



## Quantaflora

### Health of the intestine for optimal fitness

Our gut flora has multiple functions well known by scientists. It ensures proper assimilation of nutrients involved in the immune system. It is the protective barrier between the outside environment and the inside of our body. Probiotics and prebiotics are essential to the functioning of the intestine.

### Intestinal flora and sport

The intestinal flora contains 10 times more bacteria than cells in our body. It is considered as an organ at itself. First the intestine is an essential barrier between the blood, (inside of the body) and the lumen, (the outside), since the intestine is an open pipe at its 2 ends! This barrier should sort everything going in the gut to digest what we needed (essential nutrients) and block the harmful elements (foreign molecules, microbes, pollutants, large molecules undigested ...).

In addition, the intestine hosts 60% of the immune system cells. From the tonsils to the appendix through Peyer's patches, these cells are active throughout the gastrointestinal tract. They participate in its maturation and its defensive action against harmful elements.

Finally, the intestinal flora plays a direct role in the nutrition of our body's tissues and their protection (Digestion and detoxification of the bolus, fight against pathogens germs ...).

In sports the amount of nutrients needed for physical activities seeking enormously intestinal functions. It is therefore essential to have a perfect balance of intestinal flora to achieve the performance.

### Probiotics

Probiotics are microorganisms having a beneficial effect on the body by acting on the intestinal flora. The best known are the lactic acid bacteria (which feed on lactose) and bifido-bacteria widely used in all kinds of fermented milk products.

### Prebiotics

Prebiotics are defined as plant fibers resistant to digestion and intestinal absorption to serve as substrate to the gut flora. These are mainly oligosaccharides such as inulin or fructo-oligosaccharides which improve the absorption of many minerals (Ca, Mg, Fe, Zn, Cu ...) by promoting the growth and activity of bacteria.

### ADVANTAGES

- Maintaining the balance of the intestinal flora
- Better assimilation of nutrients
- Maintenance of immune defenses
- Deceased of lactose intolerance

### SUGGESTED USE

Take 1 to 2 capsules daily as needed, fasting with a big glass of water.