

# KIJIMEA®

## K53 ADVANCE

### Instructions for use Kijimea® K53 Advance

#### What is Kijimea® K53 Advance?

Kijimea® K53 Advance is a food supplement with 53 selected microculture strains. One portion of Kijimea® K53 Advance contains at least 21 billion viable microcultures. Kijimea® K53 Advance also contains vitamin B<sub>3</sub> and B<sub>7</sub>, which contribute to the maintenance of normal mucous membranes.

#### Is Kijimea® K53 Advance well tolerated?

No side effects are known when taking Kijimea® K53 Advance. Kijimea® K53 Advance is gluten-free, fructose-free and lactose-free, and is free of preservatives, flavourings and sweeteners.

#### What do I need to consider before taking Kijimea® K53 Advance?

There are no known interactions with medicines. Consult your doctor or pharmacist if you are taking, have

recently taken or are planning to take any medicines together with Kijimea® K53 Advance. You should not take the product if you are allergic to one of the ingredients.

#### How do I take Kijimea® K53 Advance?

For adults and children over the age of 4: take 1 x 1 capsule daily swallowed whole with plenty of liquid with a meal (in the morning, at lunchtime or in the evening). Since there is a risk of small children choking when swallowing the capsules, they should be opened and the contents taken with some liquid.

#### How should Kijimea® K53 Advance be stored?

Kijimea® K53 Advance should be stored dry ☀ and below 25 °C <sup>4</sup>. Store out of the reach of young children. Do not use Kijimea® K53 Advance after the date of minimum durability indicated on the secondary packaging 📦.

Composition	Per daily portion (1 capsule)
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#### VITAMINS

Vitamin B <sub>7</sub> (biotin)	50 µg (100% <sup>1</sup> )
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Vitamin B <sub>3</sub> (niacin)	8.0 mg NE (50% <sup>1</sup> )
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#### OTHERS

Microcultures	0.2 x 10 <sup>11</sup> CFU <sup>2</sup>
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<sup>1</sup>Percentage of the nutrient reference values according to Regulation (EU) no. 1169/2011

<sup>2</sup>CFU = colony-forming units

**Ingredients:** maize starch, capsule shell: hydroxypropyl methyl cellulose; microculture mixture (microculture strains\*, maize starch; contains **milk** and products thereof (**milk protein**)), anti-caking agent: magnesium salts of fatty acids; niacin, biotin, anti-caking agent: silicon dioxide; colours: iron oxide black, brilliant black PN.

**Warning:** For allergens see ingredients in bold.

**Important notes:** The recommended daily dose indicated should not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle.

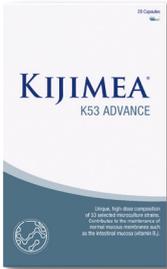
One capsule (0.26 g) contains **53 microculture strains** with at least **21 billion** viable microcultures:

\**B. bifidum* AM96-11, *B. bifidum* AL77, *B. adolescentis* SP77, *L. casei* FB1, *L. casei* LC10, *L. casei* LC11, *L. reuteri* LR92, *B. breve* Bbr8, *B. breve* MG/SC, *L. crispatus* MD54, *L. rhamnosus* LRH01, *L. rhamnosus* LRH05, *L. rhamnosus* LRH14, *L. rhamnosus* AP93.9, *L. rhamnosus* ALL8.9, *L. rhamnosus* IMC 501, *L. rhamnosus* LRH58, *L. rhamnosus* MH8, *L. acidophilus* LSD6.7, *L. acidophilus* LA1, *L. plantarum* MW8, *L. plantarum* LB931, *L. plantarum* VD27, *L. plantarum* LP48, *P. acidilactici* PA09, *P. pentosaceus* GP08, *L. brevis* SP48, *L. delbrueckii ssp. lactis* LL82, *B. longum ssp. longum* SP54, *L. fermentum* PGP1.2, *L. fermentum* PPD2.4, *L. salivarius* SP2, *B. animalis ssp. lactis* JB11, *B. animalis ssp. lactis* AM11.5, *L. lactis ssp. lactis* MA-24, *L. lactis ssp. lactis* SP47, *L. lactis ssp. lactis* SD13, *L. lactis ssp. lactis* SL97, *L. helveticus* SP27, *L. helveticus* LH102, *S. thermophilus* WP22, *S. thermophilus* JB36, *S. thermophilus* ST628, *L. buchneri* LBC01, *L. delbrueckii ssp. bulgaricus* LB2, *L. delbrueckii ssp. bulgaricus* LB284, *L. paracasei* JB08, *L. paracasei* 101/37, *L. paracasei* BGP1, *L. paracasei* BGP2, *L. paracasei* LPC43, *L. sakei* JD25, *L. sakei* LSK14.

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Kijimea® K53 Advance is available in the following pack sizes:



**Kijimea® K53 Advance**  
food supplement with 53 selected microculture strains  
and vitamins B<sub>3</sub> and B<sub>7</sub>.

28 Capsules	4260344397068
56 Capsules	4260344397075
84 Capsules	4260344397082

## Kijimea®: for health and environment.

Kijimea® values responsible use of resources. The instructions for use and folding box are made of recycled paper.



# KIJIMEA®

PROVEN BY SCIENCE. DESIGNED FOR LIFE.

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FUTRUE

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