

OUR PRODUCTS

# Living food™

## PROBIOTICS IN LIQUID

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probiotic drinks | probiotic concentrates | probiotic supplements



## Who we are?

Living Food company was registered on March 9, 2010 and since the beginning of its activity specializes in the production of probiotic foods. The production was started with the assortment of milk-free concentrates and JOY DAY probiotic drinks, and thus far the company implemented a several dozen of probiotic food preparations and probiotic dietary supplements.

Living Food is the only company in the European Union producing ecological, probiotic food products and probiotic dietary supplements in a liquid form, containing live and active probiotic bacteria, capable of immediately settling the digestive tract (mainly the gut). Excellent results are obtained thanks to the appropriate commitment of the crew and an innovative, cascade method of breeding specially selected sets of probiotic bacteria and the presence of their biofunctional postbiotics.

The entire production system and product control are based on the procedures in force in the implemented GMP, GHP and HACCP systems. Qualified and proven staff supervise the correctness of the system and quality of production.



PL - EKO - 09  
EU Agriculture



Product rewarded by  
The prof. Rejga Foundation  
of Cardiac Surgery  
Development  
in Zabrze, Poland



Polska  
Nagroda  
Innowacyjności  
2018



POLISH QUALITY  
AWARD

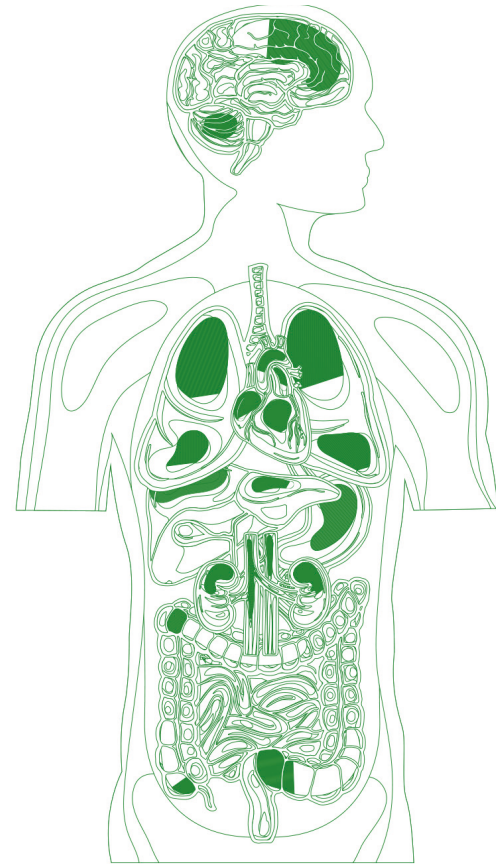
## What are the probiotics and why do we need them?

Probiotics (according to the definition of FAO / WHO) are living microorganisms, which, if given in sufficient quantity, exert a beneficial effect on health, proved by clinical research.

Life in constant motion, stress or poor eating habits are conducive to dysfunctions of the body's work and the emergence of many diseases.

Probiotics support the action of intestinal microbiota and have beneficial effects on the host organism, therefore their regular consumption in the company of changing the eating habits and lifestyle, effectively affects the prevention of many diseases, and in specific cases, to support their treatment.

The source of probiotics may be medicinal products, dietary supplements and functional foods. Liquid food products are the most natural and beneficial form of applying the benevolent bacteria for our bodies.

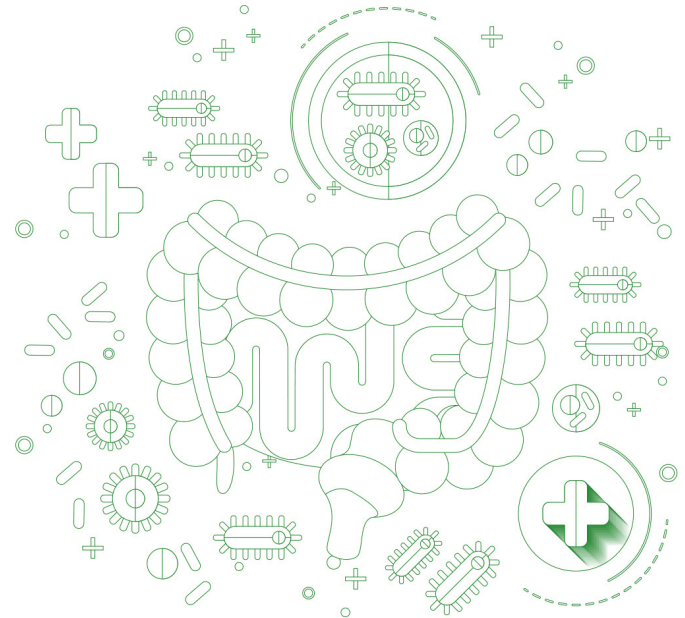


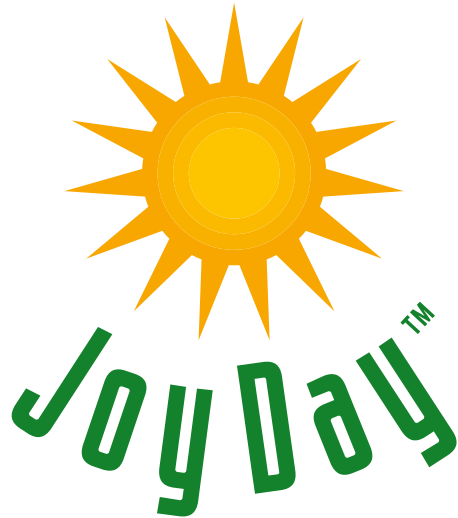
## What effects probiotics have?

Probiotics support the proper growth of intestinal microbiota and have a positive effect on the human body. Regular probiotics consumption prevents many diseases effectively, and also in specific cases supports their treatment.

Probiotics have a direct impact on:

- maintaining the intestinal microbiological balance, also after antibiotic therapy,
- supporting the treatment of diarrhea,
- regulation of the digestive tract,
- strengthening the immune system,
- maintaining a psychophysical balance.





## **BETTER IN LIQUID! JOY DAY ADVANTAGE**

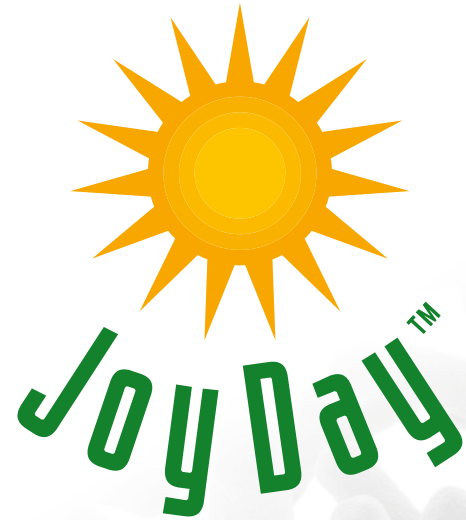
There are several reasons to choose probiotics in liquid form:

- they contain live and active non-lyophilized bacteria that enter the body in its original form, without the need for technological treatment and the use of protective substances, such as: glycerol, maltodextrins, or powdered milk. Bacteria are not exposed to stress factors, e.g. related to the influence of high temperature.
- bacteria exhibit a high adhesiveness to intestinal epithelium and multiplication, as well as significant stability in the stressful environment of the stomach and the initial small intestine.
- there are biofunctional and bioactive postbiotics in the liquid, produced by probiotic microorganisms during a long-term breeding process.

## **JOY DAY probiotic prevention and therapy**

JOY DAY probiotic concentrates and drinks are recommended for consumption as part of the daily diet. They contain an innovative combination of specially selected sets of probiotic bacterial strains along with their biofunctional postbiotics and extracts from fermented vegetable additives.

The JOY DAY probiotic contains biofunctional postbiotics produced by probiotic bacterial strains, including organic acids and vitamins. It is recommended for consumption in order to rebuild the beneficial composition of the intestinal microbiome, especially in states of dysbiosis and after antibiotic therapy.



# PROBIOSIP FOREST FRUITS

probiotic drink JOY DAY

Volume: 125 ml

Portions: 1

Shelf life: 12 months

Consume within 48 hours of opening



## TASTE:

Forest fruits | Forest fruits - SWEET

## EFFECT:

It contains blackberry, blackcurrant and wild strawberry extract, with favorable immune enhancing properties, used in states of increased morbidity.

## BENEFITS:

- 400 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the extract of blackberries, blackcurrant and wild strawberries.
- Convenient packaging, a concentrated daily portion of a ready-to-drink beverage that does not require portioning or dilution.

## INGREDIENTS:

Water, apple juice (20%), extract from fermented herbal plants and fruits (8%) [including: blackberry leaves (16.7%), blackcurrant leaves (16.7%), wild strawberries (16.7%), horsetail herb (16.7%), blackcurrant fruit (16.6%) and blackberry (16.6%)], a set of live and active probiotic bacterial strains (min.  $3.2 \times 10^6$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

Forest fruits - SWEET contains RA98% steviol glycosides.

## WHEN TO USE:

- probiotic prevention
- lowered immunity

## RECOMMENDED DAILY INTAKE:

- 125 ml | for the main meal

## NUTRITIONAL VALUE:

	per 100 ml	per serving 125 ml
energy	36 kJ/8 kcal	45 kJ/10 kcal
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrate	2,1 g	2,6 g
of which sugars	0 g	0 g
fibre	0 g	0 g
protein	0 g	0 g
salt	0,02 g	0,03 g

## LOGISTICS PARAMETERS:

EAN FOREST FRUITS   FOREST FRUITS SWEET	5901549746075   5901549746150
bottle depth /width /height [mm]	45/45/127
size in weight [ml]	125
a kind of packet	case
pcs / case	6
case / pallet	803
cases / layer on pallet	73
layer / pallet	11
pallet height [cm]	160



# PROBIOSIP MINT

probiotic drink JOY DAY

Volume: 125 ml

Portions: 1

Shelf life: 12 months

Consume within 48 hours of opening



## TASTE:

Mint | Mint - SWEET

## EFFECT:

It contains a mint extract, attributed to beneficial antispasmodic properties, used to relieve the symptoms of indigestion.

## BENEFITS:

- 400 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the mint extract.
- Convenient packaging, a concentrated daily portion of a ready-to-drink beverage that does not require portioning or dilution.

## INGREDIENTS:

Water, apple juice (20%), extract from fermented herbal plants and fruits (8%) [including: mint leaves (23.4%), elder flowers (20%), hawthorn flowers (16.6%), melissa leaves (16.6%), linden flowers (13.4%), horsetail herb (10%)], a set of live and active strains of probiotic bacteria (min.  $3.2 \times 10^6$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

Mint - SWEET drink contains RA98% steviol glycosides.

## WHEN TO USE:

- probiotic prevention
- gastrointestinal disorders

## RECOMMENDED DAILY INTAKE:

- 125 ml | for the main meal

## NUTRITIONAL VALUE:

	per 100 ml	per serving 125 ml
energy	29 kJ/7 kcal	36 kJ/9 kcal
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrate	1,7 g	2,1 g
of which sugars	0 g	0 g
fibre	0 g	0 g
protein	0 g	0 g
salt	0,02 g	0,03 g

## LOGISTICS PARAMETERS:

EAN MINT   MINT SWEET	5901549746082   5901549746167
bottle depth /width /height [mm]	45/45/127
size in weight [ml]	125
a kind of packet	case
pcs / case	6
case / pallet	803
cases / layer on pallet	73
layer / pallet	11
pallet height [cm]	160

# FOREST FRUITS - CONCENTRATE

of probiotic drink JOY DAY

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Forest fruits

## EFFECT:

It contains blackberry, blackcurrant and wild strawberry extract, with favorable immune enhancing properties, used in states of increased morbidity.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the extract of blackberries, blackcurrant and wild strawberries.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml), an extract from fermented herbal plants and fruits (20%) [including: blackcurrant leaves (16.7%), blackberry leaves (16.7%), wild strawberry leaves (16.7%), horsetail herb (16.7%), blackcurrant fruit (16.6%) and blackberry (16.6%)], apple juice (20%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic prevention
- lowered immunity

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	82 kJ/19 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,2 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	< 0,5 g	0 g	0%
salt	< 0,01 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN FOREST FRUITS	5901549746020
bottle depth /width /height [mm]	62/62/212
size in weight [ml]	500
a kind of packet	case
pcs / case	12
case / pallet	108
cases / layer on pallet	18
layer / pallet	6
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# MINT - CONCENTRATE

of probiotic drink JOY DAY

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Mint

## EFFECT:

It contains a mint extract, attributed to beneficial antispasmodic properties, used to relieve the symptoms of indigestion.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the mint extract.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml), an extract from fermented herbal plants and fruits (20%) [including: mint leaves (23.3%), elder flowers (20%), hawthorn flowers (16.7%), lemon balm leaves (16.7%), lime flowers (13.3%), horsetail herb (10%)], apple juice (20%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic prevention
- gastrointestinal disorders

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	84 kJ/20 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,2 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	0,7 g	0 g	0%
salt	0,02 g	0 g	0%

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

## LOGISTICS PARAMETERS:

EAN MINT	5901549746037
bottle depth /width /height [mm]	62/62/212
size in weight [ml]	500
a kind of packet	case
pcs / case	12
case / pallet	108
cases / layer on pallet	18
layer / pallet	6
pallet height [cm]	160

# HAWTHORN - CONCENTRATE

of probiotic drink JOY DAY

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Hawthorn

## EFFECT:

It contains hawthorn extract, with favorable heart properties, used in prevention and support of heart failure therapy.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive components contained in the hawthorn extract.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml), extract of fermented herbal plants and fruits (20%) [including: hawthorn berries (23.3%), hawthorn flowers (20%), lemon balm leaves (16.7%), St. John's wort (16.7%), lime flowers (13.3%), horsetail herb (10%)], apple juice (20%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic prevention
- cardiovascular failure

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	82 kJ/19 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,0 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	0,7 g	0 g	0%
salt	< 0,02 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN HAWTHORN	5901549746044
bottle depth /width /height [mm]	62/62/212
size in weight [ml]	500
a kind of packet	case
pcs / case	12
case / pallet	108
cases / layer on pallet	18
layer / pallet	6
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# HOP - CONCENTRATE

of probiotic drink JOY DAY

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Hop

## EFFECT:

It contains hops extract, with favorable calming properties, used in states of increased nervous tension.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive components contained in the hops extract.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml), extract of fermented herbal plants and fruits (20%) [including: hop hops (23.3%), elderberry flowers (20%), hawthorn flowers (16.7%), lemon balm leaves (16.7%), lime flowers (13.3%), horsetail herb (10%)], apple juice (20%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* Bl 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic prevention
- increased nervous tension

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	84 kJ/20 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,2 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	0,7 g	0 g	0%
salt	0,02 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN HOP	5901549746051
bottle depth /width /height [mm]	62/62/212
size in weight [ml]	500
a kind of packet	case
pcs / case	12
case / pallet	108
cases / layer on pallet	18
layer / pallet	6
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# TOPINAMBUR - CONCENTRATE

of probiotic drink JOY DAY

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Topinambur

## EFFECT:

It contains topinambur extract, with favorable prebiotic properties, used as an auxiliary in disturbances of intestinal microbial balance.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive components contained in the topinambur extract.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml), an extract from fermented vegetables (20%) [including: topinambur tubers (66.7%), carrot roots (16.7%) and parsnip (16.6%)], apple juice (20%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic prevention
- digestive tract disorder

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	72 kJ/17 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	3,8 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	< 0,5 g	0 g	0%
salt	< 0,01 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN TOPINAMBUR	5901549746013
bottle depth /width /height [mm]	62/62/212
size in weight [ml]	500
a kind of packet	case
pcs / case	12
case / pallet	108
cases / layer on pallet	18
layer / pallet	6
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# PROBIOTIC JOY DAY

dietary supplement

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## EFFECT:

Recommended to use in probiotic therapy, especially during and after antibiotic therapy, in intestinal leakage and to support the body's immunity. Used in the treatment of intestinal dysbiosis and supportingly in diseases of the digestive tract.

## BENEFITS:

- 1.8 billion probiotic bacteria in a daily portion.
- Restoration of the intestinal microbial balance.
- Supplementing bioactive postbiotics of probiotic bacteria.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $6 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. rhamnosus* LR 04 (DSM 16605), *L. rhamnosus* ATB-LRS905 (LMG 25626), *L. acidophilus* LA 02 (DSM 21717), *L. plantarum* LP 09 (DSM 25710), *L. plantarum* ATB-LPM907 (LMG 26655), *L. paracasei* LPC 00 (LMG P-21380), *Bifidobacterium breve* BR 03 (DSM 16604), *B. breve* ATB-BBE804 (LMG 13208), *B. animalis* ssp. *lactis* BS 01 (LMG P-21384), *B. longum* ATB-BLM802 (LMG 26652), *Streptococcus thermophilus* FP 4 (DSM 18616).

## WHEN TO USE:

- probiotic therapy
- antibiotic therapy
- dysbiosis

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	82 kJ/19 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,2 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	< 0,5 g	0 g	0%
salt	< 0,01 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN PROBIOTYK JOY DAY	5901549746235
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# PROBIOSIP CURCUMA, GINGER, PEPPER

probiotic drink - shot JOY DAY

PREMIUM

Volume: 125 ml

Portions: 1

Shelf life: 12 months

Consume within 48 hours of opening



## TASTE:

Curcuma, ginger, pepper

## EFFECT:

It contains curcuma root, ginger root and peppercorns extract, with favorable immune enhancing properties, used in states of increased morbidity.

## BENEFITS:

- 400 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the extract of curcuma, ginger and pepper.
- Convenient packaging, a concentrated daily portion of ready-to-drink beverage that does not require portioning or dilution.

## INGREDIENTS:

Water, extract from fermented plants, (40%) [including: curcuma root (49%), ginger root (49%), peppercorns (2%)], a set of live and active probiotic bacterial strains (min.  $3.2 \times 10^6$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic therapy
- lowered immunity
- dysbiosis

## RECOMMENDED DAILY INTAKE:

- 125 ml | for the main meal

## NUTRITIONAL VALUE:

	per 100 ml	per serving 125 ml
energy	29 kJ/7 kcal	36 kJ/9 kcal
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrate	1,7 g	2,1 g
of which sugars	0 g	0 g
fibre	0 g	0 g
protein	0 g	0 g
salt	0,02 g	0,03 g

## LOGISTICS PARAMETERS:

EAN PROBIOSIP CURCUMA, GINGER, PEPPER	5901549746358
bottle depth /width /height [mm]	45/45/127
size in weight [ml]	125
a kind of packet	case
pcs / case	6
case / pallet	803
cases / layer on pallet	73
layer / pallet	11
pallet height [cm]	160



# PROBIOTIC JOY DAY CURCUMA, GINGER, PEPPER

dietary supplement - JOY DAY

PREMIUM

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Curcuma, ginger, pepper

## EFFECT:

Recommended for use in probiotic supplementation in intestinal leakage, dysbiosis and to support the body's immunity. Probiotic supplementation helps restore the microbiological balance of the intestines.

## BENEFITS:

- 1,2 billion probiotic bacteria in a daily portion.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive ingredients contained in the extract of curcuma, ginger and pepper.
- Supplementing the diet with bioactive postbiotics of probiotic bacteria.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

Extract from fermented plants, (40%) [including: curcuma root (49%), ginger root (49%), peppercorns (2%)], a set of live and active probiotic bacterial strains (min.  $4 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic therapy
- lowered immunity
- dysbiosis

## RECOMMENDED DAILY INTAKE:

- adults 10 - 15 ml | 3 x times a day with meals
- children > 3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	72 kJ/17 kcal	7 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	3,8 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	< 0,5 g	0 g	0%
salt	< 0,01 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN PROBIOTIC CURCUMA, GINGER, PEPPER	5901549746341
bottle depth /width /height [mm]	78,5/78,5/155
size in weight [ml]	500
a kind of packet	case
pcs / case	7
case / pallet	225
cases / layer on pallet	25
layer / pallet	9
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

## **ProbioSport** probiotic prevention and therapy

ProbioSport products are intended to use as part of the daily diet in the course of probiotic prevention (concentrate and drink), as well as in probiotic therapies (supplement). Their systematic consumption supports the regeneration of the body exposed to intense physical and mental effort. Probiotics have a strong 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.

# **PROBIO SPORT**



# PROBIOSPORT

probiotic drink

Volume: 125 ml

Portions: 1

Shelf life: 12 months

Consume within 48 hours of opening



## EFFECT:

Recommended in probiotic prevention for physically active people. It contains extract of wild rose fruits, blackberry leaves, blackcurrant and purge herb, which have properties that support the immune system.

## BENEFITS:

- 400 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the extract of rose hips, blackberry leaves, blackcurrant and herb purge.
- Support the regeneration of the body during excessive physical and mental exertion.
- Convenient packaging, a concentrated daily portion of a ready-to-drink beverage that does not require portioning or dilution.

## INGREDIENTS:

Water, apple juice (20%), extract from fermented herbal plants and fruits (20%) [including: wild rose fruits (25%), blackberry leaves (25%), blackcurrant leaves (25%), purifying herb (25%)], a set of live and active strains of probiotic bacteria (min.  $3.2 \times 10^6$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *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.

## WHEN TO USE:

- probiotic prevention
- physical effort
- stress

## RECOMMENDED DAILY INTAKE:

- adults | 125 ml | for the main meal

## NUTRITIONAL VALUE:

	per 100 ml	per serving 125 ml
energy	36 kJ/8 kcal	45 kJ/10 kcal
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrate	2,1 g	2,6 g
of which sugars	0 g	0 g
fibre	0 g	0 g
protein	0 g	0 g
salt	0,02 g	0,03 g

## LOGISTICS PARAMETERS:

EAN PROBIOSPORT PROBIOTIC DRINK	5901549746181
bottle depth /width /height [mm]	45/45/127
size in weight [ml]	125
a kind of packet	case
pcs / case	6
case / pallet	803
cases / layer on pallet	73
layer / pallet	11
pallet height [cm]	160

# PROBIOSPORT

concentrate of probiotic drink

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## EFFECT:

Recommended in probiotic prevention for physically active people. It contains extract of wild rose fruits, blackberry leaves, blackcurrant and purge herb, which have properties that support the immune system.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Positive effect on the microbiological balance of the intestines.
- Supplementing the diet with bioactive ingredients contained in the extract of rose hips, blackberry leaves, blackcurrant and herb purge.
- Support the regeneration of the body during excessive physical and mental exertion.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form, extract from fermented herbal plants and fruits (20%) [including: wild rose fruits (25%), blackberry leaves (25%), blackcurrant leaves (25%), purifying herb (25%)], apple juice (20%). The concentrate contains live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *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.

## WHEN TO USE:

- probiotic prevention
- physical effort
- stress

## RECOMMENDED DAILY INTAKE:

- adults | 10 - 15 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	82 kJ/19 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,2 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	< 0,5 g	0 g	0%
salt	< 0,01 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN PROBIOSPORT CONCENTRATE	5901549746198
bottle depth /width /height [mm]	78,5/78,5/155
size in weight [ml]	500
a kind of packet	case
pcs / case	7
case / pallet	225
cases / layer on pallet	25
layer / pallet	9
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# PROBIOSPORT

dietary supplement

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## EFFECT:

Recommended for use in probiotic therapy, it shows an activity supporting the body's immune system, weakened by increased physical activity, shortening the time of post-workout regeneration. Dedicated to people exposed to increased physical and mental effort.

## BENEFITS:

- 1.8 billion probiotic bacteria in a daily portion.
- Restoration of the intestinal microbial balance.
- Supplementing bioactive postbiotics of probiotic bacteria.
- Protection against the negative effects of excessive physical and mental strain.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $6 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. rhamnosus* LR 06 (DSM 21981), *L. acidophilus* LA 02 (DSM 21717), *L. casei* LC 03 (DSM 27537), *L. plantarum* LP 09 (DSM 25710), *L. pentosus* LPS 01 (LMG P-21019), *L. reuteri* LRE 02 (DSM 23878), *L. paracasei* LPC 00 (LMG P-21380), *Bifidobacterium breve* BR 03 (DSM 16604), *B. animalis* ssp. *lactis* BS 01 (LMG P-21384), *B. bifidum* BB 01 (DSM 22892), *B. longum* BL 03 (DSM 16603), *B. longum* W 11 (LMG P-21586), *Streptococcus thermophilus* FP 4 (DSM 18616).

## WHEN TO USE:

- probiotic therapy
- physical effort
- antibiotic therapy
- dysbiosis
- stress

## RECOMMENDED DAILY INTAKE:

- adults | 10 - 15 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	82 kJ/19 kcal	8 kJ/2 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	4,2 g	< 0,5 g	0%
of which sugars	< 0,5 g	0 g	0%
fibre	< 0,5 g	0 g	-
protein	< 0,5 g	0 g	0%
salt	< 0,01 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN PROBIOSPORT PROBIOTIC	5901549746204
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

## JOY DAY Innovation AKG Formula probiotic therapy



Innovative composition of specially selected strains of probiotic bacteria, vegetable additives and AKG ( $\alpha$ -ketoglutaric acid) is a combination that gives you maximum health benefits!

The  $\alpha$ -ketoglutaric acid 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 synthesis by intestinal microbiota or supplementation. Probiotics, on the other hand, are living cells of microorganisms, which, given in an appropriate amount, have a beneficial, documented effect on human health. They support the microbiological balance of the intestines, and thus the proper functions of the whole organism. Why did we combine AKG and probiotics? Microbially synthesized AKG supports the beneficial effects of probiotics, and these significantly increase its bioavailability. This innovative recipe gives you the opportunity to make the most of the ingredients contained in the product.

# Livingfood™

FORMUŁA  
**AKG**  
Livingfood™

# PROBIOTIC WITH α-KETOGLUTARIC ACID

probiotic supplement

Volume: 500 ml

Portions: 33

Shelf life: 12 months

Consume within 30 days of opening



## PURPOSE:

for athletes

## EFFECT:

Recommended in probiotic therapy for physically active people. It contains beetroot extract and vegetable protein, which are attributed to the properties supporting exercise capacity.

## BENEFITS:

- 4.5 billion probiotic bacteria in a daily portion.
- The daily dose provides 675 mg of α-ketoglutaric acid obtained naturally by microorganisms.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive components contained in the extract of beetroot and vegetable protein.
- Comprehensive support of the body exposed to excessive physical and mental effort.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $1 \times 10^8$  cfu/ml), extract from fermented plant materials (20%) [including: beetroot (32.8%), rice protein (32.8%), young barley (9.9%), nettle (9.8%), ashwagandha (9.8%), rosehip peel (4.9%)], alpha-ketoglutaric acid extracted naturally by microorganisms (1.5%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. acidophilus* LA 02 (DSM 21717), *Bifidobacterium animalis* ssp. *lactis* BS 01 (LMG 21384), *Streptococcus thermophilus* FP 4 (DSM 18616), *S. thermophilus* ATB-ST5-812 (LMG 21908).

## WHEN TO USE:

- probiotic therapy
- physical effort
- stress

## RECOMMENDED DAILY INTAKE:

- adults | 15 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 15 ml
energy	129 kJ/31 kcal	19 kJ/5 kcal
fat	0,2 g	< 0,05 g
of which saturated fatty acids	0 g	0 g
carbohydrate	6,4 g	1 g
of which sugars	< 0,05 g	0 g
fibre	0,3 g	< 0,05 g
protein	0,7 g	0,1 g
salt	< 0,01 g	0 g
α-ketoglutaric acid	1500 mg	225 mg

## LOGISTICS PARAMETERS:

EAN AKG PROBIOTIC PROBIOSPORT	5901549746297
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

# PROBIOTIC WITH α-KETOGLUTARIC ACID

probiotic supplement

Volume: 500 ml

Portions: 33

Shelf life: 12 months

Consume within 30 days of opening



## PURPOSE:

after antibiotic therapy

## EFFECT:

Recommended in probiotic therapy for people who are during and after antibiotic therapy. It contains chokeberry extract and cocoa fiber extract. Used to reconstruct disorder due to the antibiotic therapy of intestinal microbiota and strengthening of immunity and protection against bacterial infections.

## BENEFITS:

- 4.5 billion probiotic bacteria in a daily portion.
- The daily dose provides 675 mg of α-ketoglutaric acid obtained naturally by microorganisms.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive ingredients contained in the chokeberry and cocoa fiber extract.
- Comprehensive support of the body during and after antibiotic therapy.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $1 \times 10^8$  cfu/ml), extract from fermented plant materials (20%) [including: chokeberry dietary fiber (38.5%), ground cocoa (30.8%), tomato extract (11.5%), carrot extract (11.5%), ashwagandha (7.7%)], alpha-ketoglutaric acid obtained naturally by microorganisms (1.5%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. acidophilus* LA 02 (DSM 21717), *L. helveticus* ATB-LHS906 (LMG 26307), *L. jensenii* KS121.1 (CNCM: I-3219), *Bifidobacterium animalis* ssp. *lactis* BS 01 (LMG 21384), *Streptococcus thermophilus* FP 4 (DSM 18616), *S. thermophilus* ATB-ST5-812 (LMG 21908).

## WHEN TO USE:

- probiotic therapy
- antibiotic therapy

## RECOMMENDED DAILY INTAKE:

- adults | 15 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 15 ml
energy	111 kJ/26 kcal	17 kJ/4 kcal
fat	0,2 g	< 0,05 g
of which saturated fatty acids	0 g	0 g
carbohydrate	5,2 g	0,8 g
of which sugars	< 0,05 g	0 g
fibre	0,4 g	0,1 g
protein	0,7 g	0,1 g
salt	0,01 g	0 g
α-ketoglutaric acid	1500 mg	225 mg

## LOGISTICS PARAMETERS:

EAN AKG PROBIOTIC AFTER ANTI-BIOTIC THERAPY	5901549746303
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160



# PROBIOTIC WITH α-KETOGLUTARIC ACID

probiotic supplement

Volume: 500 ml

Portions: 33

Shelf life: 12 months

Consume within 30 days of opening



## PURPOSE:

for women

## EFFECT:

Recommended in probiotic therapy for women. Contains blackberry and chokeberry extract. Used to increase the absorption of vitamins and minerals and to supplement iron and calcium losses in the prevention of anemia and osteoporosis.

## BENEFITS:

- 4.5 billion probiotic bacteria in a daily portion.
- The daily dose provides 675 mg of α-ketoglutaric acid obtained naturally by microorganisms.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive components contained in the extract from blackberries and chokeberry fiber.
- Comprehensive support of the female body in the prevention of anemia and osteoporosis.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $1 \times 10^8$  cfu/ml), extract from fermented plant materials (20%) [including: blackberry (37.7%), chokeberry dietary fiber (26.4%), nettle (18.9%), flax flour (13.2%), tomato extract (3.8%)], alpha-ketoglutaric acid obtained naturally by microorganisms (1.5%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. acidophilus* LA O2 (DSM 21717), *L. jensenii* KS121.1 (CNCM: I-3219), *Bifidobacterium animalis* ssp. *lactis* BS 01 (LMG 21384), *Streptococcus thermophilus* FP4 (DSM 18616).

## WHEN TO USE:

- probiotic therapy
- prevention of anemia
- prevention of osteoporosis

## RECOMMENDED DAILY INTAKE:

- adults | 15 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 15 ml
energy	128 kJ/30 kcal	19 kJ/5 kcal
fat	0,2 g	< 0,05 g
of which saturated fatty acids	0 g	0 g
carbohydrate	6,3 g	0,9 g
of which sugars	< 0,05 g	0 g
fibre	0,5 g	0,1 g
protein	0,6 g	0,1 g
salt	< 0,01 g	0 g
α-ketoglutaric acid	1500 mg	225 mg

## LOGISTICS PARAMETERS:

EAN AKG PROBIOTIC FOR WOMEN	5901549746280
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

# PROBIOTIC WITH α-KETOGLUTARIC ACID

probiotic supplement

Volume: 500 ml

Portions: 33

Shelf life: 12 months

Consume within 30 days of opening



## PURPOSE:

after chemotherapy

## EFFECT:

Recommended in probiotic therapy for people during and after chemotherapy. It contains extract from nettle, beetroot and hemp protein. Used to support the regeneration of organism and immunity, to protect muscle tissue and to restore the intestinal microbial balance.

## BENEFITS:

- 4.5 billion probiotic bacteria in a daily portion.
- The daily dose provides 675 mg of α-ketoglutaric acid obtained naturally by microorganisms.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive components contained in the extract of nettle, beets and hemp protein.
- Comprehensive support of the body during and after chemotherapy.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $1 \times 10^8$  cfu/ml), extract from fermented plant materials (20%) [including: nettle (31.8%), beetroot (20.4%), hemp protein (18.2%), young barley (13.7%), lucuma (11.4%), anise (4.5%)], alpha-ketoglutaric acid obtained naturally by microorganisms (1.5%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. acidophilus* LA 02 (DSM 21717), *L. helveticus* ATB-LHS906 (LMG 26307), *L. jensenii* KS121.1 (CNCM: I-3219), *Bifidobacterium animalis* ssp. *lactis* BS 01 (LMG 21384), *Streptococcus thermophilus* FP 4 (DSM 18616), *S. thermophilus* ATB-ST5-812 (LMG21908).

## WHEN TO USE:

- probiotic therapy
- chemotherapy

## RECOMMENDED DAILY INTAKE:

- adults | 15 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 15 ml
energy	129 kJ/31 kcal	19 kJ/5 kcal
fat	0,3 g	0,05 g
of which saturated fatty acids	0 g	0 g
carbohydrate	6 g	0,9 g
of which sugars	< 0,05 g	0 g
fibre	0,3 g	0,1 g
protein	0,8 g	0,1 g
salt	0,01 g	0 g
α-ketoglutaric acid	1500 mg	225 mg

## LOGISTICS PARAMETERS:

EAN AKG PROBIOTIC AFTER CHEMOTHERAPY	5901549746310
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

# PROBIOTIC WITH α-KETOGLUTARIC ACID

probiotic supplement

Volume: 500 ml

Portions: 33

Shelf life: 12 months

Consume within 30 days of opening



## PURPOSE:

for everyone

## EFFECT:

Recommended to use in probiotic therapy, especially in dysbiosis and weakness of the organism after and/or during the disease, supportively in the chronic digestive tract diseases treatment.

## BENEFITS:

- 4.5 billion probiotic bacteria in a daily portion.
- The daily dose provides 675 mg of α-ketoglutaric acid obtained naturally by microorganisms.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive postbiotics of probiotic bacteria.
- Comprehensive support in weakened body's states.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in a liquid form (min.  $1 \times 10^8$  cfu/ml), alpha-ketoglutaric acid obtained naturally by microorganisms (1.5%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. rhamnosus* LR 04 (DSM 16605), *L. rhamnosus* ATB-LRS905 (LMG 25626), *L. acidophilus* LA 02 (DSM 21717), *L. plantarum* LP 09 (DSM 25710), *L. plantarum* ATB-LPM907 (LMG 26655), *L. paracasei* LPC 00 (LMG P-21380), *Bifidobacterium breve* BR 03 (DSM 16604), *B. breve* ATB-BBE804 (LMG 13208), *B. animalis* ssp. *lactis* BS 01 (LMG P-21384), *B. longum* ATB-BLM802 (LMG 26652), *Streptococcus thermophilus* FP 4 (DSM 18616).

## WHEN TO USE:

- probiotic therapy
- weakness of the body

## RECOMMENDED DAILY INTAKE:

- adults | 15 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 15 ml
energy	82 kJ/19 kcal	19 kJ/3 kcal
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrate	4,2 g	0,6 g
of which sugars	< 0,05 g	0 g
fibre	< 0,5 g	0 g
protein	< 0,5 g	0 g
salt	< 0,01 g	0 g
α-ketoglutaric acid	1500 mg	225 mg

## LOGISTICS PARAMETERS:

EAN AGK PROBIOTIC + AGK	5901549746327
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

# PROBIOTIC WITH α-KETOGLUTARIC ACID

probiotic supplement

Volume: 500 ml

Portions: > 7 years - 50 | >3 yrs - 100

Shelf life: 12 months

Consume within 30 days of opening



## PURPOSE:

for children with GAPS syndrome

## EFFECT:

Recommended in probiotic therapy for children with GAPS syndrome. It contains extract of raspberries, strawberries and blackcurrant. Used to increase the absorption of vitamins and minerals and to support the function of the nervous and immune systems.

## BENEFITS:

- 3 billion probiotic bacteria in a daily portion.
- The daily dose provides 225 mg of α-ketoglutaric acid obtained naturally by microorganisms.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive ingredients contained in the extract of raspberries, strawberries and blackcurrant.
- Comprehensive support for children with GAPS syndrome.

## INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form (min.  $1 \times 10^8$  cfu/ml), extract from fermented plant materials (20%) [including: raspberry (38.1%), strawberry (28.6%), blackcurrant (23.8%), coconut milk (9.5%)], alpha-ketoglutaric acid obtained naturally by microorganisms (1.5%). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG (ATCC 53103), *L. acidophilus* LA 02, *L. helveticus* ATB-LHS906 (LMG 26307), *Bifidobacterium animalis* ssp. *lactis* BS 01 (LMG P-21384), *Streptococcus thermophilus* FP 4 (DSM 18616).

## WHEN TO USE:

- probiotic therapy
- GAPS psychological-intestinal syndrome

## RECOMMENDED DAILY INTAKE:

- children >7 years | 10 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml
energy	133 kJ/31 kcal	13 kJ/3 kcal
fat	0,3 g	< 0,05 g
of which saturated fatty acids	0 g	0 g
carbohydrate	6,6 g	0,7 g
of which sugars	< 0,05 g	0 g
fibre	0,3 g	< 0,05 g
protein	0,6 g	0,06 g
salt	0,01 g	0 g
α-ketoglutaric acid	1500 mg	225 mg

## LOGISTICS PARAMETERS:

EAN AKG PROBIOTIC FOR CHILDREN WITH GAPS	5901549746273
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

## ECO Jędrzej's Good Herbs Dietary supplements

ECO Jędrzej's Good Herbs are liquid dietary supplements, containing 100% extracts from fermented ecological plant materials, with targeted properties, appropriately selected for the specified consumers group. They combine the strength of herbs, good bacteria and their beneficial postbiotics.



# Jędrzej's Good Herbs

probiotic supplement

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



## TASTE:

Forest fruits

## EFFECT:

Blackberry, blackcurrant and wild strawberry extract, with favorable immune enhancing properties, used in increased disease states, enriched with a set of live and active strains of probiotic bacteria in liquid form.

## BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Supplementing the diet with bioactive ingredients contained in the extract of blackberries, blackcurrant and wild strawberries.
- Positive effect on the microbiological balance of the intestines.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

## INGREDIENTS:

Extract from fermented herbal plants and fruits [including: blackberry leaf (16.6%), blackcurrant and wild strawberry leaves (16.6%), horsetail herb (16.6%), rosehip berries (16.6%), blackcurrant fruits (8.5%) and blackberries (8.5%)], a set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic therapy
- lowered immunity

## RECOMMENDED DAILY INTAKE:

- adults | 10 - 15 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

## NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	239 kJ/57 kcal	25 kJ/6 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	12 g	< 1,5 g	0%
of which sugars	< 1,5 g	0 g	0%
fibre	< 1,5 g	0 g	-
protein	< 1,5 g	0 g	0%
salt	0,03 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN JĘDRZEJ'S GOOD HERBS FOREST FRUITS	5901549746259
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

# ECO HERBAL EXTRACT

## Jędrzej's Good Herbs

probiotic supplement

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



### TASTE:

Hawthorn

### EFFECT:

It contains hawthorn extract, with favorable heart properties, used in prevention and support of heart failure therapy.

### BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Supplementing the diet with bioactive components contained in the hawthorn extract.
- Positive effect on the microbiological balance of the intestines.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

### INGREDIENTS:

Extract of fermented herbal plants and fruits [including: hawthorn berries (23.3%), hawthorn flowers (20%), lemon balm leaves (16.7%), St. John's wort (16.7%), flowers limes (13.3%), horsetail herb (10%)], a set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

### WHEN TO USE:

- probiotic therapy
- cardiovascular failure

### RECOMMENDED DAILY INTAKE:

- adults | 10 - 15 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

### NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	247 kJ/59 kcal	25 kJ/6 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	12 g	< 1,5 g	0%
of which sugars	< 1,5 g	0 g	0%
fibre	< 1,5 g	0 g	-
protein	< 2,0 g	0 g	0%
salt	0,06 g	0 g	0%

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

### LOGISTICS PARAMETERS:

EAN JĘDRZEJ'S GOOD HERBS HAWTHORN	5901549746242
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160

# ECO HERBAL EXTRACT

## Jędrzej's Good Herbs

probiotic supplement

Volume: 500 ml

Portions: 50

Shelf life: 12 months

Consume within 30 days of opening



### TASTE:

Topinambur

### EFFECT:

It contains topinambur extract, with favorable prebiotic properties, used as an auxiliary in disturbances of intestinal microbial balance.

### BENEFITS:

- 600 million probiotic bacteria in a daily portion.
- Supplementing the diet with bioactive components contained in the topinambur extract.
- Positive effect on the microbiological balance of the intestines.
- Convenient dosage, daily portion concentrated in a small amount of liquid.

### INGREDIENTS:

Extract from fermented herbal plants and fruits [including: topinambur tubers (66.7%), carrot roots (16.7%) and parsnip (16.6%)], a set of live and active strains of probiotic bacteria (min.  $2 \times 10^7$  cfu/ml). A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* Bl 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

### WHEN TO USE:

- probiotic therapy
- digestive tract disorder

### RECOMMENDED DAILY INTAKE:

- adults | 10 - 15 ml | 3 x times a day with meals
- children >3 years | 5 ml | 3 x times a day with meals

### NUTRITIONAL VALUE:

	per 100 ml	per serving 10 ml	% NRV*
energy	230 kJ/55 kcal	25 kJ/6 kcal	0%
fat	0 g	0 g	0%
of which saturated fatty acids	0 g	0 g	0%
carbohydrate	11,4 g	< 1,5 g	0%
of which sugars	< 1,5 g	0 g	0%
fibre	< 1,5 g	0 g	-
protein	< 1,5 g	0 g	0%
salt	0,03 g	0 g	0%

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

### LOGISTICS PARAMETERS:

EAN JĘDRZEJ'S GOOD HERBS TOPINAMBUR	5901549746266
bottle depth /width /height [mm]	74,5/74,5/162
size in weight [ml]	500
a kind of packet	case
pcs / case	6
case / pallet	200
cases / layer on pallet	25
layer / pallet	8
pallet height [cm]	160



## Living Food probiotic prevention

Living Food is constantly expanding its product range, making it easier for consumers to include probiotic bacteria in their daily meals.



# BIOSTARTER

## probiotic concentrate

Volume: 100 ml | 500 ml  
 Portions: 1 | 5  
 Shelf life: 12 months  
 Consume within 15 days of opening



### PURPOSE:

production of bread , fermentation of food products

### EFFECT:

It contains live and active strains of probiotic bacteria used to activate fermentation processes of food products and stabilize starter cultures in the production of bread.

### BENEFITS:

- Assurance of the right direction of the bread dough fermentation process.
- Stabilization and repeatability of the fermentation process of food products.

### INGREDIENTS:

A set of live and active strains of probiotic bacteria in liquid form. A product was produced in a cascade fermentation process of live and active probiotic bacteria, including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

### WHEN TO USE:

- production of bread
- fermentation of food products

### RECOMMENDED DAILY INTAKE:

- production of bread | 100 ml for 40-50 g of flour

### NUTRITIONAL VALUE:

	per 100 ml
energy	82 kJ/19 kcal
fat	0 g
of which saturated fatty acids	0 g
carbohydrate	4,2 g
of which sugars	< 0,5 g
fibre	< 0,5 g
protein	< 0,5 g
salt	< 0,01 g

### LOGISTICS PARAMETERS:

EAN BIOSTARTER 100 ml	500 ml	5901549746174	5901549746143
bottle depth /width /height [mm]		40/40/110	62/62/212
size in weight [ml]		100	500
a kind of packet		case	
pcs / case		6	12
case / pallet		1300	108
cases / layer on pallet		100	18
layer / pallet		13	6
pallet height [cm]		160	

# SYNBIOTYK FROM SPELLED BRAN

Mass: 150g

Portions: 10

Shelf life: 12 months

Consume within 15 days of opening



## PURPOSE:

regulation of digestive tract function

## EFFECT:

Recommended in the prevention of intestinal microbial balance disorders and work of digestive tract. It contains blackberry and blackcurrant extract. Used to support the development of intestinal microbiota and regulation of intestinal function.

## BENEFITS:

- High content of dietary fiber.
- Restoration of the intestinal microbial balance.
- Supplementing the diet with bioactive ingredients contained in the blackberry and blackcurrant extract.
- Comprehensive support of proper bowel function.

## INGREDIENTS:

Fermented spelled bran (60%), a set of live and active probiotic bacterial strains in liquid (min.  $4 \times 10^7$  cfu/ml), sugar cane molasses, extract from fermented herbal plants and fruits [including: blackberry leaf, blackcurrant leaves and wild strawberries, horsetail herb, blackcurrant fruit and blackberries]. Produced in the fermentation process of spelled bran with a set of live and active probiotic bacterial strains including: *Lactobacillus rhamnosus* GG, *L. rhamnosus* LR 04, *L. rhamnosus* LR 05, *L. acidophilus* LA 1, *L. delbrueckii* ssp. *bulgaricus* LB 2, *L. casei* 101/37, *L. plantarum* LP 02, *L. plantarum* LP 01, *L. fermentum* LF2, *Bifidobacterium breve* BL 10, *B. breve* Bbr 8, *B. longum* BL 03, *B. animalis* ssp. *lactis* Bi 1, *Streptococcus thermophilus* Z 57, *S. thermophilus* 9 Y.

## WHEN TO USE:

- probiotic prevention

## RECOMMENDED DAILY INTAKE:

- 15 g | for the main meal

## NUTRITIONAL VALUE:

	per 100 g	per serving 15 g	% NRV*
energy	905 kJ/216 kcal	136 kJ/32 kcal	2%
fat	2,5 g	< 0,5 g	0%
of which saturated fatty acids	0,5 g	< 0,1 g	1%
carbohydrate	29,4 g	4,4 g	2%
of which sugars	2,2 g	< 0,5 g	0%
fibre	20 g	3 g	-
protein	9 g	1,4 g	3%
salt	0,02 g	0 g	0%

## LOGISTICS PARAMETERS:

EAN SYNBIOTYK	5901549746129
bottle depth /width /height [mm]	80/80/94,5
size in weight [mg]	150
a kind of packet	case
pcs / case	6
case / pallet	375
cases / layer on pallet	25
layer / pallet	15
pallet height [cm]	160

\* NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

## Who are our products for?

Living Food products are intended for adults, seniors, youth and children over 3 years. They can be consumed by diabetics, people with lactose intolerance and in a gluten-free diet.



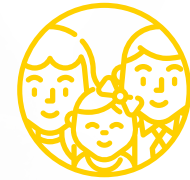
CHILDREN



SENIORS



PHYSICALLY ACTIVE



EVERYONE

## Our products have numerous awards and certificates, including:

- Cardiac Surgery Development Foundation prof. Zbigniew Religa in Zabrze
- Certificate awarded for the first place in the competition of food products “Nasze Dobre Lubuskie” (Our Good Lubuskie)
- Certificate awarded by the Wielkopolska Institute of Quality for the improvement of our products in the scope of quality within the project “Creation and implementation of pro-innovative optimization services for SMEs based on an integrated expert system”
- Certificate of the nationwide Promotion Programme “Doceń Polskie” (Appreciate Polish)
- First degree distinction in the 16th edition of the „Wielkopolska Nagroda Jakości” (Wielkopolska Quality Award) competition for the implementation of the quality management concept
- The Polish Innovation Award 2018 awarded by the Polish Entrepreneurship Agency
- Title and award „Orzeł Agrobiznesu 2018” (Agribusiness Eagle 2018) for market success granted by EMS Promotion and Publishing Agency
- STATUETTE „Przyjaciel Fundacji” (Foundation’s Friend) of the Cardiac Surgery Development Foundation prof. Zbigniew Religa
- POLISH QUALITY AWARD awarded by the Polish Chamber of Commerce



# INGREDIENTS OF LIVING FOOD PRODUCTS

	liquid blend of live and active probiotic bacterial strains <sup>①</sup>	extract from fermented plant ingredients <sup>②</sup>	apple juice	water	α-ketoglutaric acid
PROBIOTIC DRINKS	✓	✓	✓	✓	
PROBIOSIP-SHOT CURCUMA, GINGER, PEPPER	✓	✓		✓	
PROBIOTIC DRINK CONCENTRATES	✓	✓	✓		
„JĘDRZEJ’S HERBS” EXTRACTS PROBIOTIC CURCUMA, GINGER, PEPPER	✓	✓			
PROBIOTIC PROBIOSPORT PROBIOTIC JOY DAY	✓				
PROBIOTICS WITH AKG FORMULA <sup>③</sup>	✓	✓			✓

① – the products differ in a blend of strains

② – the products differ in the composition of plant extracts

③ – Probiotic+AKG does not contain plant extracts

# PROBIOTIC PREVENTION

# PROBIOTIC SUPPLEMENTATION

## PROBIOTIC DRINK

400 million  
bacteria in daily intake



## CONCENTRATE OF PROBIOTIC DRINK

600 million  
bacteria in daily intake



water

liquid blend of live and active probiotic bacterial strains ①

extract from fermented plant ingredients ②

apple juice

α-ketoglutaric acid

PROBIOTIC and PROBIOSIP CURCUMA, GINGER, PEPPER „JĘDRZEJ'S HERBS" EXTRACTS



400 million  
600 million  
1.2 billion  
bacteria in daily intake

PROBIOTIC PROBIOSPORT  
PROBIOTIC JOY DAY



1.8 billion  
bacteria in daily intake

PROBIOTICS WITH ALFA-KETOGLUTARIC ACID



3 billion  
4.5 billion  
bacteria in daily intake

- ① - the products differ in a blend of strains
- ② - the products differ in the composition of plant extracts
- ③ - Probiotic+AKG does not contain plant extracts
- ④ - Probiosip CURCUMA, GINGER, PEPPER also contains water

## Living Food products passion, knowledge and experience

Each of the preparations we manufacture is characterized by a unique composition and is created in accordance with the recipe that was developed years ago, and is still being improved. From the beginning of our existence, we focused not only on the technological process of our probiotic products. First and foremost, we were interested in the most delicate and at the same time the strongest and, above all, the most important element - microorganisms with probiotic potential.

Over the years, following the possibilities of modern science, studying scientific literature, using the increasingly interesting analytical offer available on the market, developing cooperation with the best scientific units in Poland, implementing smaller and larger research and development projects, we have perfected our probiotic products.

Constant development is one of our priorities, which is why research and development and implementation works are still being carried out, thanks to which we learn more and more about the positive effect of our preparations on the human body, mainly on its intestinal microbiota. We have always focused on improving quality, which is understood by us very broadly.

# Living food™

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