

# Vivomixx®

Food Supplement

450

112



## What makes Vivomixx a superior product?



Vivomixx is the most concentrated food supplement that contains 8 different strains of bacteria to help to maintain a healthy digestive system.

Vivomixx was invented by a medical doctor and professor of infectious diseases and immunology – Claudio De Simone, MD, PhD. These strains were chosen for their specific individual characteristics and their ability to work closely as

a team to perform what single strains or other combinations of strains cannot do. Recognized for its safety and effectiveness, Prof De Simone's formulation under the trademark Vivomixx is distributed in many countries around the world.

Visit Prof De Simone's blog:  
[probiotixx.info](http://probiotixx.info)



## Why take microbiotics?

Microbiotics work in a variety of ways along your digestive tract – helping to balance the levels of microorganisms in the intestine and reduce the number of harmful bacteria that cause infections and other health problems.

When beneficial bacteria are lost due to illness or treatment such as antibiotics, microbiotics can help to replace them.

Microbiotics can help balance your beneficial bacteria to keep your body working like it should.

Vivomixx contains 450 billion active and vital bacteria per sachet and 112 billion per capsule. These quantities are needed to properly colonise your gut to provide a healthy balance of good bacteria to support the intestinal system.



450

450 billion  
live bacteria is  
equivalent to  
45 yogurts



450

112

billion live  
bacteria



## Why is it important to maintain a healthy digestive system?

The human digestive system generally contains over 500 different types of bacteria that play a vital and complex role in competing with harmful bacteria and performing the many functions necessary throughout our life, such as the integration of nutrients and production of vitamins for example.

A poorly functioning digestive tract can greatly interfere with the quality of life and be the source of many health problems. It is therefore important to maintain a good balance of your intestinal flora to stay healthy.

## The cost behind Vivomixx

The cost of Vivomixx is directly linked to the number of bacteria – 450 billion per sachet and 112 billion per capsule which is often more than 10 times the number of bacteria of many other microbiotics on the market. Compare the number of bacteria you purchase, Vivomixx works out a lot cheaper.

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8  
strains

## Why so many different strains?

Vivomixx contains a specific combination of 8 strains of bacteria:

*Streptococcus thermophilus* DSM24731®,  
*Bifidobacterium breve* DSM24732®,  
*Bifidobacterium longum* DSM24736®,  
*Bifidobacterium infantis* DSM24737®,  
*Lactobacillus acidophilus* DSM24735®,  
*Lactobacillus plantarum* DSM24730®,  
*Lactobacillus paracasei* DSM24733®,  
*Lactobacillus delbrueckii ssp. bulgaricus* DSM24734®

They all work in synergy to help restore and maintain the balance of your intestinal flora.

## Patients testimonials

*Bloating and irregular transit started to affect my everyday life. After 10 days of using Vivomixx, my digestive comfort improved and things gradually returned to normal.*

M.C.

*Our son was suffering from abdominal pain that was disruptive. In order to combat the intestinal problems that he had, I decided to give him Vivomixx which proved to increase his quality of life. He was more peaceful and more responsive to his environment.*

D.E., Parent

*I suffer from occasional disturbances of the transit which had an impact on my performance. I heard that digestive disorders were very common amongst athletes and my sports doctor advised me to take microbiotics. I saw results soon after taking Vivomixx and also noticed that I had better resistance to seasonal conditions which was a bonus!*

R.T., Sports person

## Frequently asked questions

### ***What's the recommended daily dose of Vivomixx?***

The recommended daily dose is 1-2 sachets or 1-4 capsules. With the sachets, the contents can be dissolved in water, yogurt and any other cold, non-carbonated drink.

### ***When is the best time to take Vivomixx?***

It is recommended to take Vivomixx before breakfast in the morning.

### ***What is the optimal duration time for taking Vivomixx?***

One may start to feel better after 3-4 days, but optimal colonization occurs within 2-3 weeks.

### ***Does Vivomixx contain any allergens?***

Vivomixx does not contain gluten, lactose or soy. It does not contain preservatives or synthetic sweeteners.

### ***How should I store Vivomixx?***

Vivomixx is best kept cold, but can be kept out of the fridge at room temperature for up to one week without affecting the quality of the product. However, high temperatures (>25°C) should be avoided.

### ***Can it be taken whilst taking antibiotics?***

Vivomixx can be taken while on antibiotics however it is best to take it as far apart as possible.

### ***Are there any side effect?***

Bloating is a common side effect due to the adaptation of the gut flora to the new bacteria. However, it is a transient phenomenon (due to the adaptation of your gut flora to the new bacteria)

### ***Can Vivomixx be taken during pregnancy?***

There are no contraindications but please do consult your physician when taking this or any other food supplement during pregnancy.

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## How can I purchase Vivomixx?

For more information about the product and ordering from your country with reliable partners, visit:

[vivomixx.eu/world/](http://vivomixx.eu/world/)



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