

Promoting balance in the intestinal tract



Florafibre supports intestinal health by providing a source of good bacteria which promotes balance in the intestinal tract.

Key Benefits:

- Combines fibre with Lactobacillus acidophilus ('friendly' bacteria) for improved intestinal health
- Helps maintain healthy digestive function
- Assists in extracting nutrients from the food you eat.

Why You Need It:

All day, every day, our bodies are a warm and productive 'home' to millions of bacteria (good and bad), and yeast-like fungi. Keeping the balance between the 'friendly' and the 'unfriendly' organisms is what determines a healthy digestive system.

A healthy digestive system is critical for overall health and well-being, and fibre is a key element that keeps the digestive system in balance. A proper balance of intestinal bacteria is important for intestinal health.

Nutritional experts recommend a daily intake of 35g of fibre each day. The average diet contains just 20-25g. Taking Florafibre every day will help to increase dietary fibre and promote intestinal well-being with the help of the Lactobacillus acidophilus.

Key Ingredients:

Lactobacillus acidophilus – enhances the body's ability to control pathogenic micro-organisms, helps support the immune function and naturally improves bowel function. Acidophilus is found naturally in fermented foods, such as yoghurt and sauerkraut, and is regarded as the most beneficial and versatile of the Lactobacilli family of 'friendly' bacteria.

Cellulose – a complex carbohydrate (dietary fibre). Cellulose cannot be broken down by gastric juices and therefore helps with the evacuation of waste products from the digestive tract.

Psyllium seed husks – herbalists consider Psyllium to be one of the richest sources of dietary fibre available in any food. For centuries, Psyllium was used to treat ulcers, colitis, and constipation.

Apple pectin – a good source of soluble fibre to help contribute to a well-balanced diet.

Did You Know?

We have several hundred different types of bacteria, weighing up to 2kg, in our intestinal tract. Healthy digestion of foods should ideally be complete within 24 hours. If there is an imbalance of bacteria or lack of dietary fibre, this transit time can increase to 72 hours, and beyond.

order details



SKU #0023	Florafibre
Volume Points:	12.50
Packaged:	90 tablets (30 day supply)

Directions For Use:

Take 1-2 tablets three times daily with a glass of water, preferably 1/2 hour before each meal.