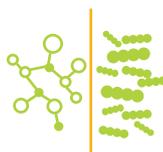
A balanced microbiome is associated with the functioning of the immune system and cognitive function.

Unfortunately, there are several factors including **stress, diet, medications, antibiotics and lack of exercise** which can affect the balance of the microbiome and can lead to bloating, constipation and digestive discomfort.



## Prebiotics and Probiotics

Prebiotics are non-living, non-digestible fibres that work endogenously on bacteria in the gut in a supplement or nutritional way.



Probiotics are live, active beneficial micro-organisms, but are exogenous and enter the intestines from ingested foods or supplements.

Prebiotics are heat stable and are not affected by temperature when stored in their packaging.



Probiotics are living microorganisms that can be damaged by heat when stored in their packaging.

Prebiotics are not affected by stomach acid or digestive enzymes and will reach the colon unchanged.



Probiotics can be killed off by the acidic environment in the stomach.

Prebiotics are stable and do not deteriorate when stored for a long time.



Probiotics stored in their packaging may simply die over time.

## Bridging the fibre gap

Only 9% of adults in the UK achieve the recommended intake of 30g of fibre per day\*\*.

A prebiotic fibre food supplement can contribute towards this nutritional deficit for those who are unable to obtain enough fibre through their diet. Prebiotic fibre resists digestion in the stomach and small intestine and reaches the large intestine intact.

When in the large intestine it's fermented and acts as fertiliser, feeding the good bacteria, Bifidobacteria in the gut and encouraging its levels to increase. Bifidobacteria, and the metabolites that it produces, can increase the levels of different species of good bacteria in the gut microbiome.

Lowering GI symptoms associated with gut microbiota\*\*\*

Studies have shown that Bimuno increases Bifidobacteria in 7 days and that it can reduce levels of gastrointestinal discomfort, including bloating, trapped wind and abdominal discomfort.

Available to order through AAH and Natural Dispensary

\*Scientific data shows that daily use of Bimuno® increases gut bifidobacteria levels within 7 days, results may vary.

\*\*[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/699241/NDNS\\_results\\_years\\_7\\_and\\_8.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/699241/NDNS_results_years_7_and_8.pdf) \*\*\*Bimuno and other prebiotics and probiotics do not have an authorised EFSA Health Claim