

**SWISS
ENERGY**

By Dr.FREI®

Swiss Premium Probiotics

**Synergy of live bacteria,
vitamins and minerals
for your health!**





WHAT DOES GUT HEALTH MEAN?

This term refers to the overall health of your entire digestive system and how well it functions.

Gut health includes:

- Maintaining a healthy gut microbiota
- Efficient absorption of nutrients
- Maintaining a strong gut barrier

A healthy gut starts with a healthy diet. But gut health is more than just a healthy diet, it also means increasing the diversity of **bacteria in your body**.

All the microorganisms in your body, including bacteria, yeast, fungi, viruses, and parasites, make up what is called the microbiota. The microbiota is made up of trillions of bacteria from thousands of different species, and about 90-95% of them can be found in your gut.

A more diverse gut microbiota is considered a healthier microbiota.





THE IMPORTANCE OF HEALTHY GUT MICROFLORA

Gut microflora is responsible for a many fundamental processes in the human body, including **digestion, producing vitamins, minerals and other valuable biological compounds**. It also creates a protective shield against pathogen invasion and is involved in the formation and functioning of the immune system.

With this in mind, maintaining a balance of gut microflora is essential for the **health of the immune system** and the body as a whole. Identifying and minimizing the influence of factors that cause its imbalance are key to preventing disorders.





DYSBACTERIOSIS. WHAT IS THIS?

Dysbacteriosis is an imbalance of intestinal microflora. It is important to remember that there is no "standard" microflora. Each person has a unique one. Deviations from the norm can be identified by the results of tests and the presence of unpleasant symptoms.

The main symptoms of dysbacteriosis:

- Constipation
- Diarrhea
- Flatulence
- Allergy
- Decreased immunity

About 80% of the cells responsible for immunity are located in the intestine. Intestinal microflora protects a person not only from the colonization of the intestine by pathogenic microorganisms, but also plays a key role in maintaining the functioning of his immune system.

As a result of the close interaction of the immune system and intestinal microflora, immunity is formed and maintained in the human body, capable of coping with pathogens of many diseases. If the microflora is disturbed, then the immune functions of the body can also be weakened.





WHAT REASONS CAN IMBALANCE OF INTESTINAL MICROFLORA?



ANTIBIOTICS AND OTHER MEDICATIONS

Medication, including antibiotics, usually slows the growth of beneficial intestinal bacteria, which can cause intestinal microflora imbalance.



UNBALANCED DIET

Unbalanced diet is one of the main causes of periodic intestinal microflora imbalance in both adults and children.



STRESS

Stress can cause significant intestinal microflora imbalance, including diarrhea, constipation, cramping, and gas retention.



TRAVEL

Traveling can often lead to exposure to many pathogenic bacteria and, as a result, cause traveler's diarrhea.



WHAT ARE PROBIOTICS

Probiotics are “**live microorganisms** that, when administered in adequate amounts, **confer a health** benefit on the host”. *

Key requirements for classifying a product as a probiotic:

- **Live microorganisms:** bacteria and yeast that must remain viable until consumption and during passage through the gastrointestinal tract.
- **Adequate amount:** it is important to follow the dosage to achieve a positive effect - usually expressed in CFU (colony forming units).
- **Proven health benefits:** probiotics have been proven to be effective in specific health conditions, such as improving gut microbiota, immune support, etc.

The following microorganisms are most often considered as probiotics:

- **lactic acid bacteria** and the genera *Lactobacillus*, *Bifidobacterium*, as well as *Lactococcus*, *Streptococcus* and *Enterococcus* .
- other bacteria such as *Clostridium* and *Escherichia Coli*.
- yeasts such as *Saccharomyces boulardii*

* *Definition of the World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations.*





HOW PROBIOTICS WORK

PROBIOTICS WORK IN THE FOLLOWING WAYS:

Competition for nutrients: In the intestines, beneficial and pathogenic microorganisms will use the same types of nutrients. The result is a general competition between bacteria for these nutrients, which the bacteria need to grow and reproduce. When a probiotic is introduced into the body, the availability of nutrients to pathogenic bacteria is reduced, which, accordingly, reduces the number of pathogenic microorganisms.

Competition for adhesion points: Beneficial bacteria can attach to the intestinal wall and form colonies in different places throughout the intestines. This prevents the spread of pathogenic bacteria, causing them to leave the body.

Improved digestion: Probiotics have been shown to stimulate digestion, thereby ensuring healthy digestion.

Lactic acid production: Probiotics produce lactic acid, which lowers the pH of the intestine, thereby inhibiting the growth of pathogenic bacteria that prefer a more alkaline environment.

Effect on immunity: Probiotics have been shown to increase the levels of chemical compounds that provide a system of key signals and the effectiveness of infection-fighting cells (white blood cells).





THE MAIN EFFECTS OF PROBIOTICS ON THE BODY



Digestion: Restores the balance of microflora, helps digest food, reduces the risk of constipation and diarrhea.



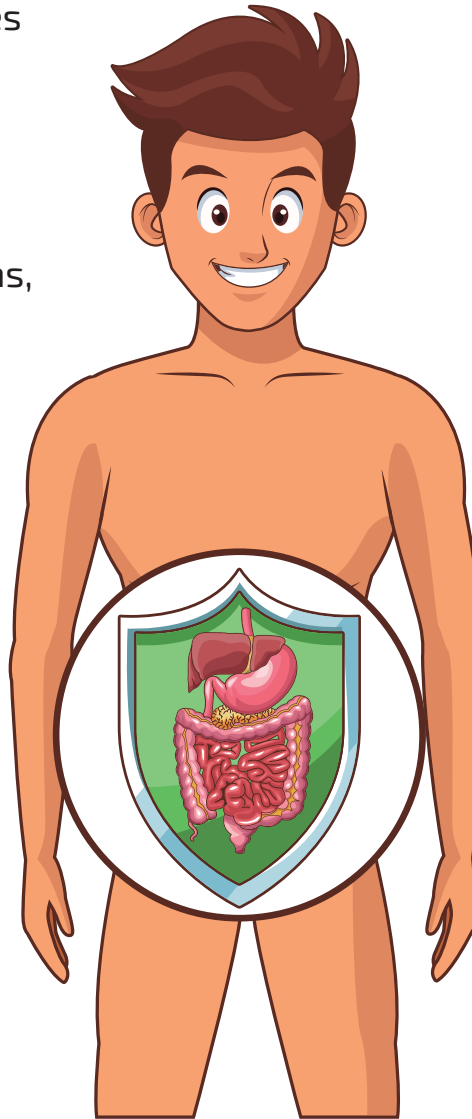
Allergies: Reduces allergic reactions, regulates the immune response.



Mental health: Maintains serotonin levels, reduces the risk of depression



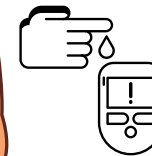
Cardiovascular system: Improves vascular elasticity, reduces blood pressure.



Immunity: Strengthens barrier functions, reduces the risk of infections and inflammation.



Skin: Reduces acne, eczema, restores the skin barrier.



Sugar and lipids: Regulates sugar and cholesterol levels.



Weight and metabolism: Contributes to weight control and improves metabolism.

The concept of the gut-brain axis describes the two-way communication between the central nervous system and the gastrointestinal tract, including its microbiota. This axis plays a key role in regulating various processes such as emotions, behavior, metabolism, and immunity.

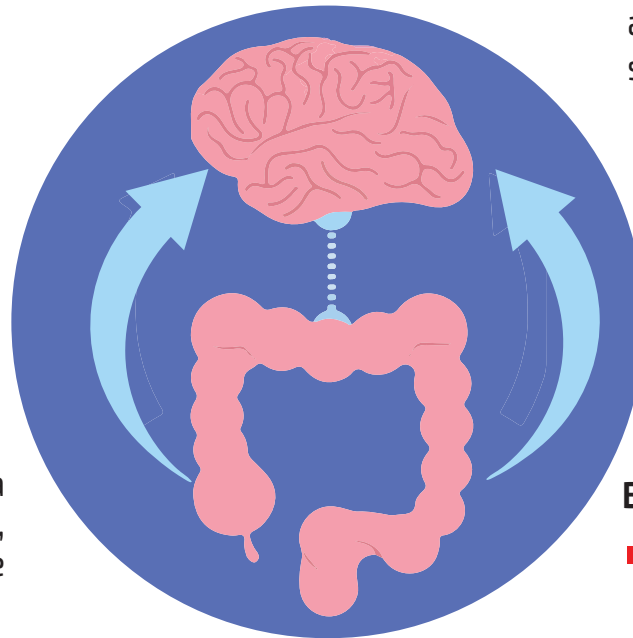
Biochemical communication

The microbiota produces neuroactive substances such as:

- Gamma-aminobutyric acid (GABA): a calming neurotransmitter.
- Serotonin: up to 90% of serotonin is produced in the gut.
- Dopamine: plays a role in motivation and emotional well-being.

Impact on Stress and Mental Disorders

- Research shows that dysbiosis (microbiota imbalance) is associated with anxiety, depression, autism, and neurodegenerative diseases.
- Probiotics ("psychobiotics") such as *Lactobacillus helveticus* and *Bifidobacterium longum* have been shown to be effective in reducing symptoms of depression and anxiety disorders.



Neural Communication via the Vagus Nerve

The vagus nerve transmits signals between the gut and the brain. Microbiota can modulate these signals, influencing mood, appetite, and behavior.

Barrier Functions

- Intestinal Barrier: Microbiota strengthens the epithelial layer of the gut, preventing toxins and pathogens from entering.
- Blood-Brain Barrier: Affects its integrity, preventing harmful substances from entering the brain.



The gut-skin axis is the link between the health of the gastrointestinal tract, its microbiota, and skin health. Clinical evidence suggests that probiotics may help with:

- Improving skin elasticity
- Increasing skin hydration
- Improving skin health in people with common skin conditions
- Healthier skin in children and adolescents

The role of microbiota in the gut-skin axis:

1. Inflammation

An imbalance in the gut microbiota can lead to increased permeability of the intestinal wall. This allows toxins and microbial products to enter the bloodstream, causing systemic inflammation that negatively affects the skin. The skin can exhibit inflammatory reactions such as:

- Acne
- Atopic dermatitis
- Psoriasis
- Rosacea

Some strains of *Lactobacillus plantarum* inhibit the growth of *P. acnes* and reduce inflammation in acne.

Lactobacillus reuteri reduces the severity of eczema in adults and children.

2. Microbiota Metabolites

The gut microbiota produces metabolites that affect the skin:

- Short-chain fatty acids (SCFA): such as butyrate, which improves the skin's barrier function and reduces inflammation.
- Vitamins: the microbiota synthesizes vitamins B and K, which are essential for healthy skin.
- Polyphenols: the metabolism of plant compounds by the gut microbiota contributes to the skin's antioxidant defense.





SPECIFIC STRAINS OF MICROORGANISMS MUST BE INDICATED ON PROBIOTICS

In 2013, the International Scientific Association for Probiotics and Prebiotics (ISAPP) clarified the definition of probiotics.

The name "Probiotic" can only be applied to those products that:

- **There is precise information about the microorganisms included in their composition, indicating the strains**
- The name of the probiotic must indicate the class (e.g., Lactobacillus), species (e.g., Plantarum) and the **alphanumeric designation of the specific strain** (e.g., Lp90) of the microorganisms included in its composition.
- **Studies have been conducted that confirm the safety and effectiveness** of the included strains.





THE PROVEN CLINICAL EFFECT IS RELATED ONLY TO THE SPECIFIC STRAIN

A specific effect can only be given to the **studied strain**, but not to species or classes of bacteria or other probiotics. The results of studies on a specific strain cannot be used as evidence of the effectiveness of unstudied strains.

When using a probiotic, it is important to remember that there is no universal bacterial strain that is effective for the treatment and prevention of all diseases associated with microflora disorders.

It is important to take a differentiated approach to the choice of a probiotic strain depending on the situation.





THE PHARMACEUTICAL MARKET OF PROBIOTICS: PROBLEMS AND DIFFICULTIES

Analysis of probiotics presented on the pharmaceutical market shows that the data indicated on the probiotic packages often does not correspond to reality.

- Thus, during the analysis in Canada, it turned out that **more than 40% of them contained microorganisms not indicated in the description.**
- A study in Italy showed **that 17% of probiotics contain non-viable bacteria.**
- The effectiveness of many probiotics that are sold **has not been studied in clinical trials**, and production standards have not been established.

Research on physician recommendations shows that:

- Only **12% of patients receive physician recommendations for specific probiotics**, and approximately 40% of physicians in the United States report that they do not give clear prescriptions, leaving the choice of probiotic to the patient.
- Often, probiotics are prescribed to patients **without strict indication of the dose, strain name, duration and frequency of use.**
- This occurs, among other things, due to the low awareness of treating physicians about the types and strains included in specific probiotic products, as well as **the lack of understanding of the need for differentiated selection of probiotics** depending on the nosology.





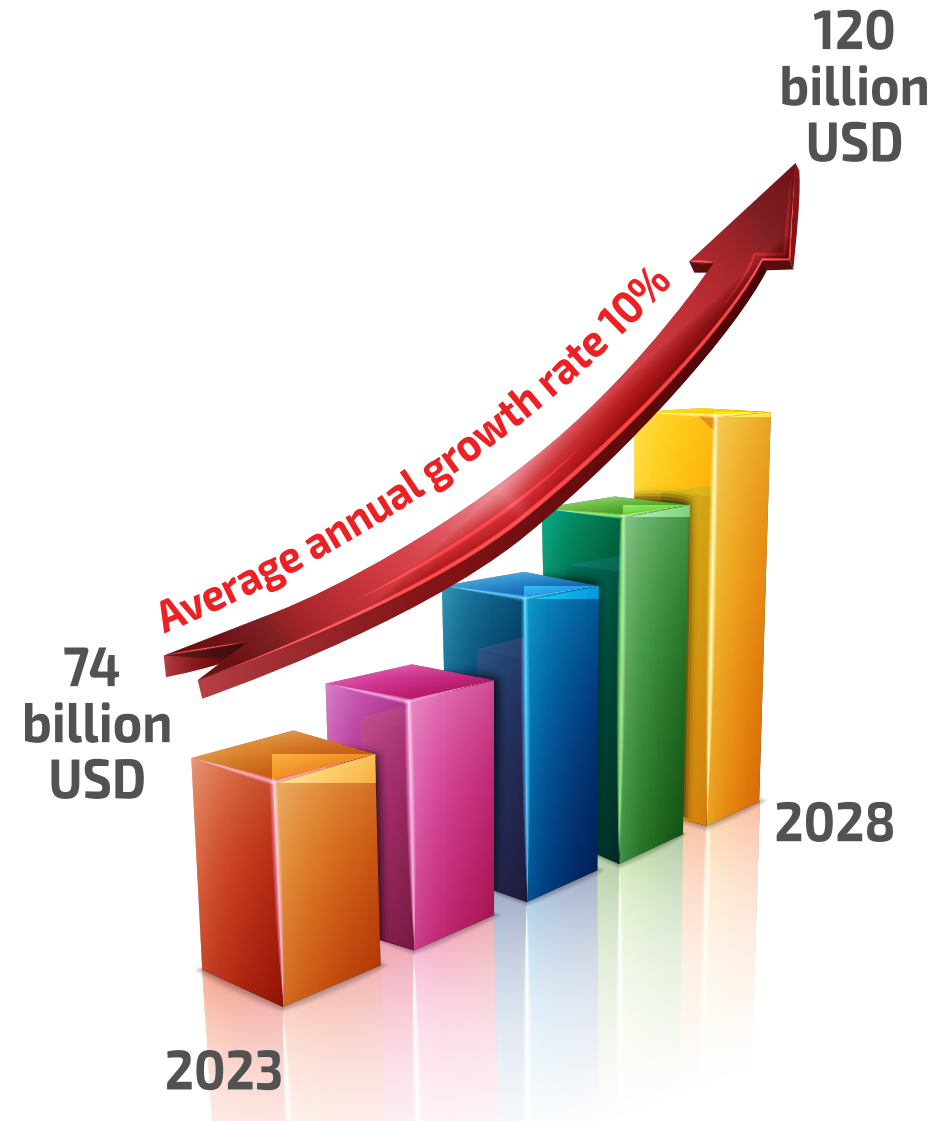
GLOBAL PROBIOTICS MARKET

The global probiotics market is growing rapidly. It was estimated to be worth around \$74 billion in 2023 and is projected to reach \$120 billion by 2028 at a CAGR of around 10%.

- North America and Europe are the largest volume markets.
- Asia Pacific is showing the highest growth rate.

The key drivers of the market are:

- Growing awareness of the health benefits of probiotics
- Use of probiotics in new product categories. Products that support cognitive health, stress management, immunity, women's health, etc. in addition to improving digestion are gaining popularity.
- Increasing research and development
- Expansion of online sales





PROBIOTICS TM SWISS ENERGY®

THE HIGHEST SWISS QUALITY AND PROVEN CLINICAL EFFICACY

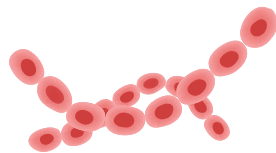




THE COMPOSITION OF SWISS ENERGY® PROBIOTICS IS ADAPTED TO THE HUMAN INTESTINAL MICROFLORA

Probiotics Swiss Energy® are a line consisting of **the most famous beneficial bacteria** present in the intestinal microflora of a healthy person: **lactobacilli, bifidobacteria and streptococci**.

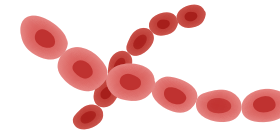
Probiotics TM Swiss Energy® contain **7 strains of the most famous and well-studied bacteria**:



Lactobacillus plantarum Lp90



Bifidobacterium bifidum



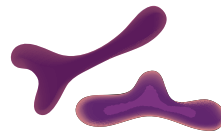
Lactobacillus helveticus LH76



Bifidobacterium lactis BLa80



Streptococcus thermophilus ST81



Bifidobacterium longum BL21



Lactobacillus reuteri LR08

This is an effective complex of microorganisms that will help restore the intestinal microflora after antibiotic treatment, after digestive problems, poor nutrition, as well as after a change in climate or place of residence and the influence of stress. Regular use of probiotics helps support the immune and nervous systems and maintain clean skin and appearance.

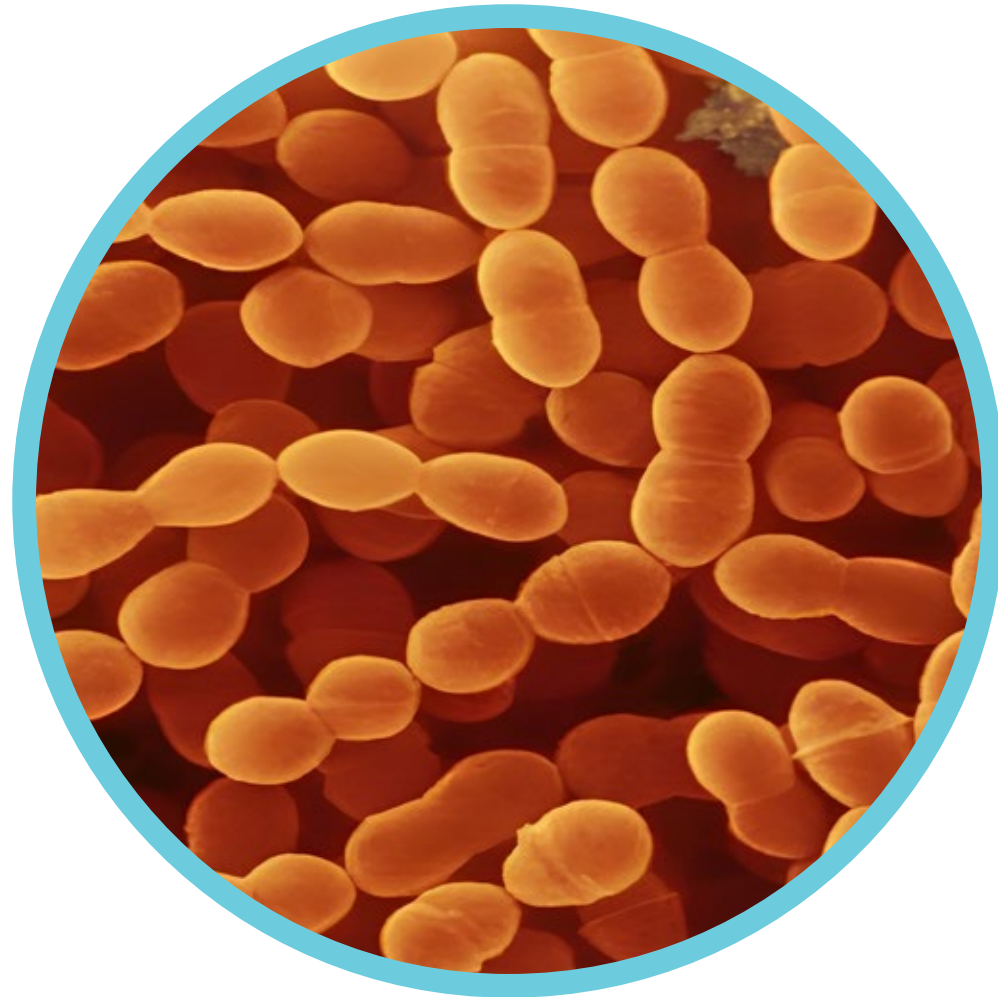


STREPTOCOCCUS THERMOPHILUS ST81 SUPPRESSES THE PROLIFERATION OF PATHOGENIC MICROORGANISMS IN THE INTESTINE

Streptococcus thermophilus is a lactic acid bacterium, **well studied and actively used** in the production of fermented milk products, cheeses and baby food.

Under the influence of Streptococcus thermophilus, carbohydrates are **fermented and lactic acid is formed** - a favorable environment for the proliferation of beneficial bacteria. In addition, thermophilic streptococcus absorbs and processes lactose, so it is recommended for use in case of lactose intolerance.

The main effect of thermophilic streptococcus is **bactericidal, providing suppression of the proliferation of pathogenic microorganisms in the intestine.** As a result, it reduces the risk of gastrointestinal disorders.





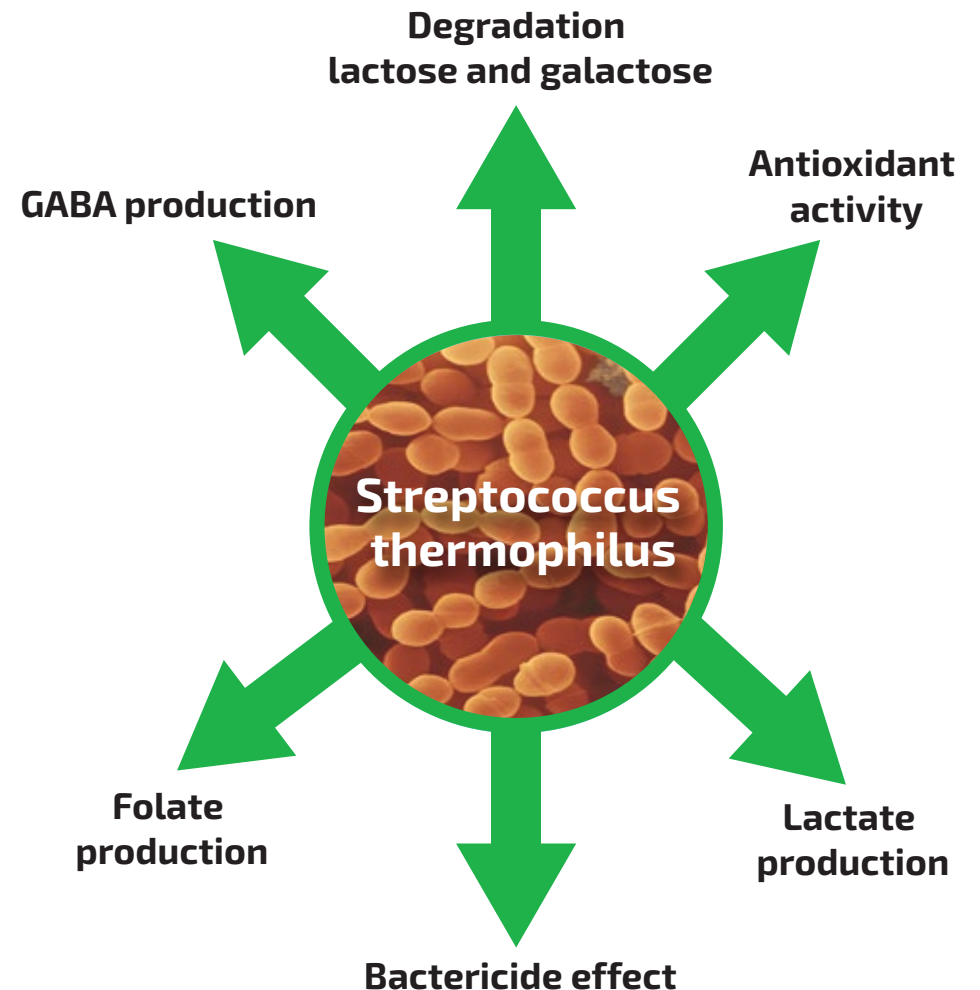
STREPTOCOCCUS THERMOPHILUS ST81 CLINICALLY PROVEN EFFICACY AND SAFETY

Studies have shown strong immunostimulatory and immunomodulatory effects of *Streptococcus thermophilus*. Anti-inflammatory properties associated with changes in the expression of cytokines such as **IL-6, IL-8 and TNF- α** and **other mediators involved in the mechanisms of inflammation and immune response have been identified.**

In co-cultivation studies with human monocytes, it was found that bacteria **affect the activity of immune cells and the expression of genes** associated with immune regulation and inflammation.

The ability of *Streptococcus thermophilus* to survive in the aggressive conditions of the gastrointestinal tract and adhere to the **intestinal mucosa has also been demonstrated.** Its ability to colonize the intestine has been revealed both at the physiological and molecular levels.

A strong antioxidant **capacity has been identified,** which may be involved in the control and prevention of diseases associated with oxidative stress.





LACTOBACILLUS PLANTARUM LP90 – A SUSTAINABLE PROBIOTIC THAT PROVIDES AN OVERALL HEALTH

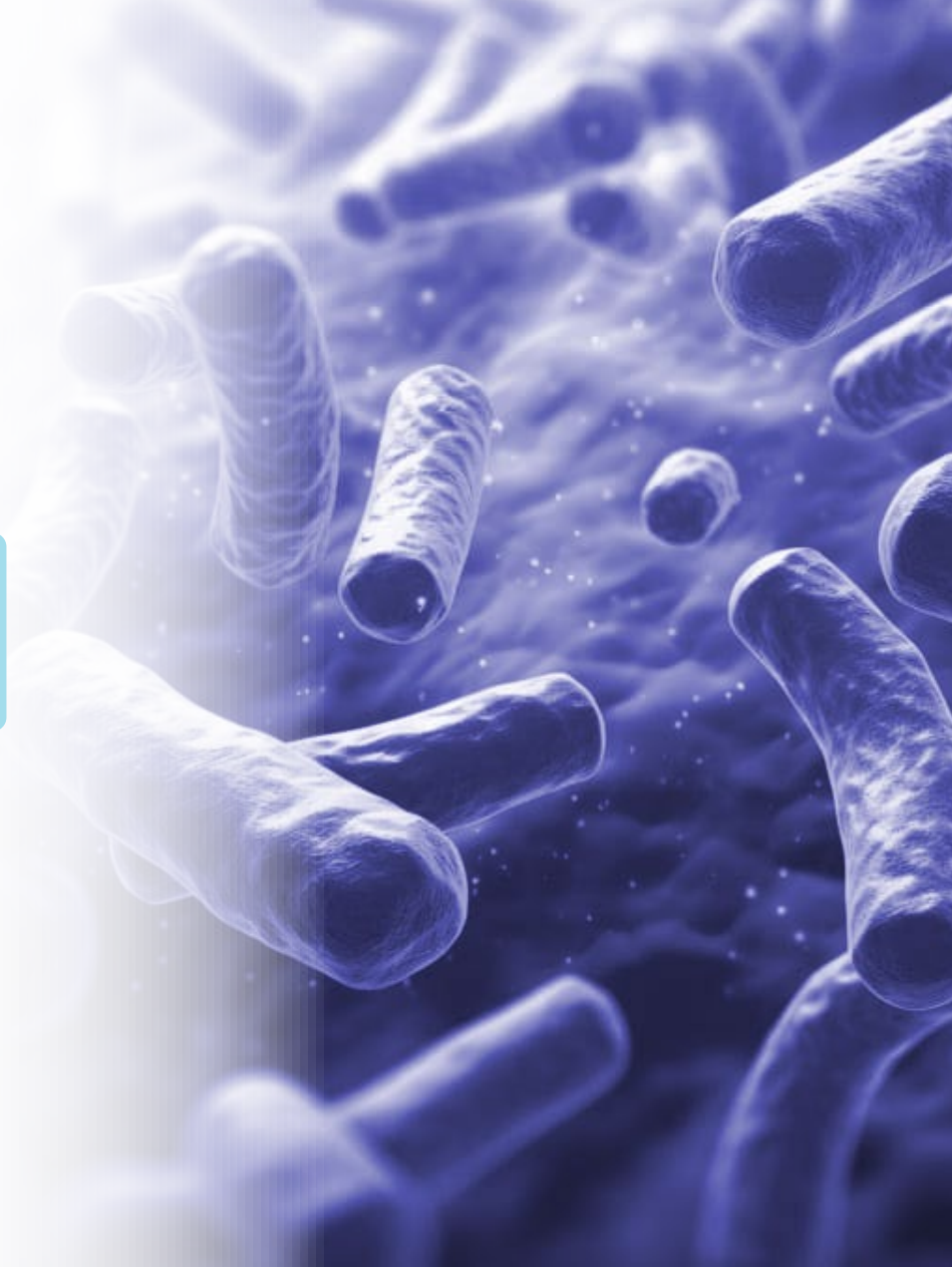
Lactobacillus plantarum is one of the most studied species of lactobacilli. It improves the body's ability to fight infections, helps reduce the frequency and duration of viral infections, helps lower blood pressure, and boosts immunity.

Clinical Trial Results:

Clinical studies show that Lactobacillus plantarum Lp90 strains show promising benefits in areas related to gastrointestinal **health, immune support, and potential detoxification effects.**

L. plantarum strains, including Lp90, are being studied for their ability to improve gut health by **stabilizing the gut barrier and balancing the microbiota**, which may reduce symptoms in conditions such as irritable bowel syndrome and inflammatory bowel disease.

Additionally, L. plantarum's adaptability allows it to withstand digestive tract challenges such as exposure to bile salts, **increasing its sustainability and effectiveness** as a probiotic supplement.





BIFIDOBACTERIUM LACTIS BLA80 IMPROVES DIGESTION AND SUPPRESSES ALLERGIES

Key Functions of Bifidobacterium lactis:

- Helps digest fiber, which helps reduce weight gain and lower the risk of diabetes, heart disease, and other chronic disorders.
- Helps produce B vitamins and healthy fatty acids.
- May help prevent infections by other bacteria, such as E. coli.

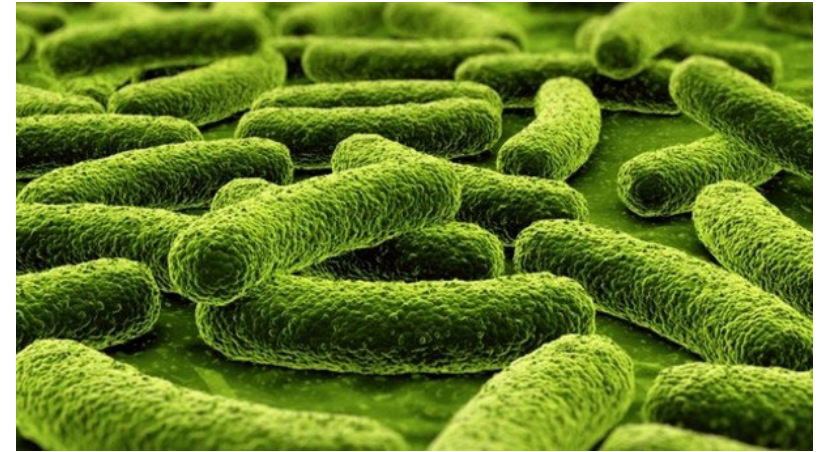
Clinical Trial Results:

A study of 256 children with food allergies found that those in the group given B. lactis daily for **three months had fewer allergy symptoms.**

B. lactis has also been shown **to boost immunity, improve digestion, may lower cholesterol, improve symptoms of lactose intolerance, help normalize bowel movements, reduce irritable bowel syndrome, improve blood glucose control, and inhibit the development of H. pylori,** which causes stomach ulcers.

Scientists consider that B. lactis can effectively alleviate IgE-mediated food allergies in children. And the molecular mechanism associated with their development may be involved in the Treg/Th17 cell balance. Probiotic consumption increased the Treg/Th17 cell ratio, **which stimulated the suppression of allergic reactions.**

B. lactis has also been shown to have potential preventive effects in cancer-associated colitis. **It has been shown to have a therapeutic effect in inflammatory bowel disease.**





BIFIDOBACTERIUM BIFIDUM HAS THE ABILITY TO PRODUCE A NATURAL ANTIBIOTIC

Bifidobacterium bifidum is one of the most common probiotic bacteria found in the human body. These gram-positive anaerobic microorganisms have the ability to produce natural antibiotic substances that kill bacteria that cause disease in humans.

B. bifidum has also proven itself as a means of restoring intestinal bacteria after antibiotic therapy, constipation, ulcerative colitis, certain types of diarrhea, intestinal and even lung infections.

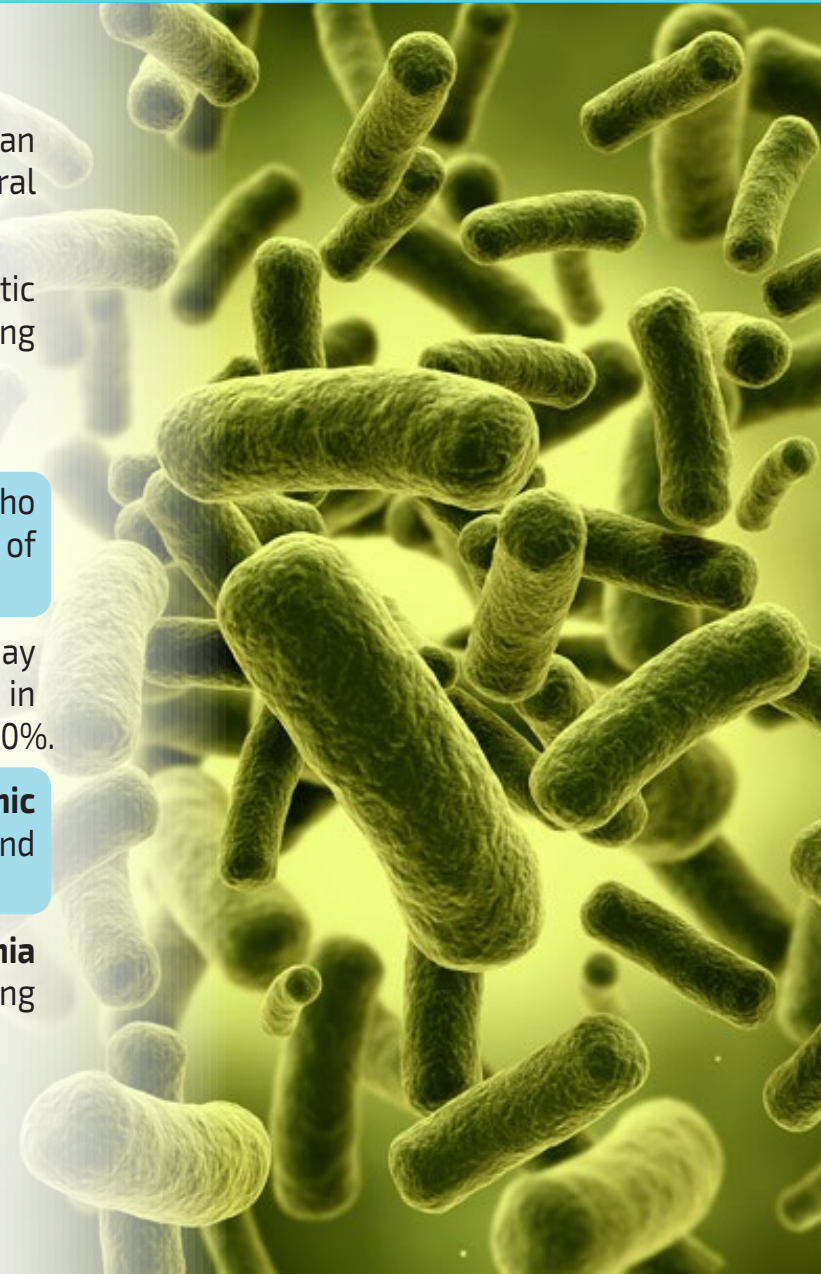
Clinical research results:

A 2011 study of 122 people with irritable bowel syndrome showed that 47% of those who received the probiotic reported significant symptom relief after four weeks. While only 11% of patients in the placebo group showed improvement.

Another study indicates that B. bifidum consumption by pregnant women in the future may **reduce the likelihood of their children developing eczema**. As a result, eczema developed in about 18% of infants taking B. bifidum tablets. While in the placebo group, this figure was 40%.

Studies on mice have shown that this probiotic may be **effective against the pathogenic bacterium Helicobacter pylori**. It is believed to cause gastritis, as well as stomach and duodenal ulcers.

In another study, the probiotic showed effectiveness against **infection caused by Escherichia coli**. B. bifidum can reduce the severity of E. coli infection and is a good means of preventing intestinal infections in humans.





LACTOBACILLUS HELVETICUS LH76 REDUCES ANXIETY, DEPRESSION, AND ANGER, AND NORMALIZES CORTISOL LEVELS

A growing body of scientific evidence shows that strains of *L. helveticus* have a number of health-promoting properties and have a number of probiotic features. In particular, these bacteria are able to survive in the gastrointestinal tract, can inhibit potentially harmful bacteria and prevent gastrointestinal infections, modulate the host immune response, and influence the composition of the gut microbiota. And their enzymatic activity helps better digestion of food and reduces the impact of allergens.

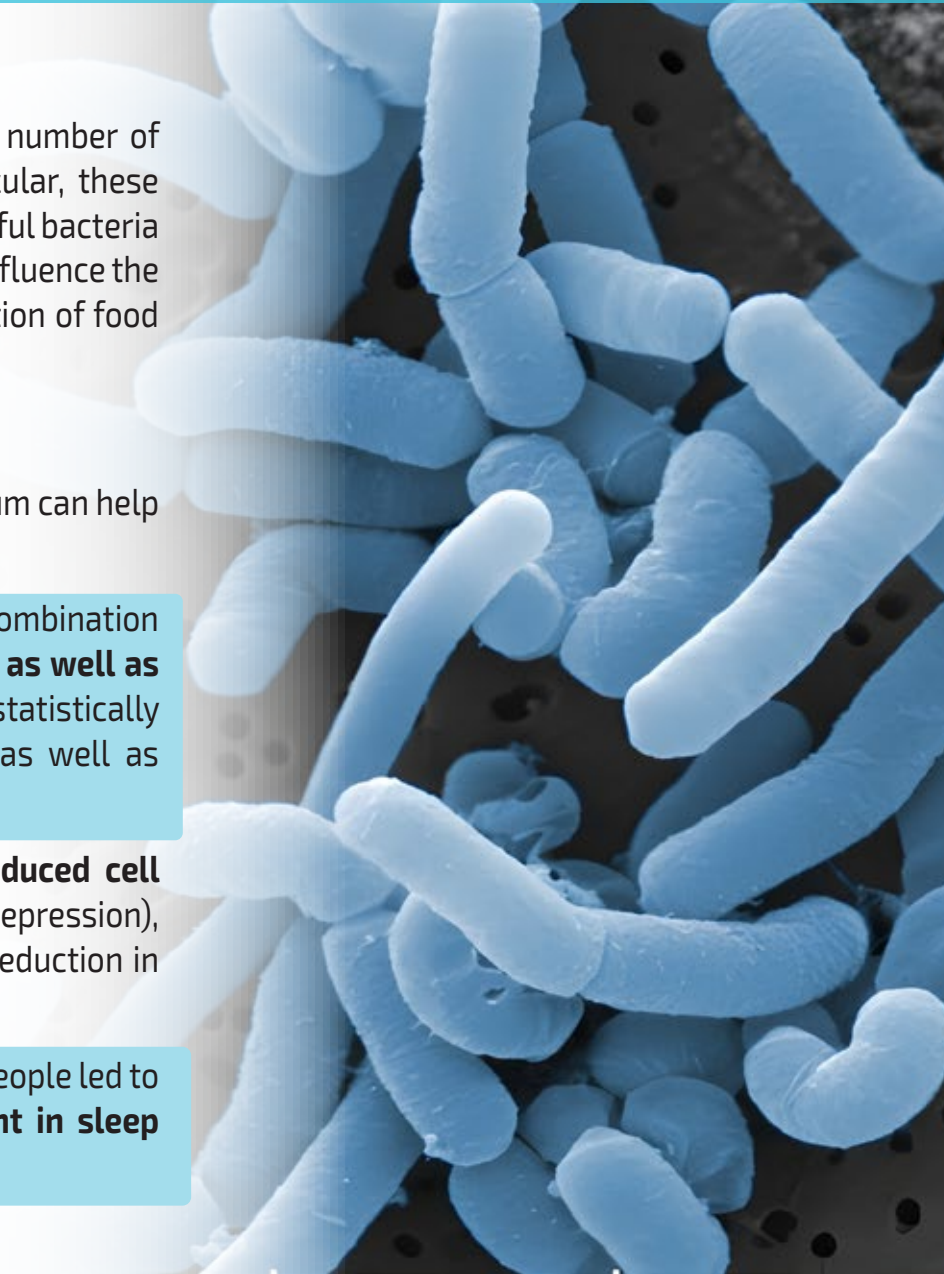
Clinical study results:

Studies have shown that the combination of *L. helveticus* and *Bifidobacterium longum* can help **reduce symptoms of anxiety and depression.**

A 2010 double-blind study published in the British Journal of Nutrition found that a combination of *L. helveticus* and *B. longum* exhibited **anxiolytic (anti-anxiety) activity in rats, as well as positive psychological effects in healthy volunteers**, as demonstrated by statistically significant reductions in anxiety, depression, and anger in study participants, as well as improved problem solving and lower cortisol levels.

In particular, a probiotic preparation containing *L. helveticus* and *B. longum* **reduced cell destruction (apoptosis) in the limbic region** (involved in the pathophysiology of depression), which can occur after myocardial infarction. This effect is thought to be due to a reduction in inflammatory cytokines that may be involved in apoptosis.

In particular, consumption of milk with *L. helveticus* for 3 weeks by healthy elderly people led to a decrease in the number of wakefulness episodes and an **overall improvement in sleep quality.**





BIFIDOBACTERIUM LONGUM BL21 IMPROVES DIGESTION, IMMUNITY, AND HAS ANTI-DIABETIC EFFECTS THROUGH MICROBIOTA REGULATION.

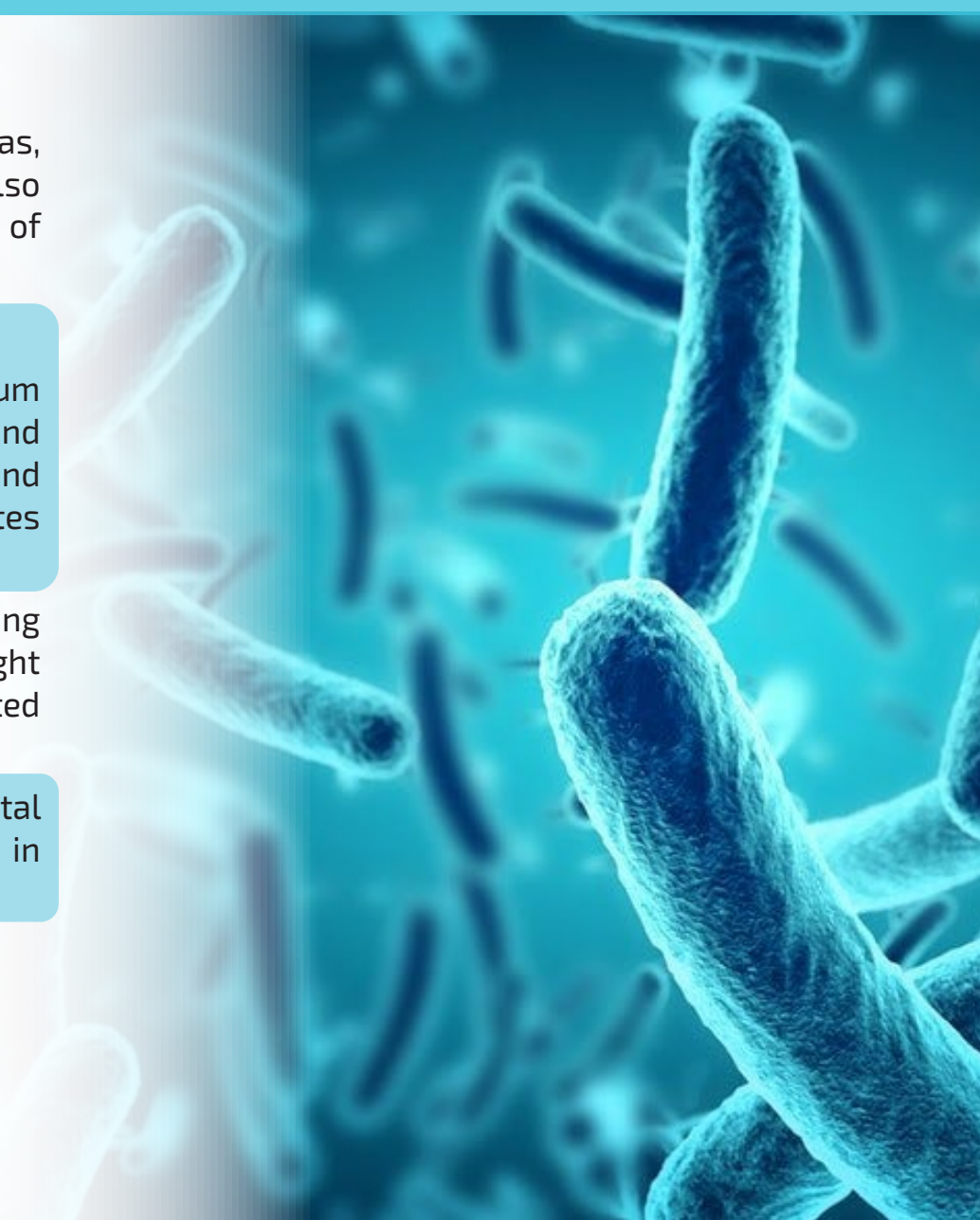
Bifidobacterium longum BL21 has been studied in a variety of areas, particularly for gastrointestinal health and immune support. It has also shown anti-inflammatory effects that may reduce symptoms of inflammatory bowel disease and related conditions.

Clinical Trial Results:

Type 2 Diabetes: Studies in diabetic mice have shown that B. longum BL21 helps lower blood glucose levels, improve insulin sensitivity, and restore gut microbiota balance. This strain reduces inflammation and oxidative stress, suggesting potential benefits for diabetes management.

Metabolic Health in Obesity: Ongoing clinical trials are investigating the effects of BL21 on BMI and metabolic markers in overweight individuals, examining its effects on microbiome balance and related metabolic markers.

Lowering Cholesterol. Studies have shown a reduction in total cholesterol levels and a positive effect on liver and kidney function in patients with hypercholesterolemia.





LACTOBACILLUS REUTERI LR08 A BACTERIUM CAPABLE OF PRODUCING ANTIBIOTICS

In the intestine, this bacterium produces a number of antimicrobial substances. In particular, reuterin, which can suppress the growth of harmful bacteria (*Salmonella*, *Pseudomonas*, *Escherichia*, *Shigella*, *Staphylococcus*, *Proteus*, *Clostridium*). There is evidence of the benefits of *L. reuteri* against pneumoviruses, circoviruses, rotaviruses, Coxsackie virus and papillomaviruses. There is an assumption that *L. reuteri* also facilitates the course of viral infection by regulating the microbiota and secreting metabolites, have antiviral components.

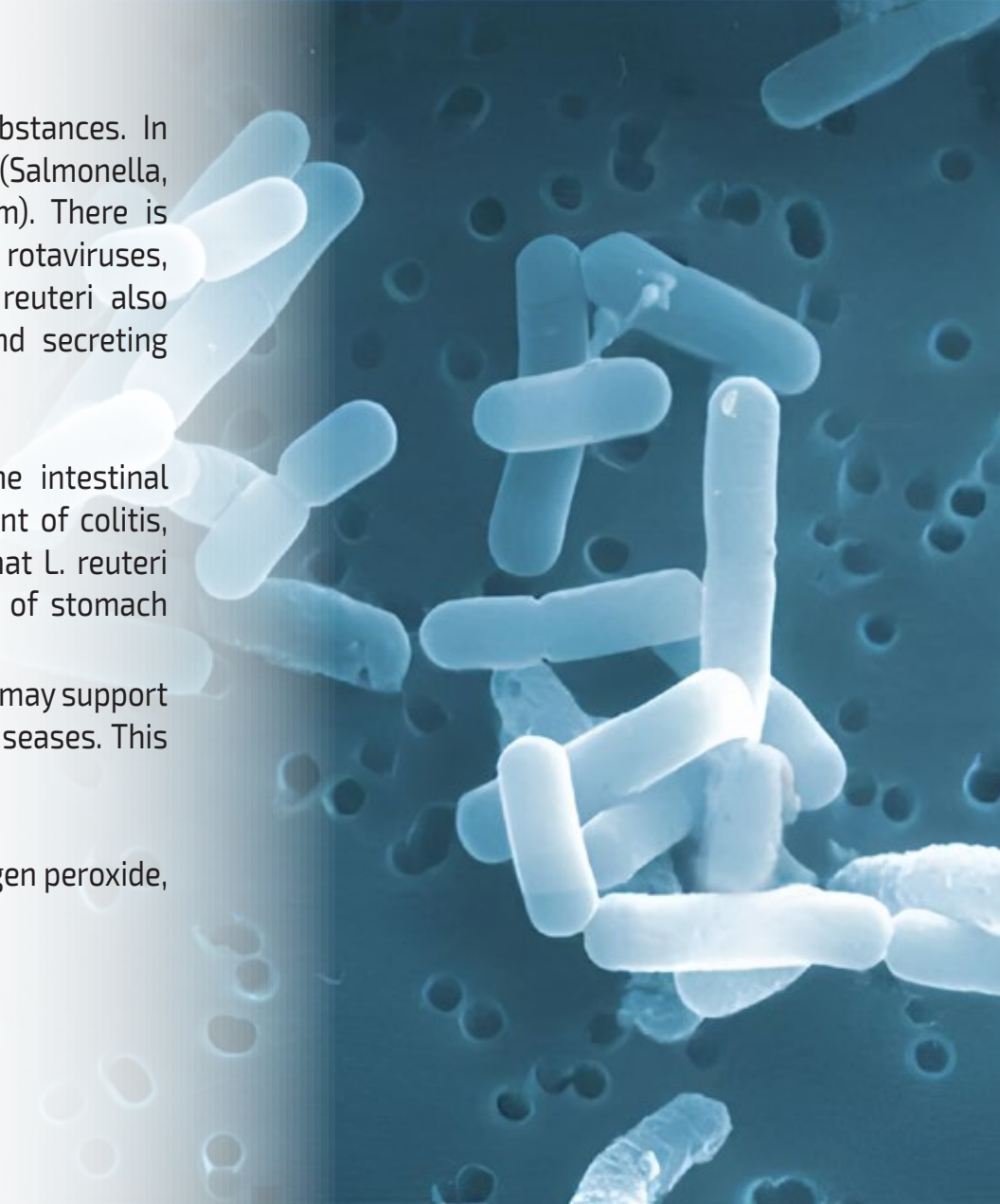
Results of clinical studies:

Gastrointestinal health: Studies show that *L. reuteri* can modulate the intestinal microbiota, reduce inflammation and have positive results in the treatment of colitis, alleviating chronic intestinal inflammation. Scientific evidence suggests that *L. reuteri* may fight the harmful pathogen *Helicobacter pylori*, which is the cause of stomach ulcers.

Immune system and autoimmune diseases: The results show that *L. reuteri* may support immune modulation, potentially beneficial for patients with autoimmune diseases. This modulation includes improved gut health and increased barrier function.

Production of antimicrobial substances such as reuterin, as well as hydrogen peroxide, which supports gut health.

Synthesis of vitamins. *L. reuteri* is capable of producing vitamin B12 and B9.





PROBIO GUT – THE PERFECT PROBIOTIC for intestinal health

Probio Gut is a complex of beneficial microflora enhanced with vitamin B2. This probiotic is the perfect solution for those who care about the health of their intestines and want to maintain overall well-being.

- Helps restore microflora and improve intestinal motility
- Helps reduce diarrhea and bloating
- Promotes a healthy immune system
- Minimizes digestive problems associated with travel and taking antibiotics
- Enhanced with vitamin B2, which supports normal functioning of the mucous membranes and metabolism

High concentration of live bacteria

Contains 4 types of specially selected live lactic acid bacteria in high concentration: at least 20 billion colony-forming units (CFU) in each capsule.

Synergy of bacteria and vitamins

The bacteria in Probio Gut enhance each other's action. Vitamin B2 plays an important role in metabolism, helps process proteins, fats, carbohydrates and is necessary for the health of the mucous membranes of the digestive system.

Capsule Content Protection System

Protect System is a system for protecting the capsule contents from the aggressive effects of gastric juice and bile acids, which allows the maximum number of live bacteria to reach the intestines.

Convenient intake - 1 capsule per day

It is recommended to take 1 capsule per day, regardless of food intake.



1 capsule contains:

		NRV*, %
<i>Streptococcus thermophilus ST81</i>	5 billion CFU.	-
<i>Bifidobacterium lactis BLa80</i>	5 billion CFU.	-
<i>Lactobacillus plantarum Lp90</i>	5 billion CFU.	-
<i>Bifidobacterium bifidum</i>	5 billion CFU.	-
Витамин В2	1.5 mg.	100%

*NRVs: Nutrient reference values for the daily intakes as defined in Regulation (EU) No 1169/2011.



PROBIO IMMUNO – SUPPORT FOR IMMUNITY and healthy microflora

This probiotic combines a high concentration of beneficial bacteria with the antioxidant support of vitamin C and selenium. Probio Immuno is ideal for those who want to strengthen their immune system, especially during periods of increased stress, seasonal colds or stress.

- Strengthening the immune system
- Stimulating the production of antibodies and immune cells (lymphocytes, macrophages)
- Reducing the frequency of colds
- Supporting healthy microbiota - stabilizes the balance of bacteria in the intestines.
- Reducing inflammation and supporting the health of mucous membranes and tissues
- Increasing overall energy and vitality

High concentration of live bacteria

Contains 2 types of specially selected live lactic acid bacteria in high concentration: at least 20 billion colony-forming units (CFU) in each capsule.

Synergy of bacteria, vitamins and minerals

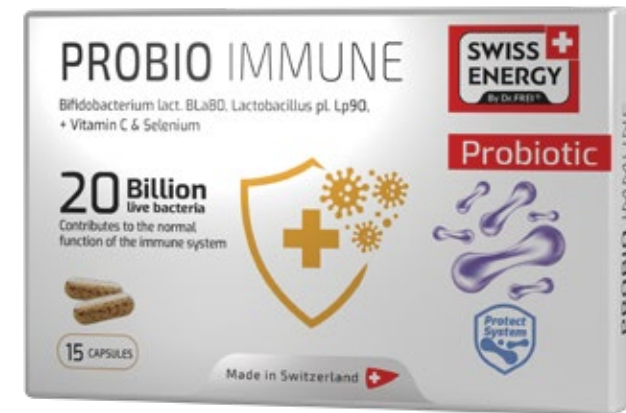
Bacteria in Probio Imuno in combination with Vitamin C and Selenium enhance each other's effects. This combination is useful both for prevention and for supporting the body during illness.

Capsule Content Protection System

Protect System is a system for protecting the capsule contents from the aggressive effects of gastric and bile acids, which allows the maximum number of live bacteria to reach the intestines.

Convenient intake - 1 capsule per day

It is recommended to take 1 capsule per day, regardless of food intake



1 capsule contains:		NRV*, %
<i>Bifidobacterium lactis BLa80</i>	10 billion CFU	-
<i>Lactobacillus plantarum Lp90</i>	10 billion CFU	-
Vitamin C	80 mg	100%
Selenium	55 mcg	100%

*NRVs: Nutrient reference values for the daily intakes as defined in Regulation (EU) No 1169/2011.



PROBIO SKIN skin care from the inside

Probio Skin - a complex of beneficial microflora and zinc to maintain healthy and beautiful skin. This probiotic is ideal for those who want to take care of their skin, maintain youth and fight age-related changes in a natural and effective way.

- Lactobacillus plantarum Lp90 has powerful antioxidant properties, protecting the skin from damage by free radicals. Reduces inflammation associated with acne, rosacea and other skin problems.
- Lactobacillus reuteri LR08 maintains a healthy balance of intestinal microbiota, which directly affects skin health (the intestines and skin are connected through the "intestine-skin" axis).
- Zinc is involved in the formation of collagen fibers, which contributes to the elasticity and density of the skin.
- Improving skin condition, hydration and elasticity.
- Wrinkle reduction, anti-aging effect and comprehensive beauty support

High concentration of live bacteria

Contains 2 types of specially selected live lactic acid bacteria in high concentration: at least 15 billion colony-forming units (CFU) in each capsule.

Synergy of bacteria and vitamins

Bacteria in Probio Skin in combination with zinc enhance each other's action and improve skin condition from the inside.

Capsule contents protection system

Protect System is a system for protecting the capsule contents from the aggressive effects of gastric juice and bile acids, which allows the maximum number of live bacteria to reach the intestines.

Convenient intake - 1 capsule per day

It is recommended to take 1 capsule per day, regardless of food intake.



1 capsule contains:		RDA*, %
Lactobacillus plantarum Lp90	10 billion	-
Lactobacillus reuteri LR08	10 billion	-
Zinc	10 mg	100%

*NRVs: Nutrient reference values for the daily intakes as defined in Regulation (EU) No 1169/2011.



PROBIO STRESS - COMPREHENSIVE SUPPORT for the nervous system

Probio Stress - a complex of beneficial microflora and B vitamins aimed at reducing anxiety and improving adaptation to stressful situations. Ideal for people experiencing chronic stress, mental strain or sleep problems.

- Strains *Lactobacillus helveticus* LH76 and *Bifidobacterium longum* BL21 have proven their effectiveness in reducing cortisol (stress hormone) levels. They also participate in the production of neurotransmitters such as serotonin and GABA (gamma-aminobutyric acid), which helps reduce anxiety.
- Vitamin B5 is involved in the synthesis of adrenal hormones that regulate the stress response.
- Vitamin B6 promotes the production of serotonin and melatonin, improving mood and sleep.
- Vitamin B12 maintains the health of the nervous system and is involved in energy production, reducing fatigue.

High concentration of live bacteria

Contains 2 types of specially selected live lactic acid bacteria in high concentration: at least 20 billion colony-forming units (CFU) in each capsule.

Synergy of bacteria and vitamins

Bacteria in Probio Stress in combination with B vitamins enhance each other's effects. This combination provides support for a healthy balance of microbiota, which has a beneficial effect on the psycho-emotional state.

Capsule contents protection system

Protect System is a system for protecting the capsule contents from the aggressive effects of gastric juice and bile acids, which allows the maximum number of live bacteria to reach the intestines.

Convenient intake - 1 capsule per day

It is recommended to take 1 capsule per day, regardless of food intake.



1 capsule contains:		NRV*, %
<i>Lactobacillus helveticus</i> LH76	10 billion CFU	-
<i>Bifidobacterium longum</i> BL21	10 billion CFU	-
Vitamin B5	6 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B12	2,5 mcg	100%

*NRVs: Nutrient reference values for the daily intakes as defined in Regulation (EU) No 1169/2011.



TARGET AUDIENCES

Target Audience	Product	Promotion activity
General practice doctors, therapists	The whole line of probiotics	Visits of medical representatives to doctors, cooperation with OL, medical conferences, publications in medical journals, etc.
Gastroenterologists	Probio Gut	
Dermatologists	Probio Skin	
Neurologists	Probio Stress	
Pharmacists	The whole line of probiotics	Presentations, Merchandising in pharmacy, POS materials
Duty Free shops in the airports	Probio Gut	Merchandising, POS materials
End-users: <ul style="list-style-type: none"> • People with digestive problems • Women interested in beauty and skin • Healthy lifestyle consumers • Athletes • People after a course of antibiotics • Travelers to exotic countries, etc. 	The whole line of probiotics	ATL & BTL promotion activities



POS MATERIALS

**Synergy of live bacteria,
vitamins and minerals!**



20 billion living bacteria for quick effect!



Shelf-talker



Display





PROBIOTICS SWISS ENERGY® - SYNERGY OF LIVE BACTERIA, VITAMINS AND MINERALS FOR YOUR HEALTH!

20 billion bacteria in one capsule. More than most competitors have!

The products combine several types of live lactic acid bacteria in high concentration - 20 billion in one capsule. This guarantees a quick effect.

A combination of live bacteria, vitamins and minerals. A significant advantage over competitors who only have bacteria in their composition!

Specially developed complex formulas of products contain effective combinations of bacteria, vitamins and minerals. Such synergy of active ingredients provides a faster and more pronounced effect.

Specially selected bacterial strains with proven effectiveness!

To create our probiotics, we used only strains that have proven in studies their ability to bring tangible benefits to the body. These strains not only maintain the balance of intestinal microflora, but also effectively affect specific aspects of health, such as the immune system, digestion, skin or psycho-emotional state.

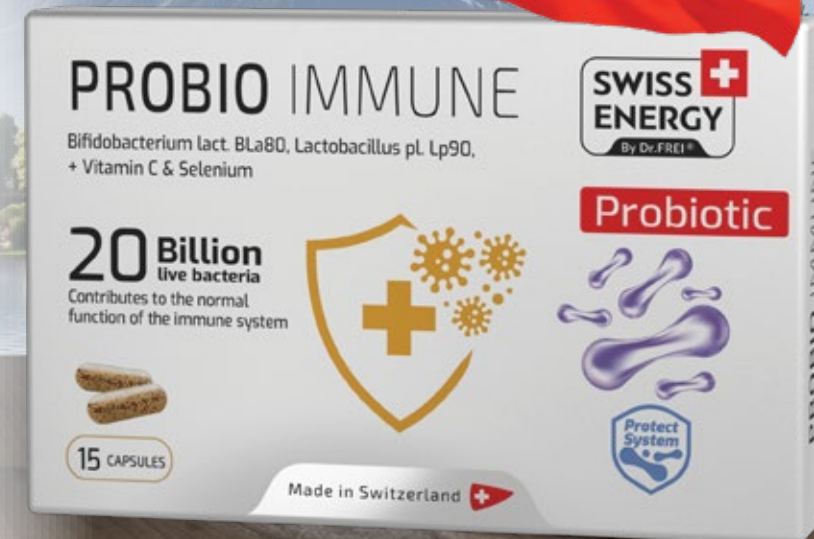
Capsule Content Protection System

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Swiss quality

Swiss Energy® is produced exclusively in Switzerland and guarantees high quality at all stages of production according to the standards of good manufacturing practice (GMP).





[https:// www.worldgastroenterology.org/guidelines/probiotics-and-prebiotics](https://www.worldgastroenterology.org/guidelines/probiotics-and-prebiotics)

[https:// www.nutraingredients-usa.com/Article/2017/10/31/Evidence-of-Streptococcus-thermophilus-probiotic-properties-builds#](https://www.nutraingredients-usa.com/Article/2017/10/31/Evidence-of-Streptococcus-thermophilus-probiotic-properties-builds#)

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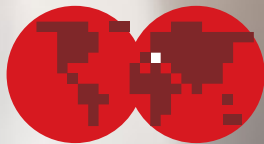
Bifidobacterium longum with Fructo-Oligosaccharides in Patients with Non Alcoholic Steatohepatitis, Michele Malaguarnera, Marco Vacante, Tijana Antic, Digestive Diseases and Sciences, 2012



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