

## LIQUID FORM... WHAT DOES IT GIVE?

LIVING FOOD probiotics in liquid form are innovative products of the highest quality with increased effectiveness. The live and active probiotic bacterial strains contained therein retain full biological activity, the ability to immediately colonize the intestinal and the production of biofunctional postbiotics. The liquid form guarantees the full use of the probiotic bacteria potential.

## CONTAINS BIOFUNCTIONAL POSTBIOTICS OF PROBIOTIC BACTERIA



### EXPERT ADVISES ...

Recent progress in research on the importance of probiotic microorganisms, has made us realize how important role they play in the human body. From among a whole range of sports supplements, I would point out probiotics without hesitation, as the most important and indispensable for every athlete.

*Dietician, MSc. Justyna Piechocka*

# Livingfood™

**LIVING FOOD SP. Z O.O.**

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# PROBIOSPORT

## BETTER IN LIQUID ...BECAUSE FORM MATTERS!



## PROBIOTICS FOR PHYSICALLY ACTIVE PEOPLE

## PROBIOTICS AND SPORT

Probiotics show an effect supporting the body's immune system, weakened by increased physical activity, shortening the time of post-workout regeneration. In addition, they regulate the functioning of the digestive tract, preventing the effects of intestinal hypoxia, occurring during exhaustive training and support the absorption of nutrients necessary for intensively working muscles.

## FOR WHOM?

Recommended for adolescents, adults and seniors, professional athletes and / or amateurs, tired and exposed to stress.

## WHEN AND HOW TO USE

### PROBIOTIC PREVENTION:

ProbioSport Probiotic drink concentrate:  
10-15 ml | 3 x a day | with meals

ProbioSport Probiotic drink:  
125 ml | 1 x a day | for the main meal

### PROBIOTIC SUPPLEMENTATION:

ProbioSport Dietary supplement:  
10-15 ml | 3 x a day | with meals

Maintaining good health requires a balanced diet and a healthy lifestyle. Dietary supplement can not be used as a substitute (replacement) for a varied diet. The recommended daily intake should not be exceeded. Dietary supplement should be stored out of reach of small children.

## DIET AND PROBIOTICS

Not only the administration form but also the appropriate diet is very important for the growth of probiotic microbiota in the gut. The polysaccharides contained in natural food products stimulate the growth and biological activity of probiotic bacteria, strengthening their beneficial effects in the body. That's why it's so important to take probiotics during meals.

## FORMS OF ACTIVITY

For endurance, strength and strength-endurance athletes.

## PROBIOSPORT PRODUCTS

Contain a blend of live and active probiotic bacterial strains: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 06, *L. acidophilus* LA 02, *L. casei* LC 03, *L. plantarum* LP 09, *L. pentosus* LPS 01, *L. reuteri* LRE 02, *L. paracasei* LPC 00, *Bifidobacterium breve* BR 03, *B. animalis* ssp. *lactis* BS 01, *B. bifidum* BB 01, *B. longum* BL 03, *B. longum* W 11, *Streptococcus thermophilus* FP 4.

## PROBIOSPORT

DIETARY SUPPLEMENT

1.8  
billion

bacteria  
in daily  
intake

- contains a blend of 14 live and active probiotic bacterial strains and their metabolites - biofunctional postbiotics
- for use in probiotic supplementation physically active people

## PROBIOSPORT

PROBIOTIC DRINK CONCENTRATE

600  
million

bacteria  
in daily  
intake

- with extract of plant components fermentation, selected for athletes properly
- recommended in probiotic prevention, as part of physically active people daily diet

## PROBIOSPORT

PROBIOTIC DRINK

400  
million

bacteria  
in daily  
intake

- concentrated daily portion of ready-to-drink beverage
- a perfect solution for people who value comfort and practical solutions



### NATALIA GACKA

„Proper body preparation is the key to good training. I know that physically active people are especially exposed to intestinal microbiota disorders. However, since I take probiotics in liquid form, I don't get any gastrointestinal tract ailments and feel much healthier.”

WORLD CHAMPION IN BODYFITNESS

## GO TO A HIGHER LEVEL!

Contains a blend of live and active probiotic bacterial strains: *Lactobacillus rhamnosus* GG, *L. acidophilus* LA 02, *Bifidobacterium animalis* ssp. *lactis* BS 01, *Streptococcus thermophilus* FP 4, *S. thermophilus* ATB-ST5-812.

DIETARY SUPPLEMENT

## PROBIO SPORT™

FORMULA  
**AKG**  
Livingfood®

4.5  
billion

bacteria  
in daily  
intake

- contains a blend of 5 live and active probiotic bacterial strains, enriched with beetroot and rice protein extract.
- especially recommended for people exposed to increased physical and mental effort, to increase the protection of muscle tissue against damage and support the nervous system.

## PRODUCTS WITH AKG FORMULA

The  $\alpha$ -ketoglutaric acid (AKG) occurs naturally in the body and has a direct effect on energy metabolism in cells. The daily diet does not contain AKG, but its precursors. The only source of this compound is a biosynthesis by intestinal microbiota or supplementation. AKG contained in the Living Food's probiotics is obtained naturally by microorganisms, thanks to which it can reach consumers in the most absorbable and the purest form.

## SOLUTIONS DEDICATED TO THE ACTIVE

Did you  
know

?

The  $\alpha$ -ketoglutaric acid is one of the key chemical compounds in the human body due to participation in intracellular energy metabolism. It can be a source of glutamine and glutamic acid, indirectly stimulating protein synthesis, while preventing the degradation of muscle proteins.

