

LEPICOL

With today's busy lives and irregular eating patterns, many of us find it difficult to keep our bowels healthy. Lepicol, with its three-in-one combination of gentle fibres, probiotic cultures and natural probiotics, can make this task far easier

Fibre for health.

The health benefits of fibre are well known, the current recommendation for the daily intake of fibre is 25g – something many of us lack with the modern diet. Fibre is a key part of our dietary intake to ensure we maintain a healthy bowel. Not eating enough fibre can lead to digestive problems such as constipation and other chronic digestive disorders.

Lepicol plus+ with Digestive Enzymes

Lepicol is a multi-fibre source product containing gentle psyllium husk known to maintain normal bowel transit, as well as inulin which is a prebiotic fibre source. Together, these two ingredients go a long way to help provide your recommended daily intake of fibre. The third key ingredient of Lepicol are 5 probiotic strains.

These beneficial bacteria help to balance the microflora in your digestive tract, supporting in the health of your bowel.

Lepicol plus+ has the extra benefit of digestive enzymes to aid your bowel in digesting food.

Ingredients: Psyllium husks (*Plantago ovata* forsk), Inulin, Digestive enzymes (Protease, betaine HCL, ginger root, papain, peppermint leaf, fennel seed, bromelain). Probiotics.

Probiotic strains:

Lactobacillus rhamnosus PXN 54

Bifidobacterium bifidum PXN 23

Lactobacillus acidophilus PXN 35

Lactobacillus plantarum PXN 47

Lactobacillus bulgaricus PXN 39

Probiotic strength: Minimum of 120 million CFU/g (1.2 x 10⁸ CFU/g), equivalent to 600 million CFU/5g dose (6.0 x 10⁸ CFU/5g).