



LIVING NUTRITION TRAINING 2024

Connections and Transformation

By

Graham Botfield



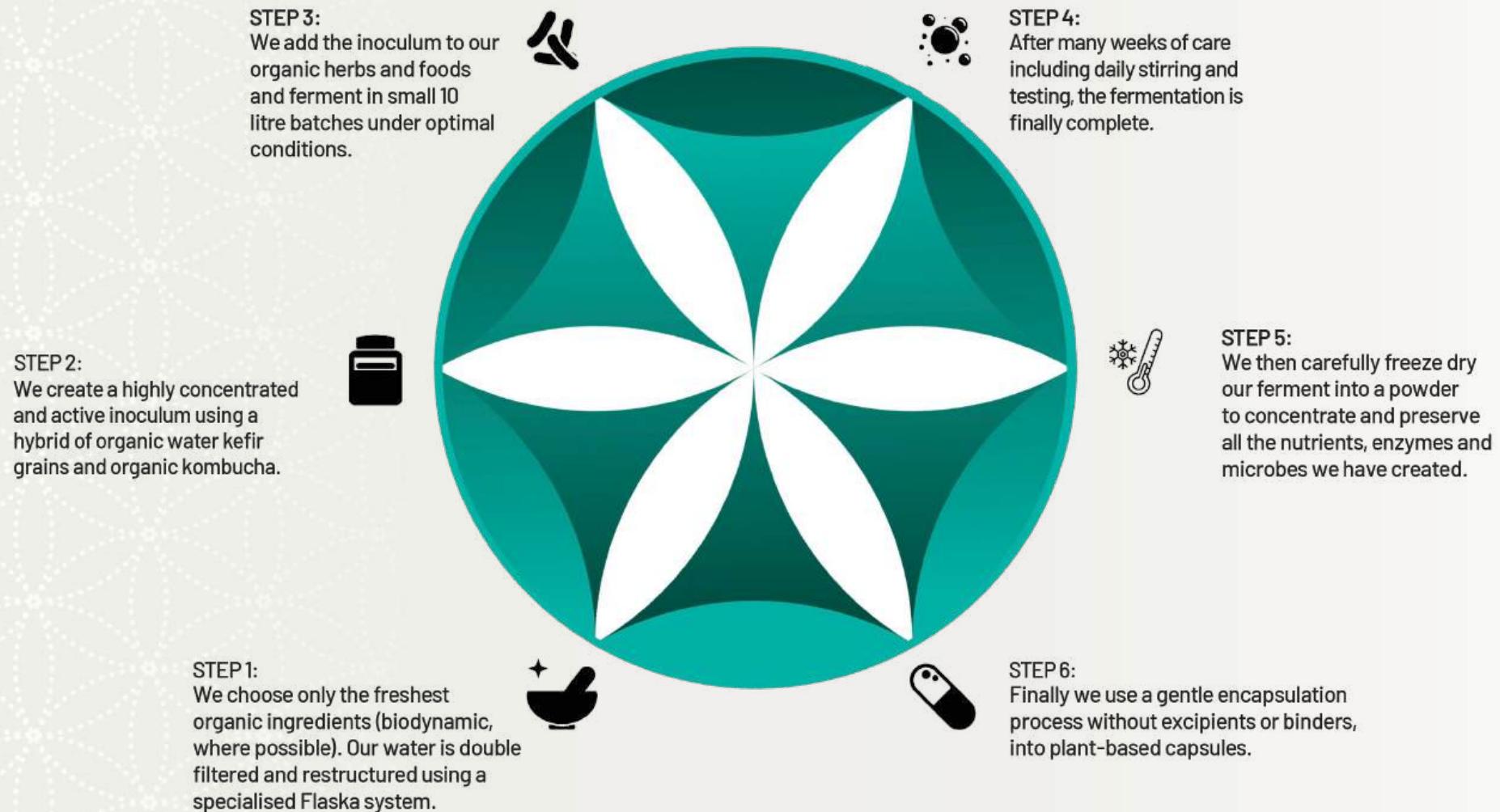
WHO WE ARE

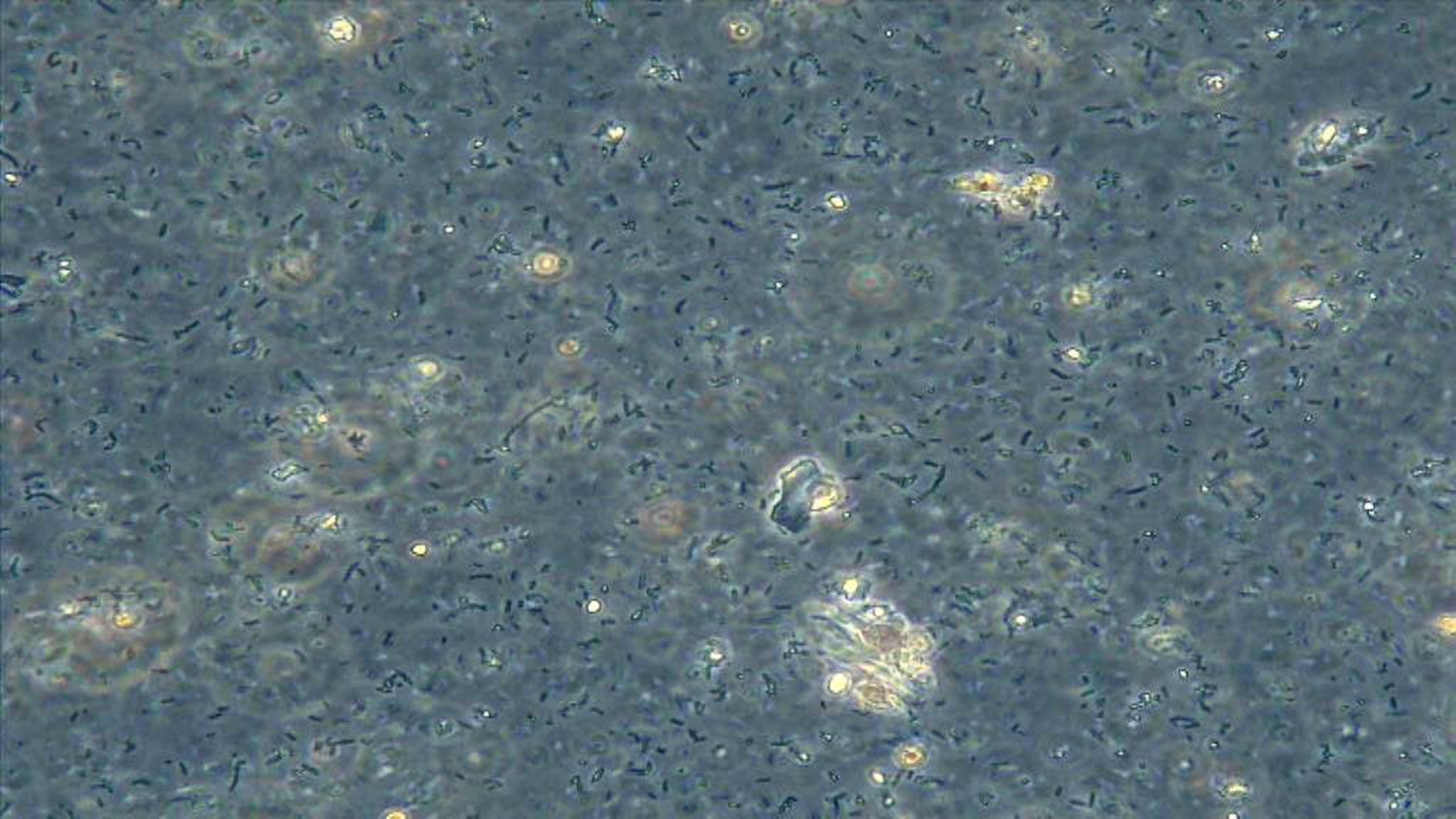
- ✿ Privately owned by a Nutritional Therapist
- ✿ Focus on 100% traditional holistic natural practices
- ✿ A unique kefir/kombucha fermentation process
- ✿ Inhouse production from fresh herb to finished product
- ✿ Our own research and development laboratory

NEW RESEARCH FACILITIES



OUR FERMENTATION PROCESS





SHAMANIC ALCHEMY

A New Paradigm in Activated Food
Supplementation

Super-SUPER-foods

All 'superfoods' in their native cultures were fermented into a higher form of nutrition and used both in ceremony and in medicine.



Coffee & cocoa:
Africa and Americas



Maca :Peru
(maca de chi chi)



Baobab: Africa
(Mutchayan)



Soya: Asia
(miso, tempeh, natto)



Milk, grapes: Europe
(Kefir, wine)

ANCIENT TRADITIONS – SANDHANA KALPANA

“Ayurveda is a treasure of various types of dosage forms of medicine to treat health problems. Among them Asava-arishta is a unique formulation with multiple advantages.

Arishta and asava are probably the oldest documented knowledge on the science of fermentation used for preparing medicines...”

– A Handbook on High Value Fermentation Products, 2019

ASHWAGANDHA = ASHWAGANDHARISHTHA

Comparative antioxidant potential of Withania somnifera based herbal formulation prepared by traditional and non-traditional fermentation processes

*"From the results, it can be concluded that the traditional method is the best method for preparing **ashwagandharishtha** for a significant antioxidant activity."*

- Integrative Medicine Research, 2013

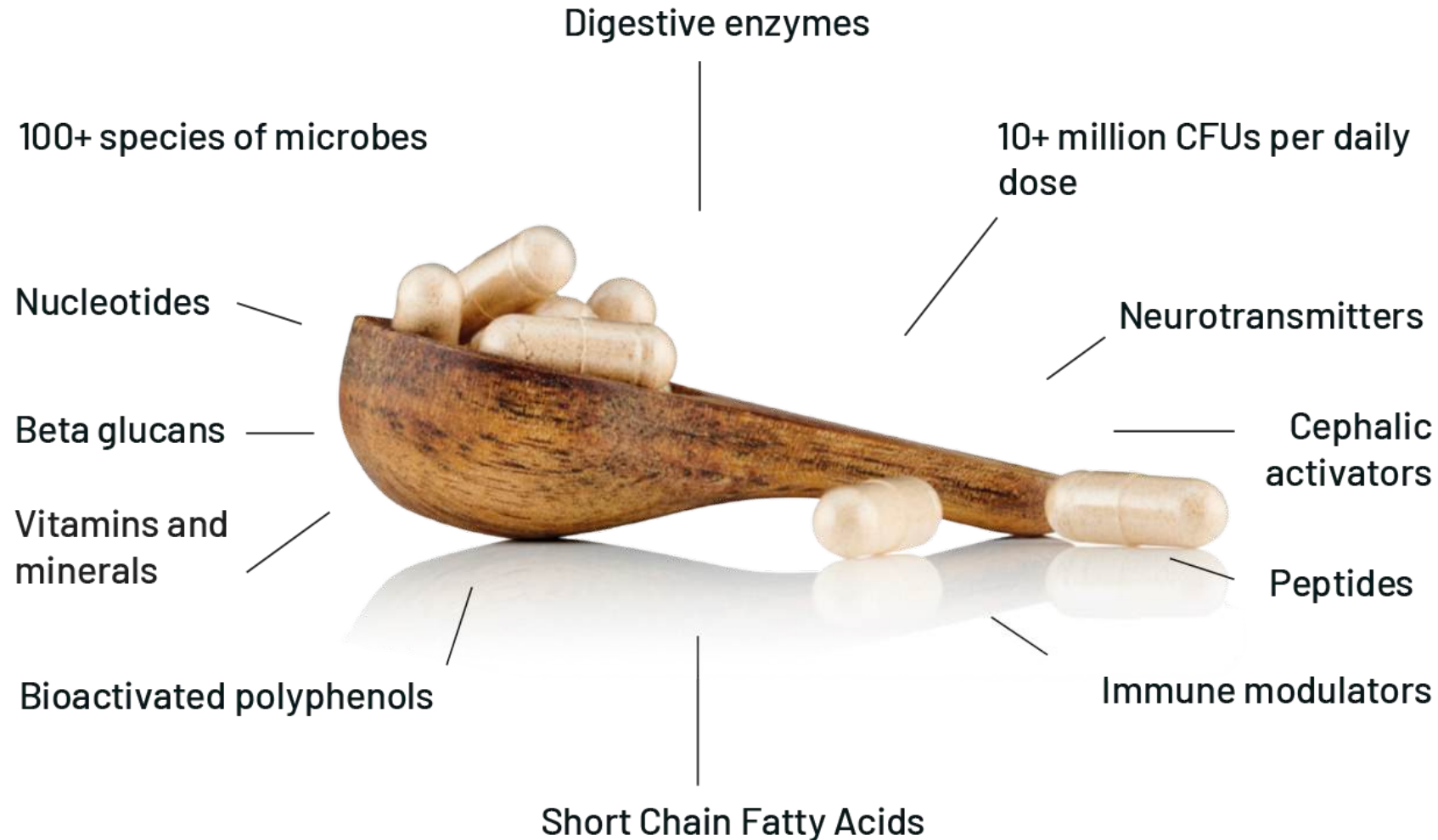
FERMENTED COMPOUNDS

"It is likely that several hundred thousand, if not millions, of symbiotic compounds are released by microbial fermentation, and are subsequently absorbed.

Among these are various short chain and other fatty acids, amino acids, peptides, polyamines, carbohydrates, vitamins, and numerous antioxidants and phytosterols. More than 4,000 plant flavonoids have been identified, 600 carotenoids, and some have the antioxidant potential 10 times as strong as vitamins C and E."

– Current Opinions of Clinical Nutrition and Metabolic Care, 2001

BELOW ARE JUST SOME OF THE INGREDIENTS IN A LIVING NUTRITION YOUR FLORA SYMBIOTIC CAPSULE:



CREATING AN ADVANCED FERMENTATION PROCESS

"The advances in the area of fermented foods coupled with advances in biotechnology promise to revolutionize the future of fermented foods as nutraceutical and functional foods for the prevention and treatment of various diseases."

-Tamang, 2015

CREATING A NEW PARADIGM

"The ability to combine the best possible strains of the best organisms from multiple sources of kefir would create the potential for greater benefits than have been previously observed, with a measure of control over these effects that has not been possible in traditional kefir."

- Frontiers in Microbiology, 2016

5 CRITICAL STEPS FOR MEDICINAL FERMENTATION

- ❖ Liquid fermentation – yields much greater results than solid state
- ❖ Biodiversity of microbes (kefir/kombucha) = each microbe family contributes
- ❖ Optimal conditions and Time = Transformation take time
- ❖ Freeze drying = captures all nutrients, concentrates, and stabilizes (preserves)
- ❖ Always nature = Nothing artificial or corner cutting at any stage

10 KEY BENEFITS OF LIVING NUTRITION FERMENTATION

- * Increase in safety = decrease in irritation, allergenicity, toxicity
- * Increase in absorption = predigested
Bioavailability = active form
- * Increase in activity = higher function within the body
- * Increase in nutrient levels = Metabolised polyphenols
- * Additional nutrients created = Beta glucans, SCFAs, peptides, neurotransmitters

10 KEY BENEFITS OF LIVING NUTRITION FERMENTATION CONT..

- * Enzymes = Digestive, metabolic, intracellular enzymes
- * Fully diverse ecosystem of beneficial microbes (billions)
- * Synergy (and adaptogenic integrity) is maintained
- * Intracellular signaling = Phyto-sensory compounds, quorum sensors, nucleotides
- * Highly concentrated and naturally stable – Freeze-dried

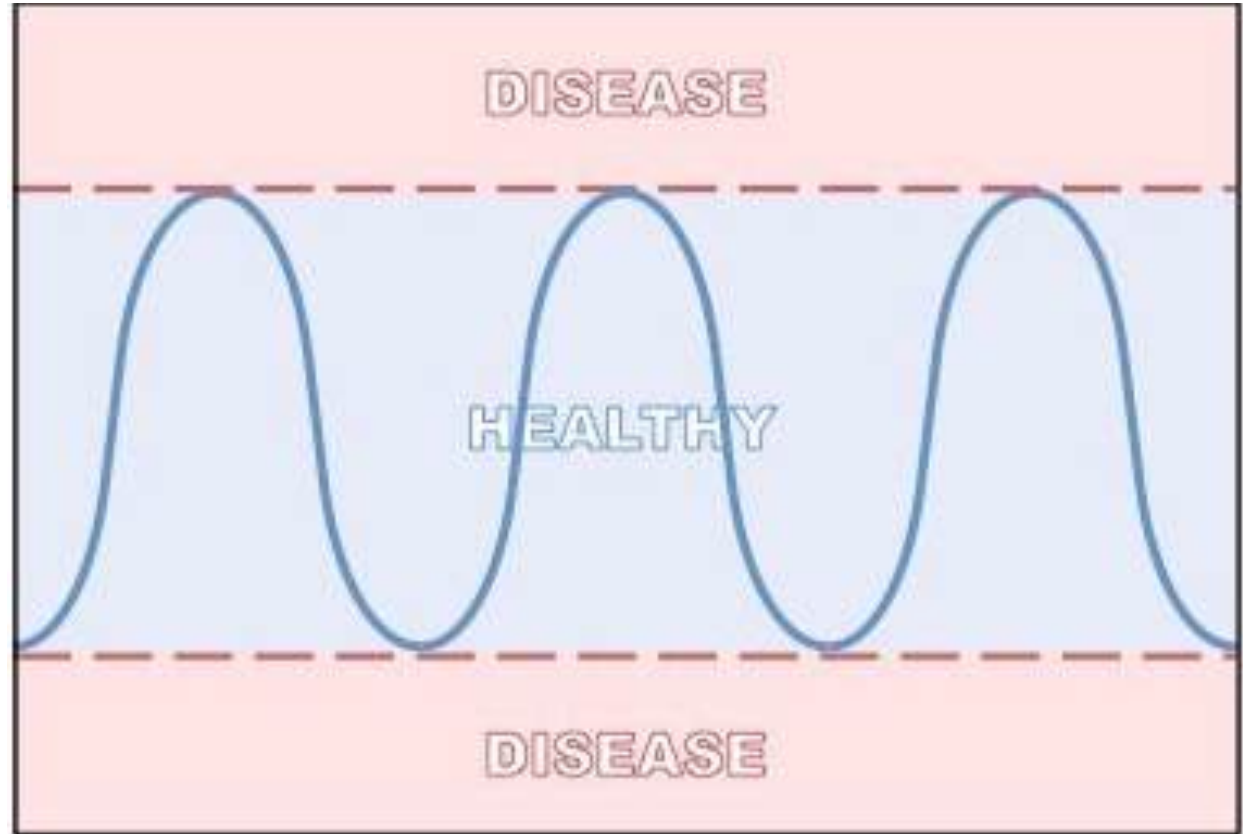
NOT 'JUST ANOTHER SUPPLEMENT'

- ✳ Innovation – nothing like it in the market
- ✳ Cannot compare fermented with original herb (Milk/kefir, grape/wine, soy/miso)
- ✳ 100% aligned with nature
- ✳ Follows Ayurvedic approach – Transformation, not isolation
- ✳ TRUE living activity

Transformation

The source of all organic matter

HOMEOSTASIS: CHALLENGE, ADAPTATION AND (DIS)EASE



Homeostasis does **not** involve keeping conditions static
It involves keeping conditions within tightly regulated
physiological tolerance limits

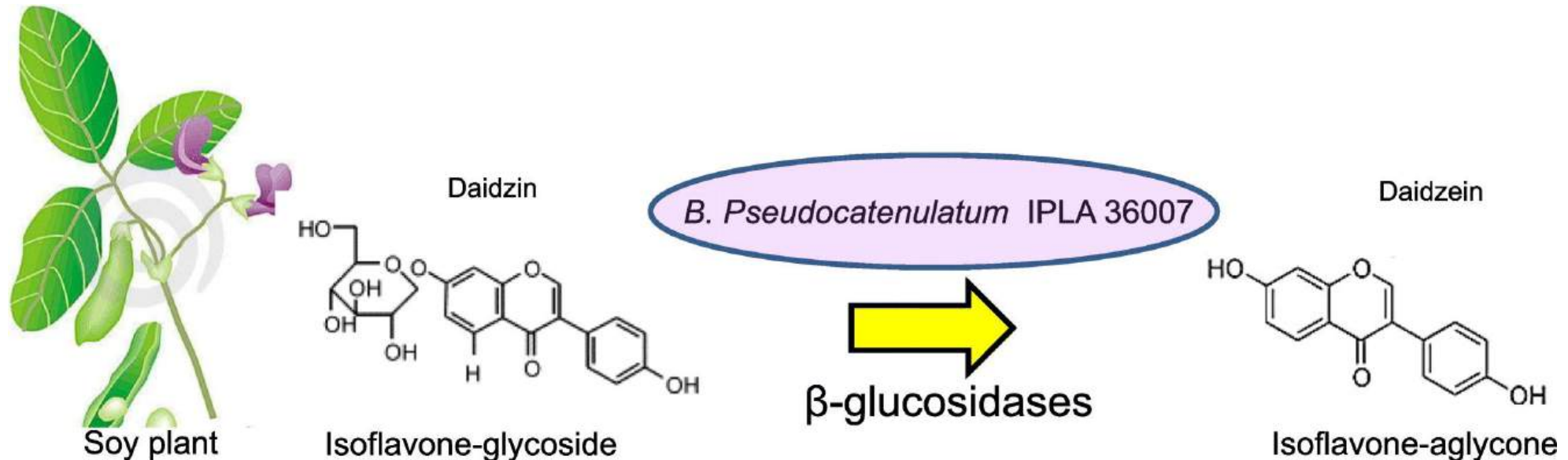
CREATING NEW MESSAGES

PLANT – MICROBE – HUMAN
INTERCONNECTION

DNA-MITOCHONDRIAL CROSS-TALK

FERMENTATION – BIO-ACTIVATING

- * Microbes 'eat' plant sugars turning polyphenols from glycoside to aglycone forms.
- * Aglycones are highly active/volatile compounds
- * They are stabilized by attachments to co-factors and enzymes – or artificially
- * Only 'raw' nutrients are complete nutrients and truly bioavailable



Mitochondria: An Organelle of Bacterial Origin Controlling Inflammation

"Mitochondria's origin is believed to go back to an endosymbiose of an α -proteobacterium in the ancestry of eukaryotic cell that happened about 1.5 billion years ago.

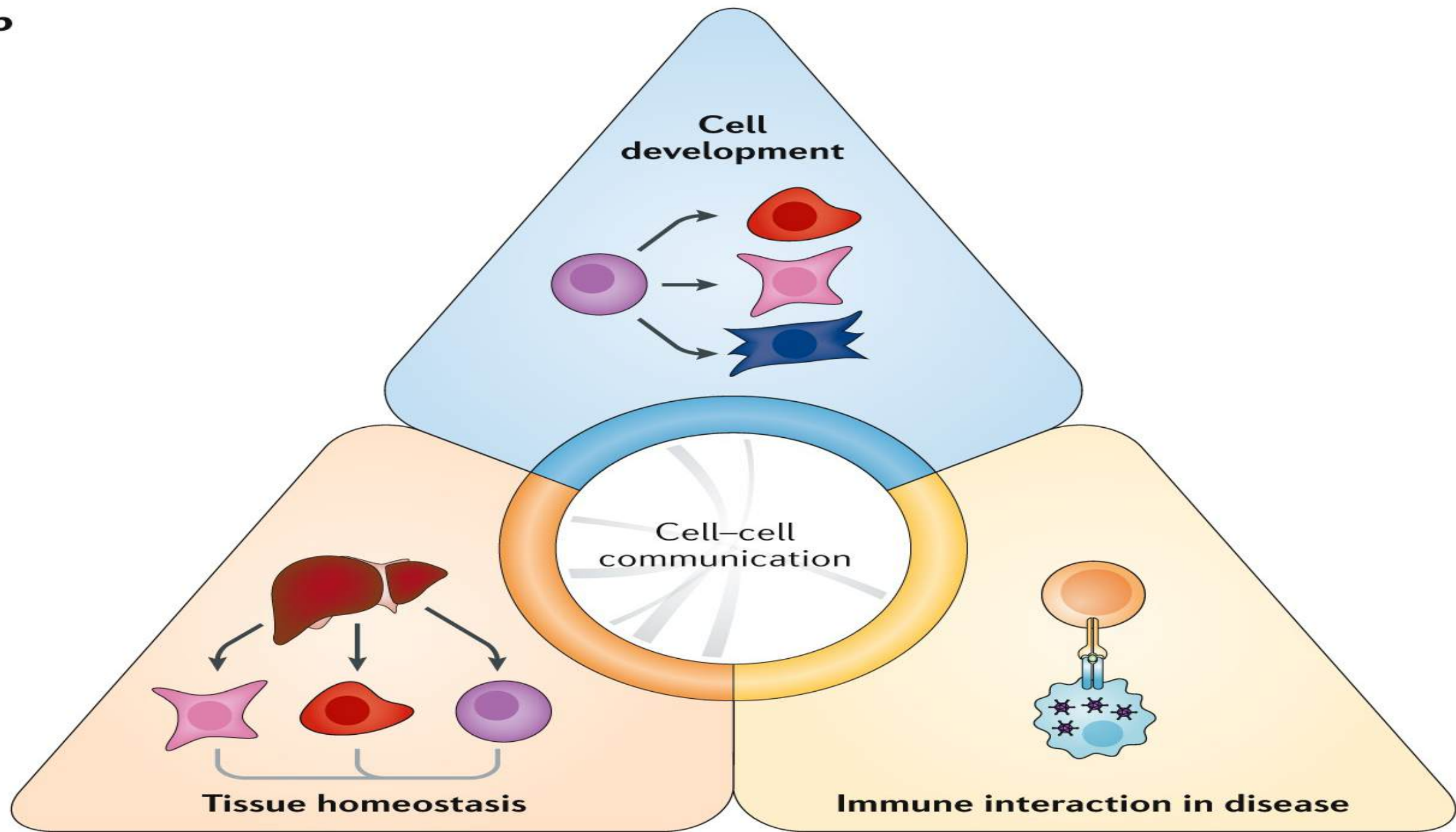
Surprisingly, this organelle of a bacterial origin has since then, not only been tolerated by immunity, but has also been placed as a central regulator of cell danger responses, acting at all steps of inflammatory responses."

- Frontiers in Immunology, 2018

Mitochondria-derived cell-to-cell communication

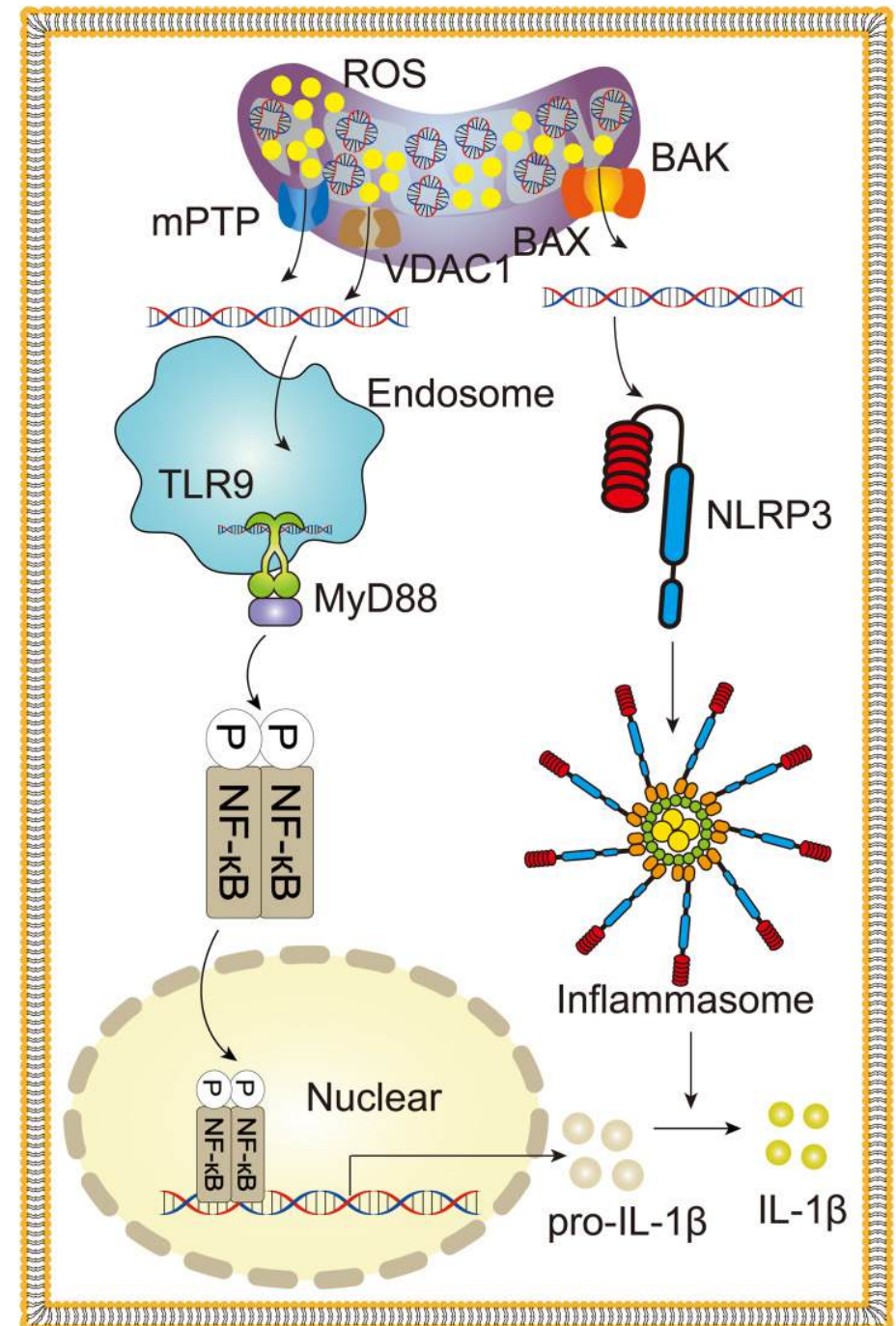
"In addition to their intracellular mobility, mitochondria and their components can exist outside the cells from which they originate. As a result, they are capable of acting on non-parental distant cells and mediate intercellular communication in physiological conditions and in a variety of pathologies."

- Cell Reports, 2023

b

Advances in Crosstalk among innate immune pathways activated by mitochondrial DNA

- Heliyon, 2024



SPOTLIGHT ON TURMERIC



THE CURCUMIN PROBLEM

- ✿ Turmeric is a spice and thus a gastro-irritant (above 300mg)
- ✿ Poorly absorbed (for a reason) = enzyme inhibitor
- ✿ Highly unstable – short half life and a pro-oxidant
- ✿ 32 forms of curcumin working synergistically
- ✿ Most curcumin supplements are synthetic

LATEST ESTIMATES SUGGEST 65-75% OF CURCUMIN IN FOOD SUPPLEMENTS IS SYNTHETIC.

'Synthetic curcumin made from petroleum based products was recently found to be used as an additive on a large scale.'

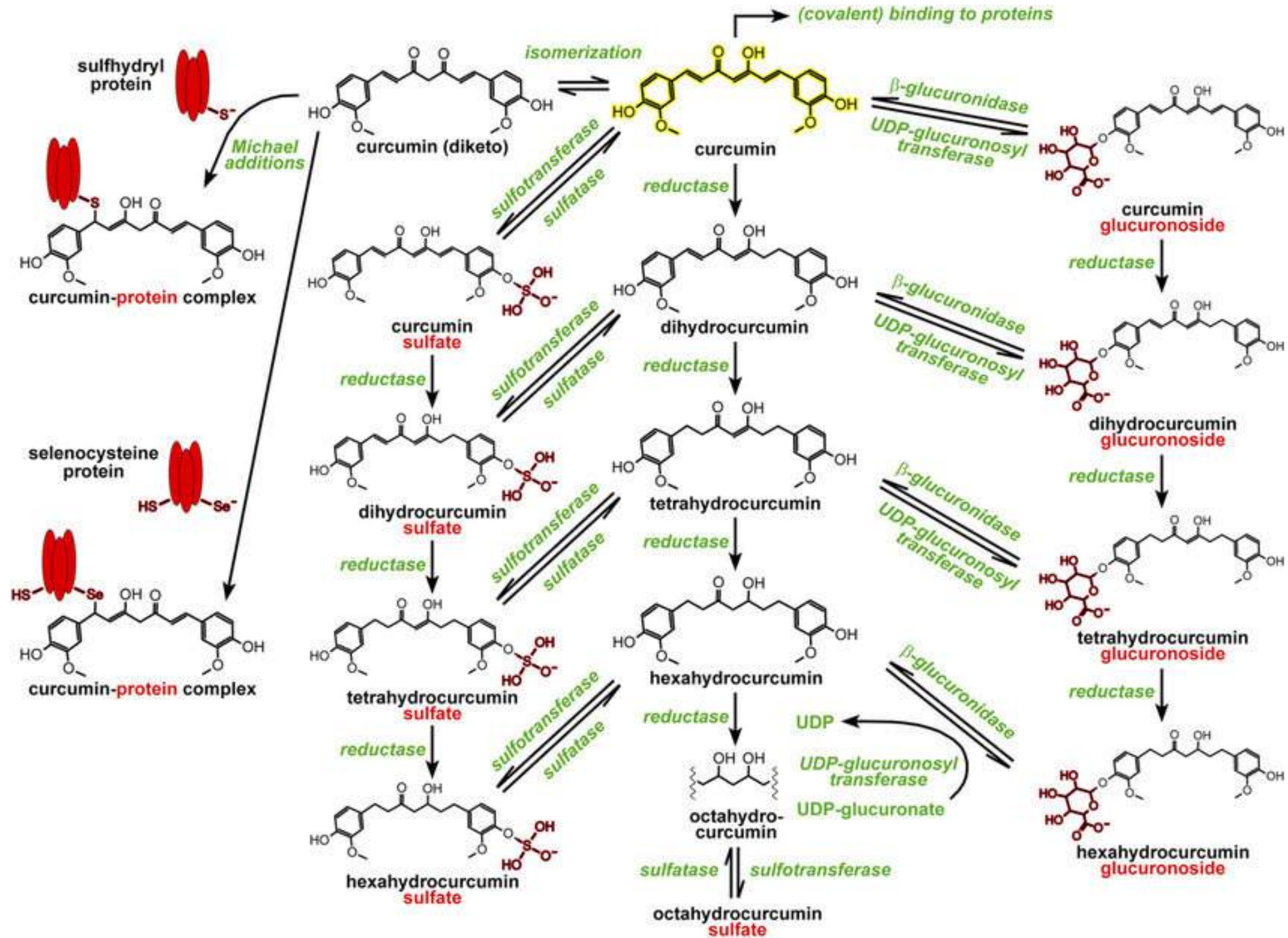
Not only is this practice unethical, it obviously lacks record of long-term, safe use and evidence of being as good as natural curcumin.'

- Nutraingredients, 2011

'This is a common and very serious problem - ingredient suppliers have been masquerading synthetics as natural botanicals because it's much cheaper to produce.'

Synthetic curcumin has no record of long-term safe use, nor are there any studies showing it is beneficial in the same manner as natural curcumin for health'

[\(STUDY LINK\)](#)



TETRAHYDRO-CURCUMIN

"...it is clear that curcumin, the yellow component of turmeric, is metabolised to white tetrahydrocurcumin and that these two compounds exhibit distinct activities (molecular targets, signalling pathways and cellular responses)."

-Molecules 2015

Tetrahydrocurcumin and Mitochondria

Tetrahydrocurcumin Ameliorates Homocysteine Mediated Mitochondrial Remodeling in Brain Endothelial Cells

"Tetrahydrocurcumin has beneficial effects on mitochondrial remodeling and could be developed as a potential therapeutic agent against induced mitochondrial dysfunction."

- Journal of Cellular Physiology, 2018

Tetrahydrocurcumin epigenetically mitigates mitochondrial dysfunction in brain vasculature during ischemic stroke

"THC treatment significantly improved the functional capacity and motor co-ordination along with reduced neuroscore, infarct volume, brain edema and microvascular leakage."

- Neurochemistry International, 2019

Tetrahydrocurcumin and Cancer

"...confirmed that THC could inhibit the activity, affect the cell cycle, and inhibit the proliferation of breast cancer cells. In addition, THC can inhibit the growth of breast cancer cells, delay the tumor growth rate, reduce the expression of Ki-67 in tumor tissues, and increase the survival time of tumor-bearing mice.

These results indicate that THC can induce the apoptosis of breast cancer cells through the mitochondria-mediated apoptotic pathway. This transformation is abnormally activated in tumor cells, leading to tumor invasion and trans.

- Cancer Cell International, 2023

RAW vs FERMENTED



Organic raw turmeric

Organic fermented turmeric

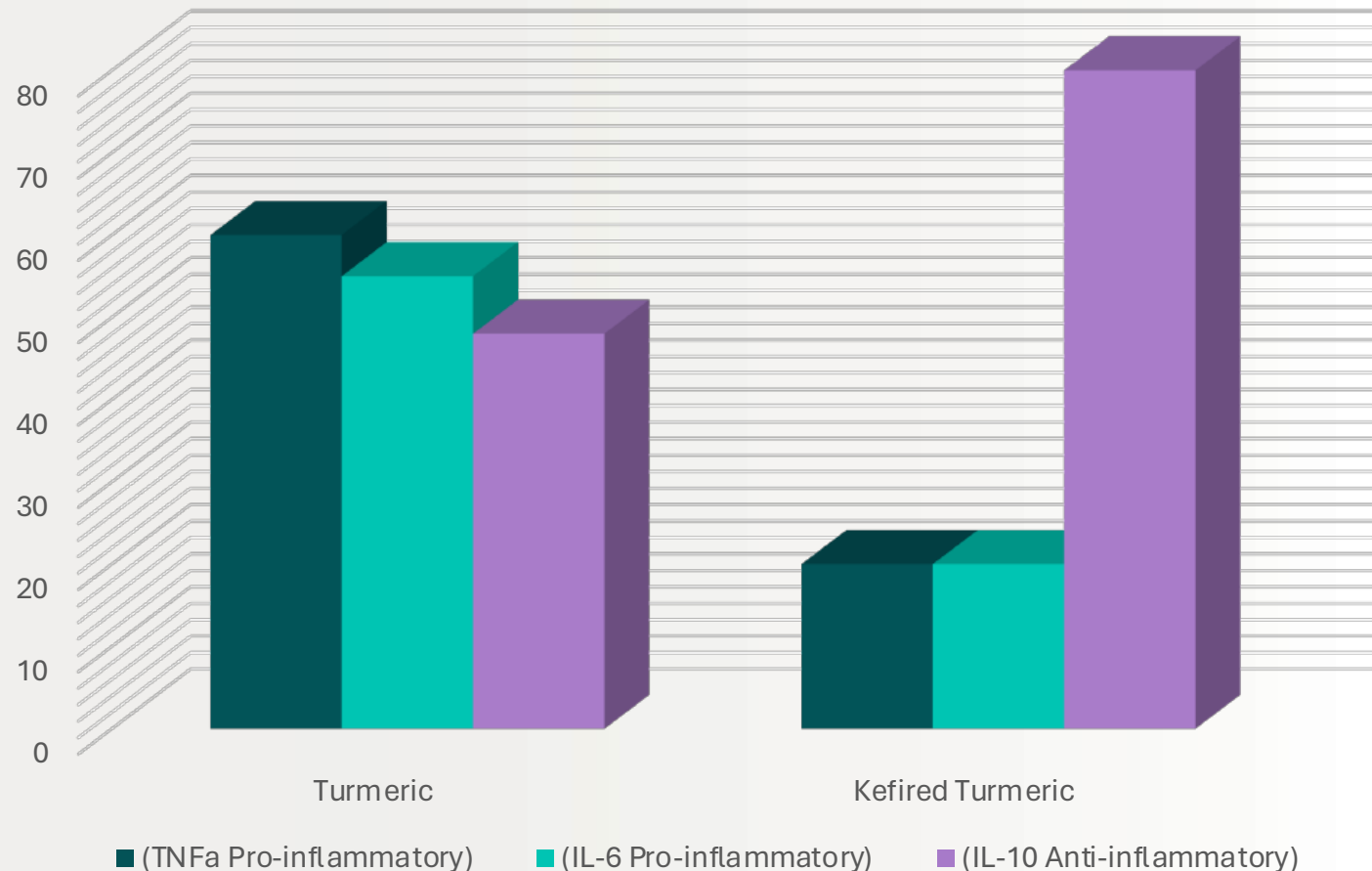
Image: a comparison of the bioavailability of raw organic turmeric powder before fermentation (left) and the freeze-dried fermented turmeric (right): 1 hour after being mixed with water.

INFLAMMATORY SIGNALLING

Influence of herb extracts on the secretion of $\text{TNF}\alpha$, IL-6 and IL-10: Turmeric, and Fermented turmeric

Conclusion: Kefir-kombucha fermented turmeric produced significantly greater secretion of IL-10 (anti-inflammatory) and reduced secretion of $\text{TNF}\alpha$ and IL-6 (pro-inflammatory).

SECRETION OF CYTOKINES (%)



Organic Fermented Kef-flamex

Kef-flamex is a highly bioavailable formulation of herbs for optimal physical function and activity.

With key antioxidant-rich superfoods

Supports joint health and inflammation

Nutritional information (2 capsules provide)

organic turmeric	150mg
organic rosemary	150mg
organic green tea	150mg
organic reishi spore	150mg



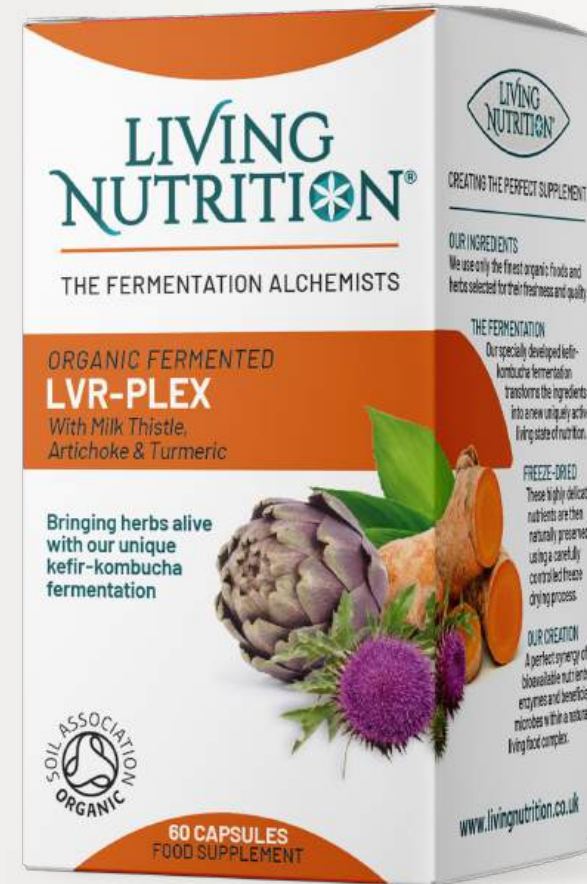
LVR-Plex

❖ Function: Support liver function

❖ Market – Detox, liver health,

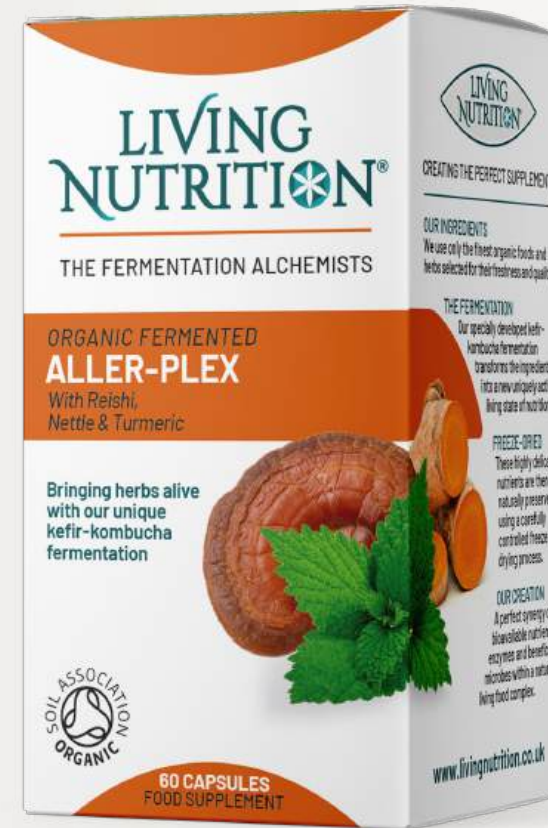
❖ Ingredients (2 capsules) :

- Milk thistle 300mg
- Artichoke 300mg
- Turmeric 200mg



Aller-Plex

- ❖ Function: Reduce histamine
- ❖ Market – Hay fever, allergy, histamine
- ❖ Ingredients (2 capsules):
 - Reishi 300mg
 - Nettle 200mg
 - Turmeric 120mg



FERMENTATION AND COGNITION



FERMENTED FOODS AND COGNITION

"The fermented food's functional aspect of neuroprotective effects along with the improvement in brain and cognitive function is becoming more evident as studies of animals and humans with positive results are accumulating."

- Preventative Nutrition and Food Science, 2016

FERMENTED FOODS: HARNESSING THEIR POTENTIAL TO MODULATE THE MICROBIOTA-GUT-BRAIN AXIS FOR MENTAL HEALTH

"Fermented foods can have a considerable impact on health by virtue of the variety of different microbial strains, metabolites and other bioactives that can be present therein.

These components can be optimised to offer maximal neural and mental health benefits to the individual.

.... fermented foods form a vital part of the next generation of microbiota-based therapeutics targeting mental health."

- Neuroscience & Biobehavioral Reviews, 2024

Organic Fermented True Adaptogens

True Adaptogens is a blend of herbs that modulates the body's response to stress, bringing both energy and balance – physical and emotional.

Four key herbs to support healthy energy levels

Traditional formula to enhance resilience to stress

Nutritional information (2 capsules provide)

organic red ginseng	140mg
organic ashwagandha	140mg
organic holy basil	140mg
organic rhodiola	140mg



FERMENTED HERBS RESEARCH

"Fermented Ginseng extract treatment resulted in a significant recovery of memory function in both animal models....which results in enhanced behavioral memory function."

-Journal of Ginseng Research, 2013

"Given the above results, it is considered that fermented rhodiola extract effectively protects against fatigue caused by strenuous exercise."

-Preventative Nutrition and Food Science, 2015

Organic Fermented Natural Nootropics

Natural Nootropic supports clarity and performance using traditional herbs fermented for enhanced bioavailability and action.

Ideal for situations requiring sharper focus and concentration

Rich in antioxidants and terpenoids for optimal mental function

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and freeze-dried

organic ginkgo	150mg
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organic brahmi	150mg
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organic green tea	150mg
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organic lion's mane	150mg
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LIVING
NUTRITION

Organic Fermented Night Time

Night Time is a soothing blend of relaxing herbs including valerian, passion flower and hops, for a restful night's sleep.

For occasional relief of anxiety and sleeplessness

Relaxing blend with supportive compounds

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and freeze-dried

organic valerian	200mg
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organic passion flower	160mg
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organic hops	140mg
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LIVING
NUTRITION

Organic Fermented Tranquillity

Tranquillity is a calming combination of herbs including lavender, ashwagandha and lemon balm, to support your inner peace.

For approaching the day with a calm outlook

Rich in essential oils, sensory compounds and antioxidants

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and freeze-dried

organic lavender 180mg

organic lemon balm 180mg

organic ashwagandha 140mg



Organic Fermented Wisdom

Wisdom contains a combination of mind-enhancing herbs and mushrooms to support mental balance and wellbeing.

Aids mental clarity and balanced cognitive pathways

Ideal formula to support meditative practice

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and freeze-dried

organic holy basil 150mg

organic gotu kola 150mg

organic matcha tea 150mg

organic lion's mane 150mg



Attention

- ❖ Function: Cognitive imbalance
- ❖ Designed for – ADHD, hyperactivity
- ❖ Ingredients (2 capsules):
 - Lemon balm 200mg
 - Bacopa (brahmi) 200mg
 - Gotu kola 200mg



Woman

- ❖ Function: Hormonal support
- ❖ Market – women, hormonal support
- ❖ Ingredients (2 capsules):
 - Ashwagandha 200mg
 - Shatavari 200mg
 - Holy basil 200mg





Fermented Mushroom Benefits

- ✱ Enhanced bioavailability
- ✱ Maintained synergy
- ✱ Greater beta glucan content
- ✱ Additional symbiotic compounds
- ✱ Beneficial bacteria and enzymes

Organic Fermented Chaga

Chaga is known as the 'Diamond of the forest' and traditionally protective of overall defences. We only use wildcrafted fruiting conk grown on birch trees.

Rich in betulinic acid and antioxidants including melanin
Strong immune builder and protector

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and
freeze-dried organic chaga conk

600mg



Fermented Chaga

"Polyphenol decoction extracted from Chaga mushrooms with a fermentation medium exhibited higher anti-glycation activity on albumin and collagen gels than a standard anti-glycation agent, 2-aminoguanidine.

Fermented Chaga also inhibited ROS production by human skin fibroblasts exposed to UV-A in a concentration-dependent manner.

These findings suggest that the anti-glycation and antioxidant effects of Fermented Chaga may have health and cosmetic benefits for the skin."

- Food Science and Technology Research, 2023

Organic Fermented Cordyceps

Cordyceps was once regarded as the 'Emperor's mushroom'. This special adaptogen is prized for its traditional support to physical performance and stamina.

Fermentation-enhanced compounds including cordycepin

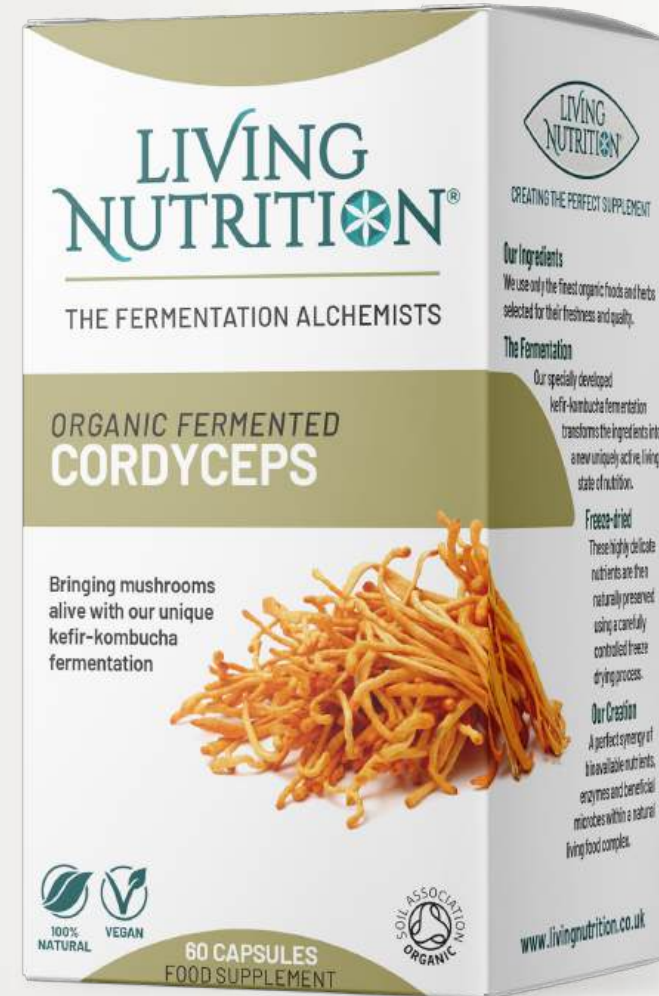
Traditional tonic to restore vitality and energy

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic cordyceps

900mg



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NUTRITION®

Organic Fermented Reishi Spore

Reishi spore is the most nutrient-dense part of the reishi mushroom, offering enhanced benefits to wellbeing and defence.

Higher concentration of triterpenes than fruiting body

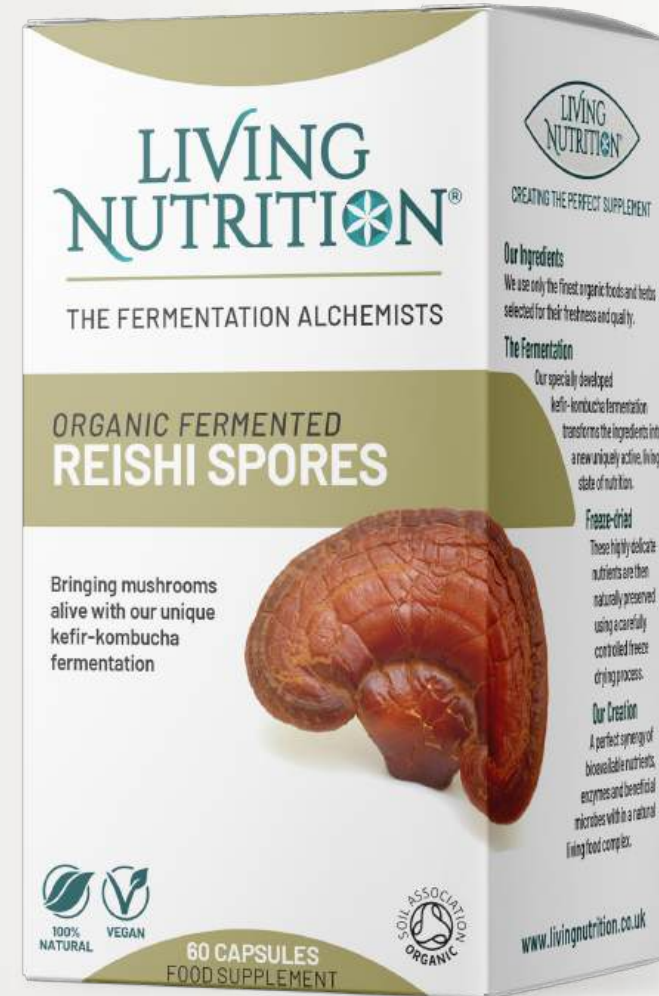
Indicated in inflammatory conditions such as hayfever.

Nutritional information

600mg

2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic reishi spore



LIVING
NUTRITION®

Fermented Reishi

"Regulate cellular immunitydirect regulation on the expansion of CD4+T cells in Peyer's patches

improving the mucous layer and the TJ barrier, regulating the gut microbiota, and modulating the intestinal mucosal and systemic immune system.

The underlying mechanism probably contributed to the biotransformation of GA"

- Biomedicine & Pharmacotherapy, 2021

Organic Fermented Lion's Mane

Lion's mane is known as the 'Mountain priest' mushroom and traditionally used to support focus and concentration.

Fermentation-activated nootropic factors

Traditional mushroom for cognitive clarity

Nutritional information

2 capsules provide:

800mg

Kefir-kombucha fermented and freeze-dried organic lion's mane



Fermented Lion's Mane

Inmidst of a recent bad flare of trigeminal neuralgia, a very painful neurological condition, I discovered fermented Lion's Mane and Kef-flammex from living Nutrition. While taking carbomezapine medication to deal with the extreme pain, I started taking the fermented Lion's Mane and Kef-flammex capsules which were recommended to me by two different people one of whom had also suffered from TN and claimed it had helped him to become pain free.

I immediately ordered and have been taking the supplements twice daily without fail for the last three weeks.

Fermented Lion's Mane

After only one week I could already feel the pain retreating, after ten days the excruciating pain was 95% gone and now, three weeks later, I am off all medication and pain free. Anyone who knows of the severe, obstinate and debilitating TN pain will understand how incredible this is - a near miracle!

Thank you to all at 'living Nutrition', I am so grateful for these high quality supplements that produce miraculous results!

- Christina Sahin

Organic Fermented Myco Blend

Myco Blend is a combination of fermented mushroom fruiting bodies and spores, each known for its valuable nutritional properties.

For balanced immune health and vitality

With traditional nootropic lion's Mane

Nutritional information

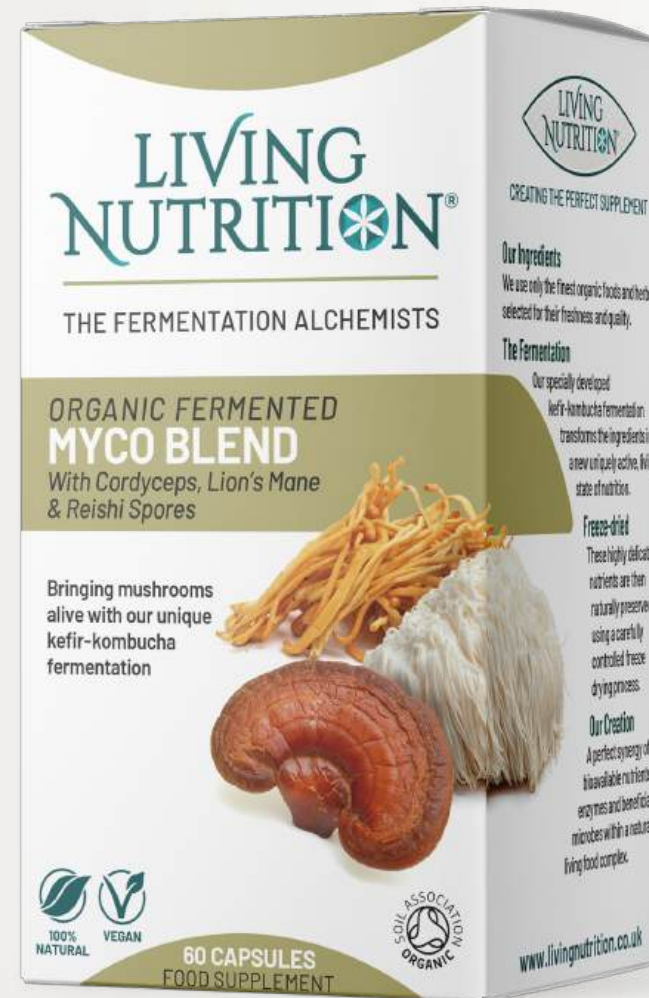
2 capsules provide:

Kefir-kombucha fermented and freeze-dried

organic cordyceps 150mg

organic lion's mane 150mg

organic reishi spore 150mg



Fermented Soybeans

The most important source of nutrition?

ORGANIC FERMENTED SYMBIOTIC

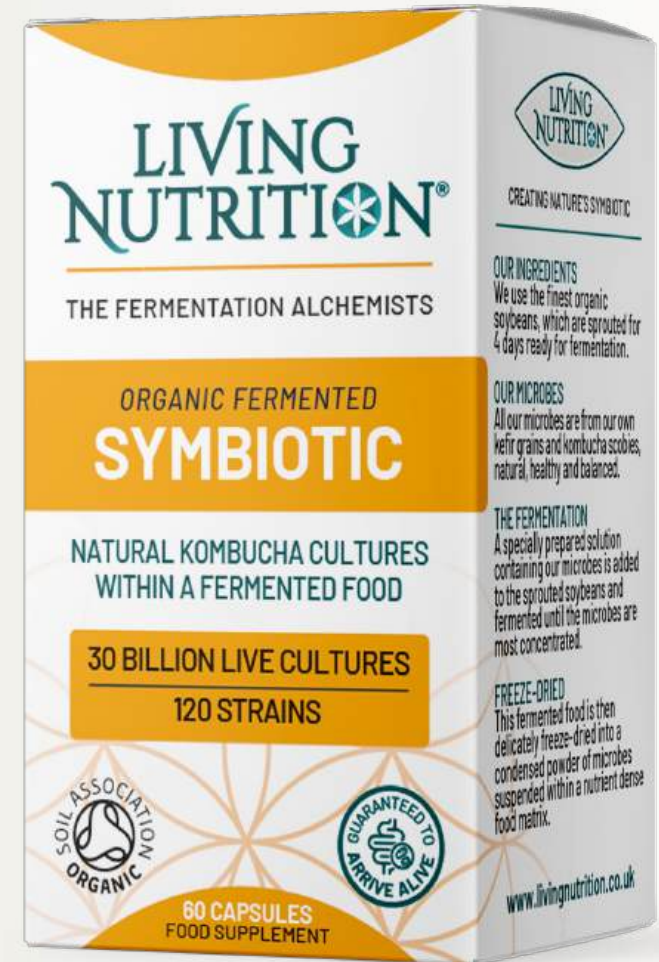
FUNCTION: Microbiome support

MARKET: Probiotic, digestive

INGREDIENTS:

2 capsules provide:

- Organic Sprouted Non-GMO Soybeans **800mg**



**LIVING
NUTRITION**

- ✳ 'Nature's probiotic' – supporting your microbiome naturally
- ✳ 30 billion live cultures – sourced naturally from kefir & kombucha cultures
- ✳ 120 microbial strains – 1st in competition – providing balance, not dominance
- ✳ A base of phyto-nutrients and other nutrients to support the microbiome
- ✳ Nutritional Therapist developed and backed by research
- ✳ Organically certified by Soil Association

Biodiversity for Balance

All healthy ecosystems rely on a diverse range of organisms to maintain balance and harmony. The healthiest gut microbiomes are home to many hundreds of microbe species, evolved through an ancestral diet of fermented foods.

Our Symbiotics contain over 120 natural species, delivered within a fermented food, providing a perfect blueprint to achieving your optimal gut microbiome.

120+ NATURAL STRAINS INCLUDING:

Lactobacillus plantarum
Lactobacillus rhamnosus
Lactobacillus acidophilus
Lactobacillus lactis
Lactobacillus casei
Lactobacillus brevis
Lactobacillus gasseri
Lactobacillus paragasseri
Lactobacillus salivarius
Lactobacillus helveticus
Lactobacillus kefir
Lactobacillus reuteri

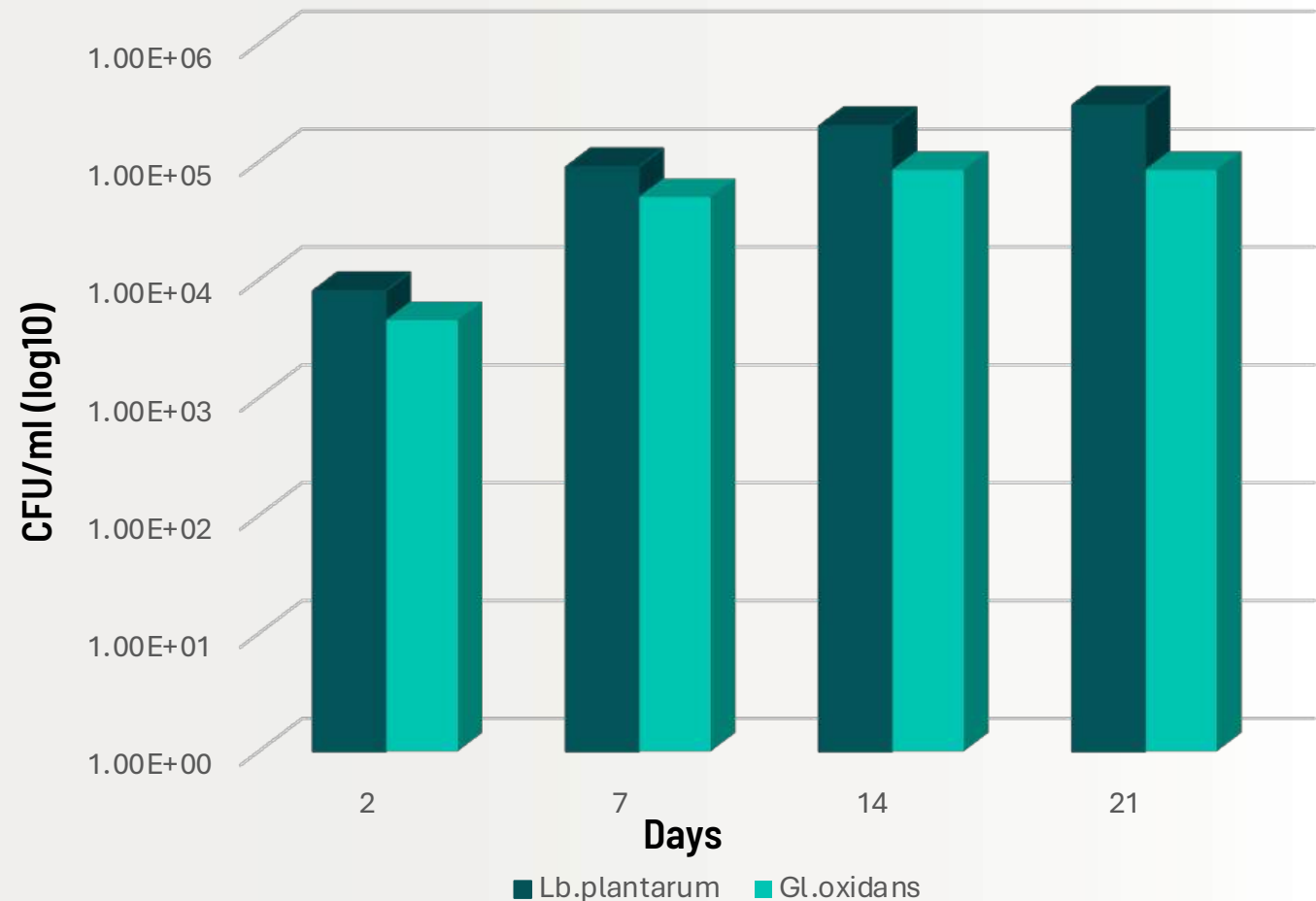
Bifidobacterium bifidus
Bifidobacterium longum
Bifidobacterium breve
Bifidobacterium catenulatum
Bifidobacterium adolescentis
Bifidobacterium dentium
Bacillus subtilis
Streptococcus thermophilus
Gluconobacter oxydans
Kluyvermyces lactis
Saccharomyces pombe

MICROORGANISMS IN FOOD SURVIVE

Ten human volunteers took a single dose per day of Fermented soy after which live bacteria were determined for 21 days.



Conclusion: it is determined that sufficient numbers of micro-organisms survive to colonise the gut (80% *Lactobacillus plantarum* after 15 days).





IF YOU BUILD IT,
THEY WILL COME.

The Terrain Determines What Grows and Thrives



1st Always: Nourish the Terrain



Microbes Grow at a Tremendous Speed in the Right Environment



Answer: 4,722,366,500,000,000,000,000
(4.7 sextillion)

FERMENTED SOYBEANS: THE MICROBIOME SUPERFOOD

Research shows that fermented soy is nature's perfect superfood for the microbiome, thanks to its unique balance of polyphenols, peptides and signalling compounds.

We go the extra mile by sourcing the very best organic non-GMO soybeans and sprouting them for four days prior to fermentation.

FERMENTED SOYBEAN SYMBIOTICS

Current trends in the development of soy-based foods containing probiotics and paving the path for soy-synbiotics

'The administration of syn-biotics modulates host health by mitigating gut dysbiosis by enhancing lactobacilli and bifidobacteria levels, regulating immunomodulation, increasing the nutrient synthesis in the gut, and improving their bioavailability.'

- Critical Reviews in Food Science and Nutrition, 2022

"Consumption of soybean proteins improved the intestinal microbiota, increased the diversity of intestinal microbes, and improved the transmission of bile acid metabolism signals."

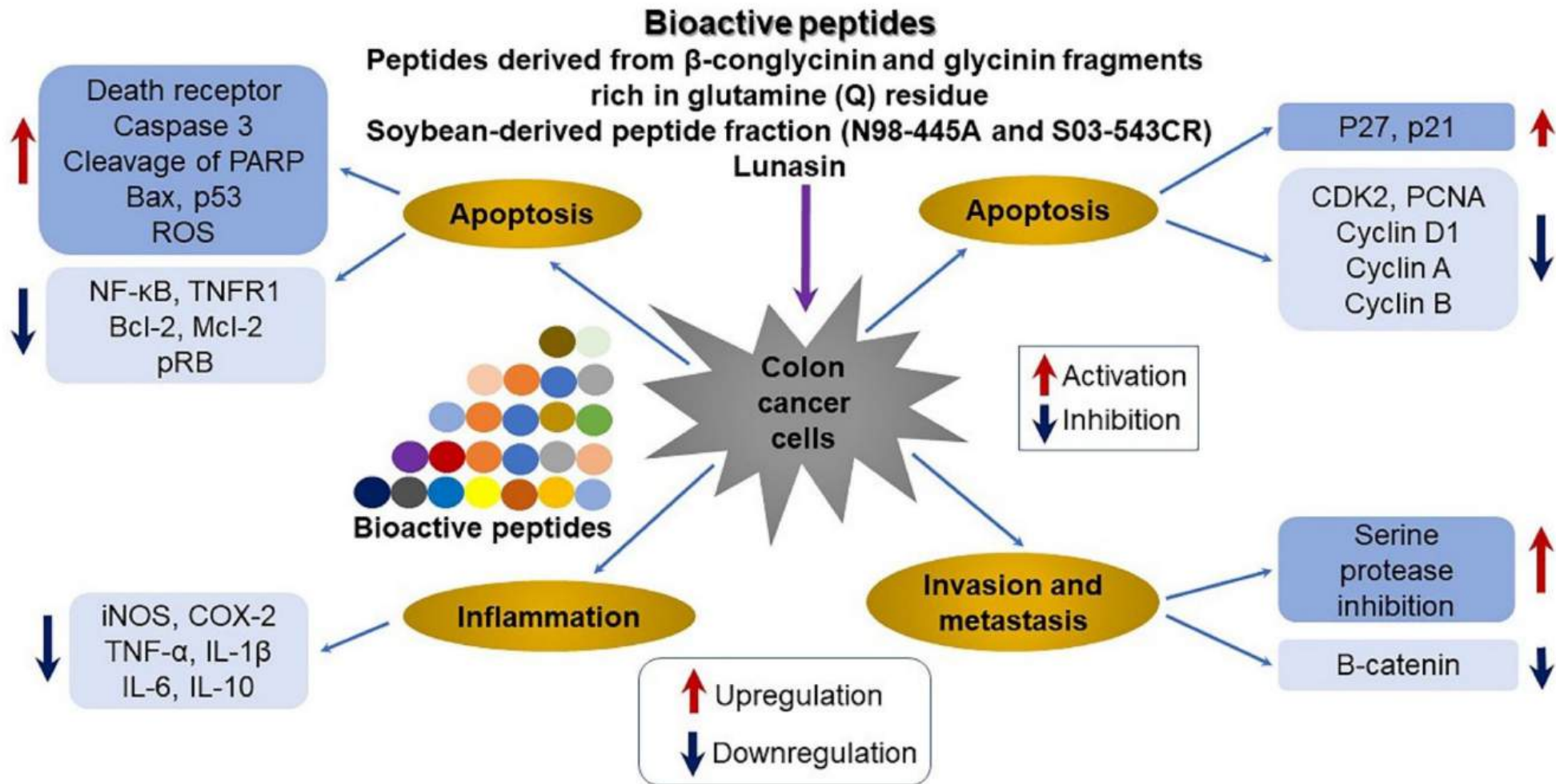
- Nutrients, 2023

THE BENEFICIAL EFFECTS OF SOYBEAN PROTEINS AND PEPTIDES ON CHRONIC DISEASES

"Soybean-derived peptides have received a lot of attention for their potent activities of anti-obesity, anti-diabetes, CVD regulation, and anti-cancer, which are very important for the prevention and treatment of chronic diseases.

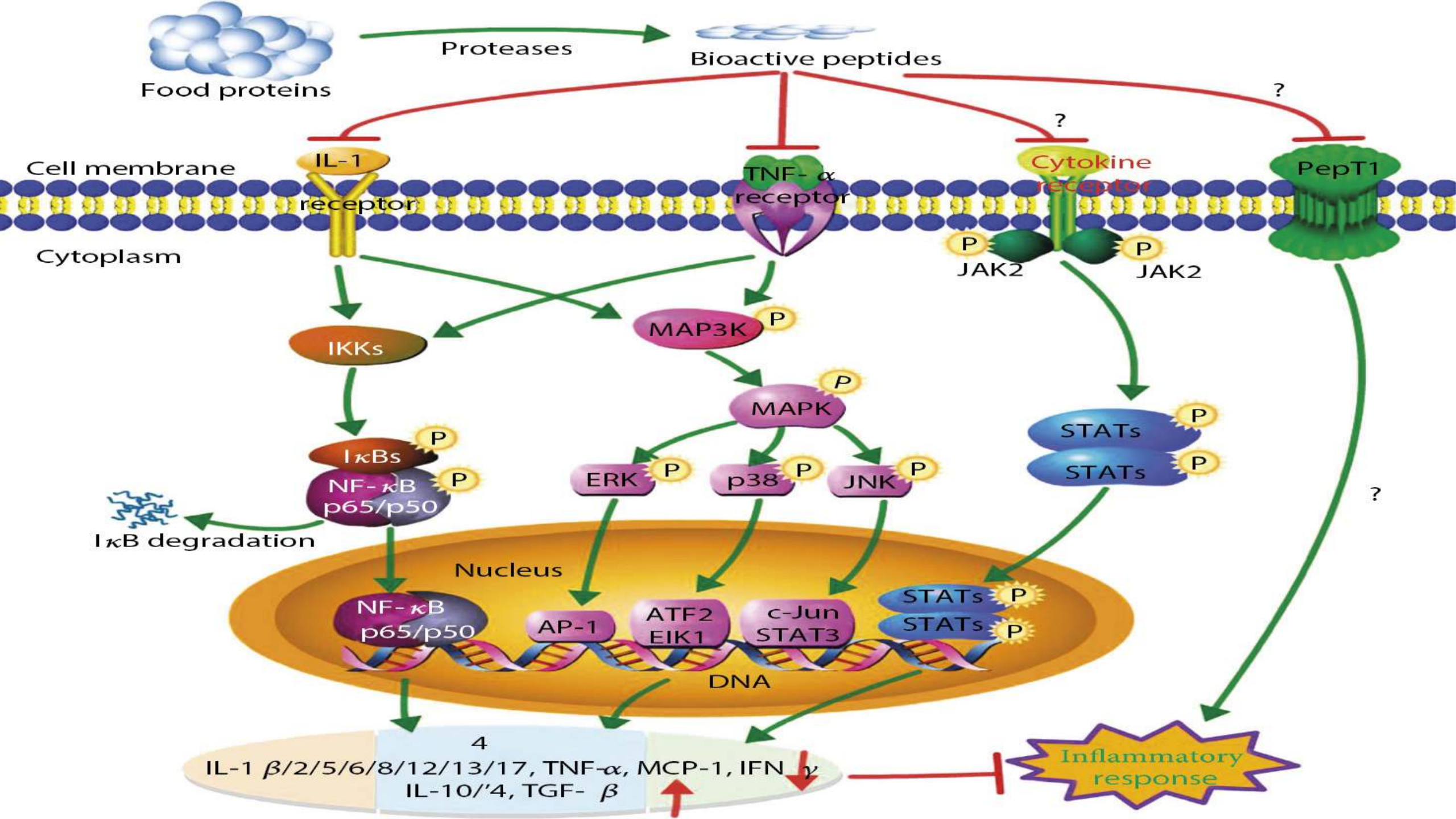
After digestion, most peptides can be completely absorbed by intestinal cells and transported to the corresponding target organs and cells."

- Nutrients, 2023



Until recently, it was thought that soybean protein was broken down into peptides and then converted into amino acids and absorbed by the body. SPs, which have the potential to be absorbed into the body and exhibit various functions, have attracted research interest because of their potential applications in human health.

- International Journal of Molecular Sciences, 2021



PILOT STUDY

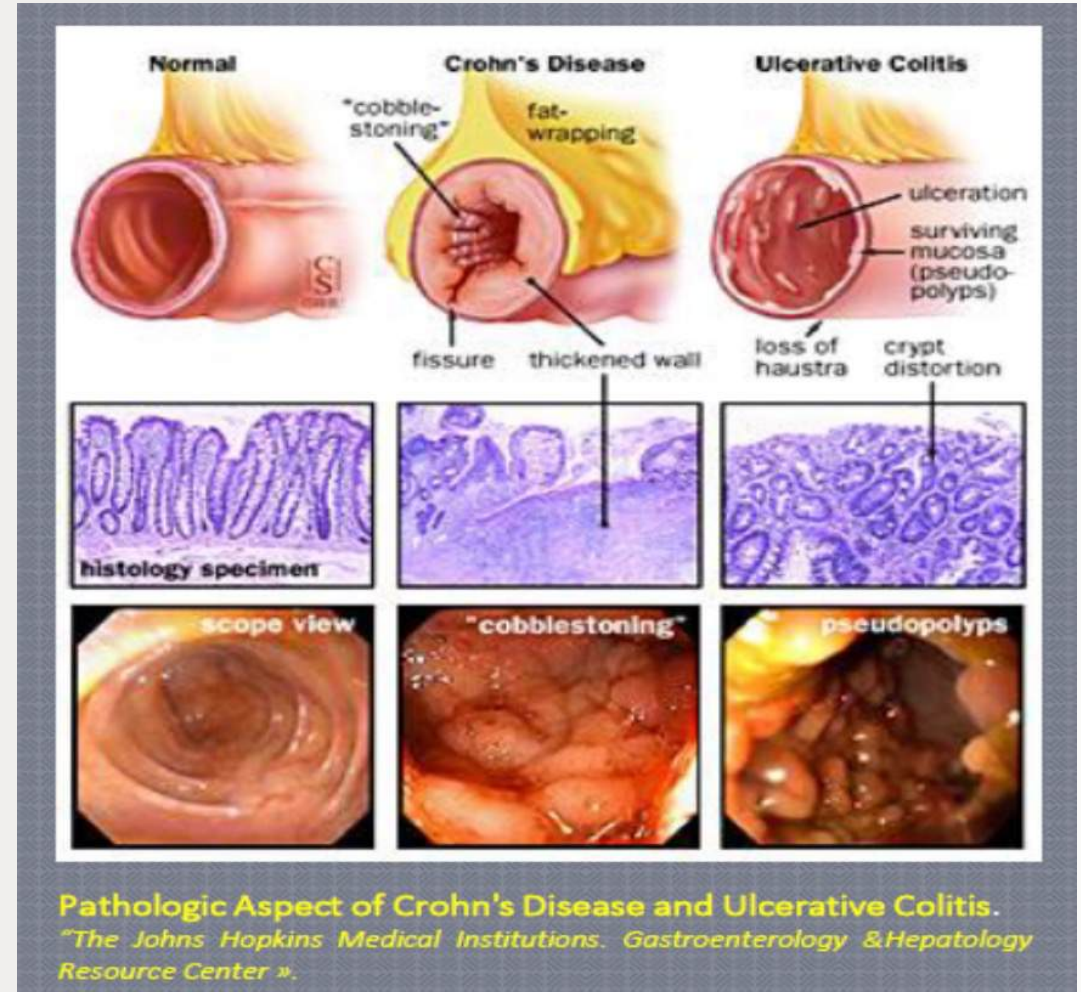
DR S. ROLLAN, UNIVERSITY OF BARCELONA

Imbalances of Inflammatory Bowel Disease (IBD)

Key Markers with IBD:

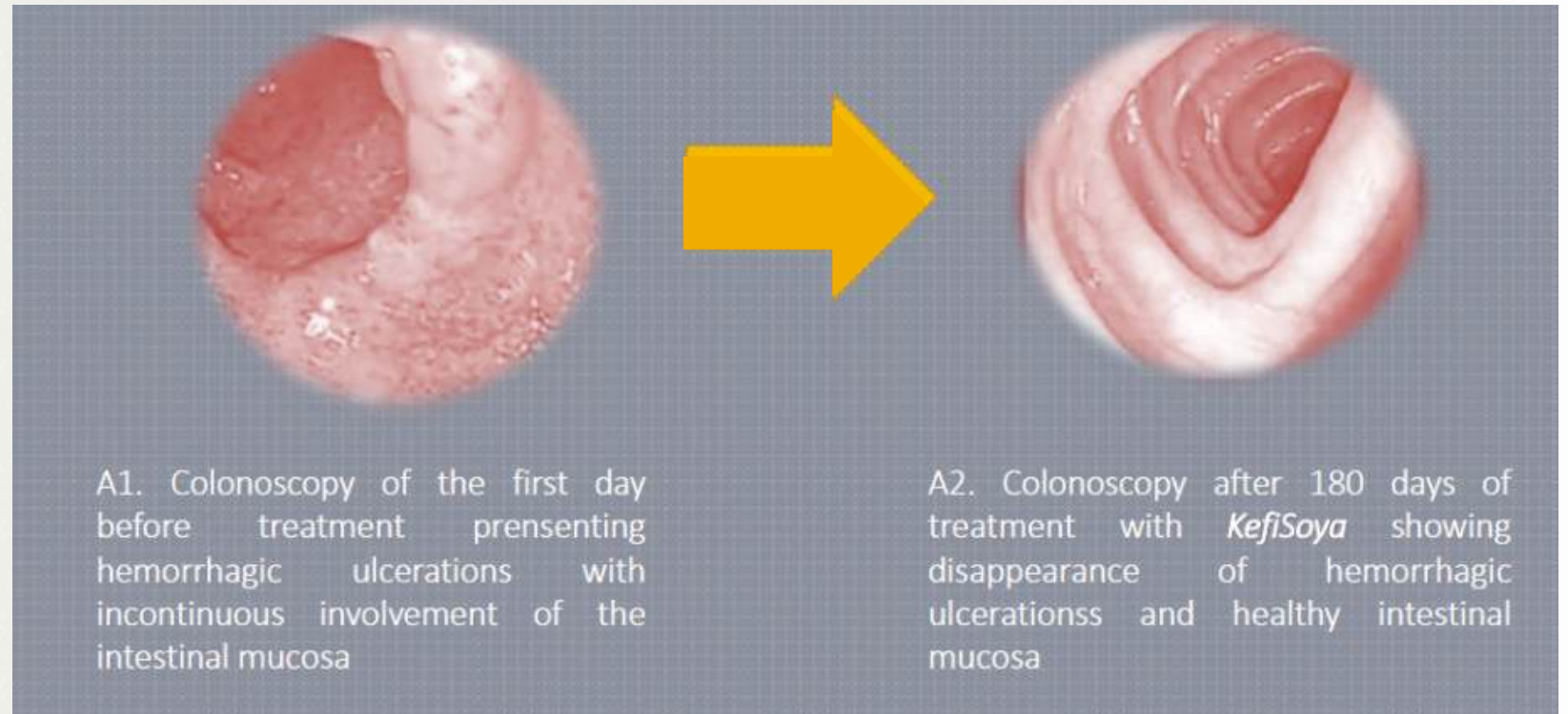
- * Inflammation of the intestinal lining
- * Dysbiosis of the gut flora
- * Physical deterioration of the intestinal lining

There is no cure at present for IBD.



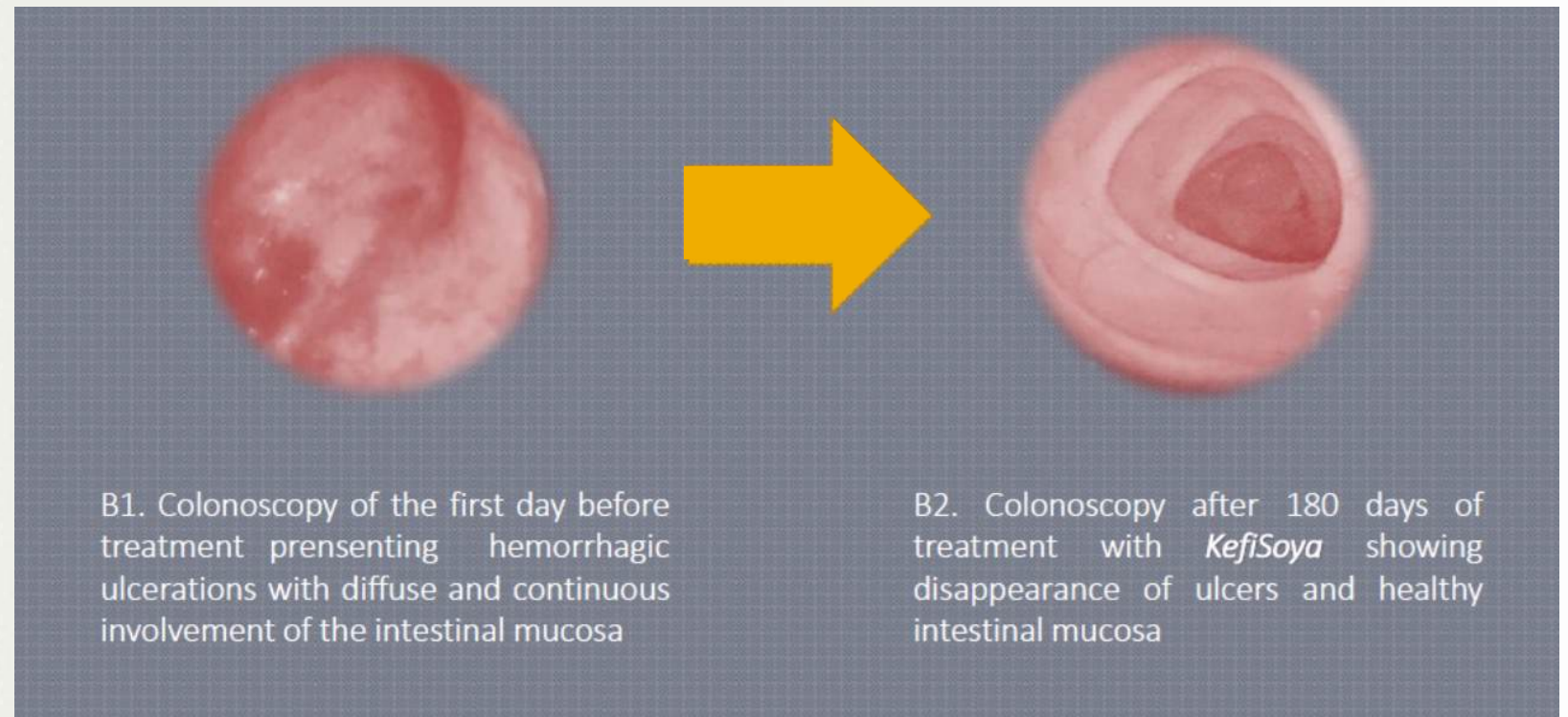
Human Study: Fermented soy on Crohn's Disease & Colitis

Sample A: 45 year old male with Ulcerative colitis colon
Used four capsules of Fermented soy per day for six months



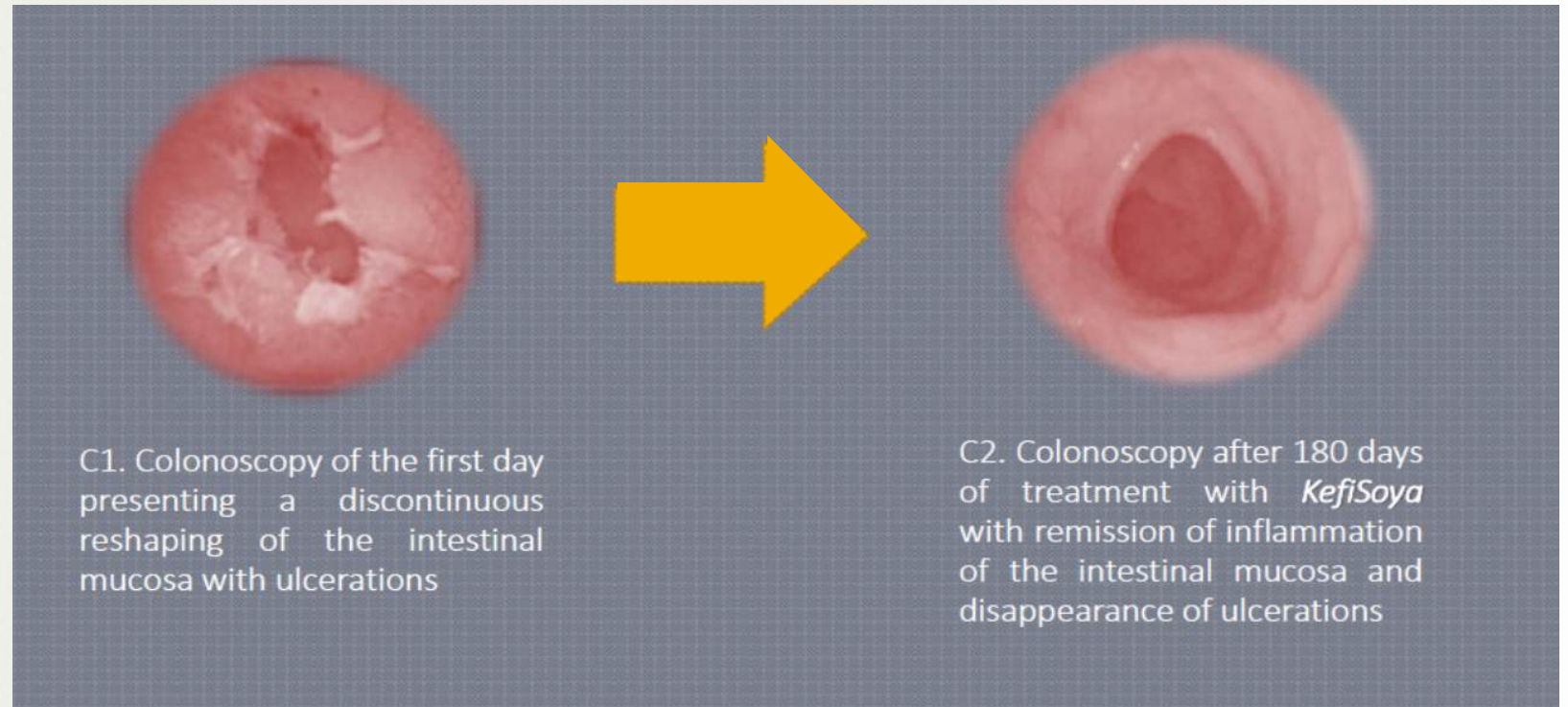
Human Study: Fermented soy on Crohn's Disease & Colitis

Sample B: 60 year old female with Ulcerative colitis rectum
Used four capsules of Fermented soy per day for six months

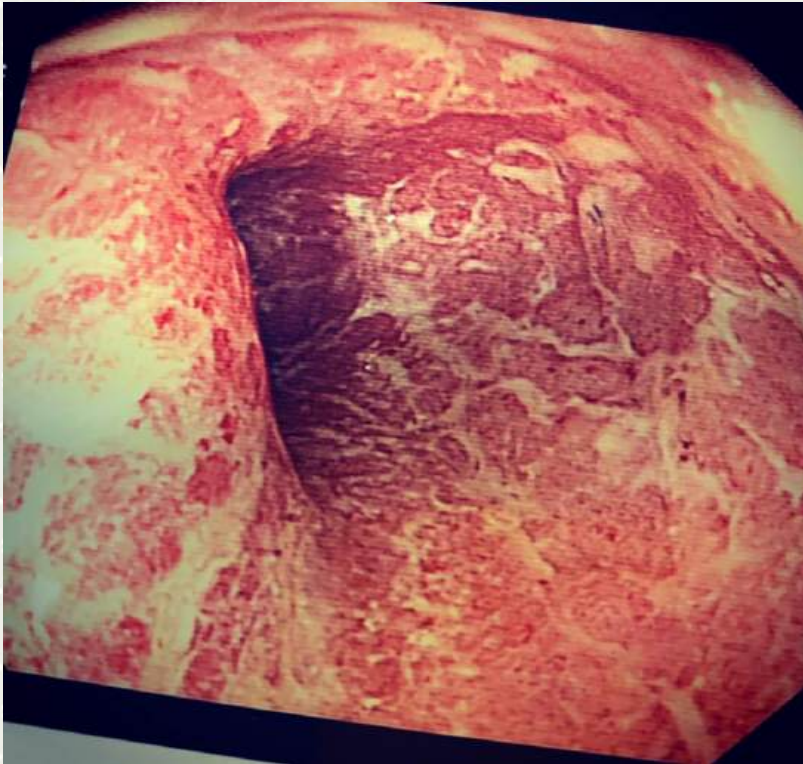


Human Study: Fermented soy on Crohn's Disease & Colitis

Sample C: 36 year old male with Crohn's Disease ileum
Used four capsules of Fermented soy per day for six months



TESTIMONIAL



Colonoscopy February 2019:
Advised to opt for colectomy.



Colonoscopy June 2019:
Complete remission of inflammation
and given all clear for Ulcerative Colitis



Fermentation and Digestion

Our Living Culture Symbiotic

- * Fermented organic sprouted Canadian soya beans
- * The perfect balance of peptides, polyphenols, & other key molecules
- * The richest source of microbial diversity
- * Abundant in digestive enzymes
- * Provides a digestive 'sensory experience'



TESTIMONIAL

*"I've been chronically ill for ten years and was due to opt for a colectomy. I've just been given the **ALL CLEAR!***

My ulcerative colitis is in remission, there were no signs of disease anywhere. I nearly had my bowel removed....for now, no need!

The medical team were amazed. The options I had been given were surgery or yet another drug therapy, I was wary of pumping yet more drugs into my body as they all seem to make me worse in the long run."

Your probiotics have given me my life back."

-Emma Louise Blake

Organic Fermented SIBO-Go

SIBO-Go is a, bioactive combination of herbs including garlic, oregano, thyme and clove, for a healthy and balanced microbiome.

Rebalances the gut environment

Encourages beneficial microflora

Nutritional information

2 capsules provide:

Kefir-kombucha fermented and freeze-dried

Organic garlic 150mg

organic oregano 150mg

organic thyme 150mg

organic clove 150mg



Product Feedback

"I have been suffering from ulcerative colitis for 10 years now. For about 5 years, I was in misery and to be functional, I needed to be on an immunosuppressive drug called Humira. From February 2017 onwards, my health declined considerably.

In June 2017 I was introduced to the Living Nutrition product range. I started with Your Flora Tranquil and Your Flora Regeneration.

- Jean-François, 45 years old, Kinesiologist

Your Flora Regenesi

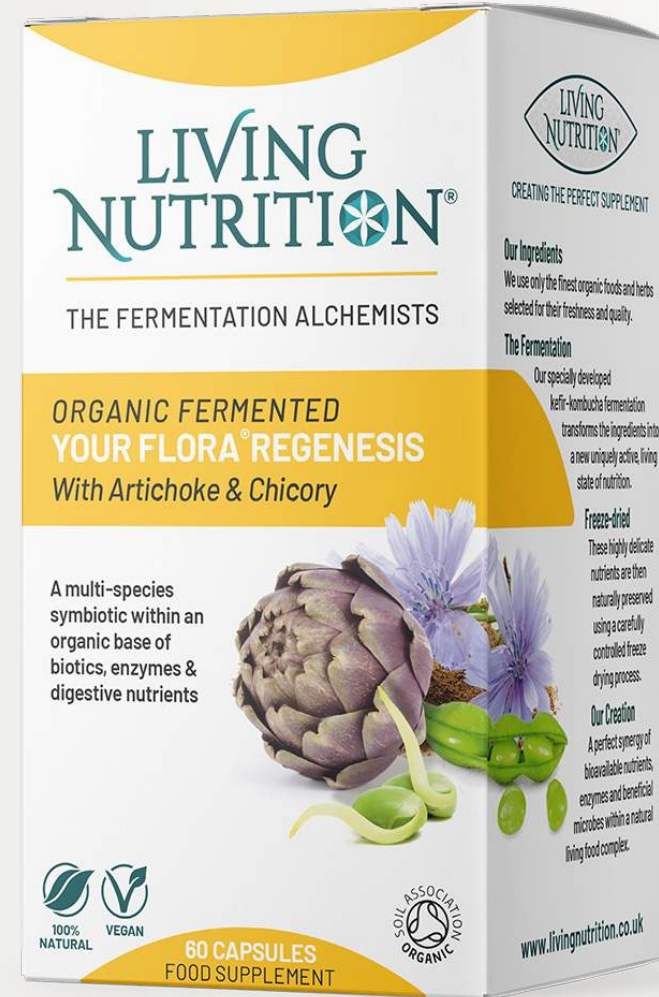
After antibiotics or infection
Re-establishes a healthy flora
Helps sluggish bowel function

Nutritional information

2 capsules provide:

Living Culture Symbiotic™	300mg
Organic artichoke leaf	200mg
Organic chicory root	200mg

Capsule: Organic fermented tapioca



Your Flora Tranquil

Reduces gas and bloating

Gentle settling effect

Helps colic through nursing mothers

Nutritional information

2 capsules provide:

Living Culture Symbiotic™ 300mg

Organic chamomile flower 200mg

Organic fennel seed 200mg

Capsule: Organic fermented tapioca



In less than 3 weeks I managed to eliminate C. Difficile without any antibiotics and was confirmed by examination at the St-Eustache Hospital in June 2017. Since then, and in less than four months, I have seen my ulcerative colitis improve considerably. I no longer take immunosuppressive medication, I have no trace of blood in my stool and I evacuate three firm stools a day. My physical condition has improved a lot and I feel refreshed with more vitality and energy. My thoughts are clearer and I feel happier."



Before



After

Your Flora Terrain

Repairs gut lining
Regulates low/excess acidity
Regulates bowel function

Nutritional information

2 capsules provide:

Living Culture Symbiotic™	300mg
Organic FD aloe vera leaf	200mg
Organic slippery elm	200mg

Capsule: Organic fermented tapioca



Product Feedback

Your Flora Terrain

- * Five year old boy with severe eczema.
- * One capsule a day for two weeks.



Your Flora Family

Safe for maintaining gut health

Suitable for young children

Can be mixed easily into food

Nutritional information

2 capsules provide:

Living Culture Symbiotic™ 300mg

Organic banana powder 200mg

Organic baobab powder 200mg

Capsule: Organic fermented tapioca



LIVING
NUTRITION

Your Flora Sensitive

For sensitive digestion
Natural antispasmodic action
Supports gut-brain stress

Nutritional information

2 capsules provide:

Living Culture Symbiotic™ 300mg

Organic peppermint leaf 200mg

Organic lemon balm leaf 200mg

Capsule: Organic fermented tapioca



Your Flora Gold Spice

Helps sooth gut inflammation
Supports chronic bowel complaints

Nutritional information

2 capsules provide:

Living Culture Symbiotic™	300mg
Organic ginger root	200mg
Organic turmeric root	200mg

Capsule: Organic fermented tapioca



Organic Fermented SIBO-Go

SIBO-Go is a, bioactive combination of herbs including garlic, oregano, thyme and clove, for a healthy and balanced microbiome.

Anti-microbial action

Encourages beneficial microflora

Nutritional information (2 capsules provide)

Organic garlic	150mg
organic oregano	150mg
organic thyme	150mg
organic clove	150mg





THE FERMENTATION ALCHEMISTS

Thank You