

HALYKOO®

NUTRA Fizzy probiotic powder

so important to take care of these tiny intestinal guests, especially when they find themselves in stressful conditions, maybe caused by an unhealthy diet, or when they are weakened by a course of antibiotics. I'm Fizzy Probiotic Powder from Halykoo, and I can help you in cases like these.

Here's how I can help you!

Microorganisms called intestinal flora live in our digestive system and are essential to our well-being. These 'good' bacteria perform many functions, such as helping to strengthen the immune system and prevent pathogens such as 'bad' bacteria, parasites and other harmful substances from attacking and penetrating our intestinal wall. Additionally, thanks to their metabolism, they provide important substances and precious nutrients that the human body is unable to source otherwise.

These microorganisms improve our muscular activity, as well as our physical resistance, and are an instant source of energy for the brain. This is why it's



POWERED BY
APRILAB
ADVANCED PROBIOTIC RESEARCH
SWITZERLAND

3+
years

Before you use me, let me explain what I'm made of...

I'm an orange-flavoured food supplement in powder form, and I am primarily made up of 2 live lactic fermenting agents - Lactobacillus Acidophilus and Bifidobacterium Lactis.

I also contain some calcium carbonate which, along with citric acid, creates a fun fizzing sensation when I'm in contact with your child's tongue. My lactic fermenting agents boost intestinal flora and help to restore the delicate ecosystem of your child's gut. I can even help when they are constipated, with a balanced diet rich in fruit and vegetables.



...the best place to store me...

Store me in a cool, dry place, away from light, heat and direct sunlight. As I contain live lactic fermenting agents that are sensitive to heat, make sure that I'm not exposed to sources of heat or extremes of temperature, and store me at less than 20°C.

...what you should check before using me!

My best before date, which you'll find on the box as well as on every sachet, is only valid as long as I've been stored correctly in my original packaging.

Here's how to get the best out of me!

The recommended dose is 1 sachet of powder per day, directly onto your child's tongue if he's over 5 years old, or dissolved in a glass of water if he's younger. Remember to wash your hands before opening the sachet to avoid contaminating my contents.

| AVERAGE CONTENTS* | Per dose (1 sachet) |
|--|---------------------|
| Lactobacillus Acidophilus NCFM® (ATCC: SD5221) | 1,5 billions c.f.u. |
| Bifidobacterium Lactis BL-04™ (ATCC: SD5219) | 0,5 billions c.f.u. |

*Live cells (live cell count relates to the product being stored correctly).

...lastly, just a few things to be aware of...!

Don't use me if your child is younger than 3 years.

I do not contain traces of gluten and I'm naturally lactose-free. It's best to take me on a full stomach right after meals, as food helps to reduce the acidity in the

stomach, so that the probiotics can reach the intestine intact. Food supplements like me are not a substitute for a varied balanced diet and a healthy lifestyle. Please keep this illustrated leaflet for future reference.

INGREDIENTS: SACCHAROSE, ACIDITY REGULATORS: CALCIUM CARBONATE, SODIUM CITRATE, CITRIC ACID; LACTOBACILLUS ACIDOPHILUS NCFM® (ATCC: SD5221), BIFIDOBACTERIUM LACTIS BL-04™ (ATCC: SD5219), ORANGE FLAVOUR.

**NATURALLY LACTOSE-FREE
NO GLUTEN**

www.halykoo.com



Solutions designed specifically to share the journey with you and your child through each stage of his or her development. Because the best way to help them thrive is to keep it simple, use common sense, and also take a few precautions.

Looking after children isn't just about nursing them. It also means understanding their needs, listening to what's important to their parents, and following the advice of paediatricians, as well as providing solutions that put their well-being and their parents' peace of mind first. It means researching a myriad of ingredients to find the ones that are best-suited to their health needs and to ensure that treatment is a pleasant experience for them. It also means choosing solutions that are specifically designed for each phase of their development. Because seeing smiles on the faces of children, and on those of the people who care for them as they grow, are the best possible reward for Halykoo.



DERMA

Skin is our first point of contact with the world around us. In the first 12-14 months of your child's life, their skin is about half the thickness of yours, so great care needs to be taken to protect it. Halykoo's Derma line is the first range of products designed to care effectively for all the needs of your child's skin. Redness, inflammation, chapping, insect bites, and small injuries can be causes of concern on a daily basis, and Halykoo Derma has the answer to all of them.

AERA

There are a variety of viruses that can cause the common cold. And wind, cold weather or badly-ventilated and over-heated rooms can irritate the throat. And as the nose and mouth can't be covered up, they're always vulnerable to external threats. Halykoo's Aera range of products have been specifically created to deal with the effects of respiratory infections, helping to fight off sore throats, coughs, cold and fever.

SENSIA

Drinking from a used glass, rubbing dirty hands in their eyes or putting a leaf from the park in their mouth: these are just a few of the things that children do without giving it a moment's thought. A child's immune system is still developing, so the result can be a stouth or eye infection. Whether it's mouth ulcers, oral thrush or conjunctivitis, Halykoo's Sensia range of specifically designed products has the solution.

NUTRA

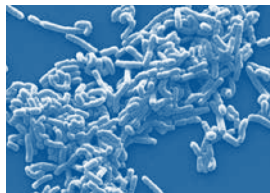
School, sports, extra-curricular activities - children have increasingly busy days, and the change of seasons can also mean tiredness and loss of appetite. Children are also susceptible to stomach flu caused by viruses, bacteria and parasites. Halykoo's Nutra food supplements, including probiotic products, can help your child make the most of their energy, and ensure that the intestinal flora in their stomach is restored.

Probiotics

The word 'probiotic' is made up of 2 Greek words: 'pro-bios', which mean 'for life'. The term was first coined in the 60s to describe a living organism, such as bacteria, similar to the flora normally found in the intestine. The World Health Organization's official definition for them is 'live microorganisms which, when administered in adequate amounts, confer a health benefit on the host'. However, probiotics and lactic fermenting agents are not necessarily the same thing. The latter are a group of bacteria which, thanks to a series of complex enzymatic reactions, convert some sugars into lactic acid. Only lactic fermenting agents capable of surviving the high levels of acidity in the gut are called probiotics. These manage to reach the intestinal tract 'live', where they fulfil their vital function. It is also important to note that not all probiotics are necessarily lactic fermenting agents. There are hundreds of different probiotics, organized in groups called 'strains', all with slightly different characteristics. The majority of bacterial probiotic strains belong to the Lactobacillus and Bifidobacterium genera. Their beneficial role was hypothesized in the early 20th century by the Russian biologist Metchnikoff (awarded the Nobel prize for medicine in 1908), who had observed that Bulgarian peasants enjoyed a greater life expectancy and typically consumed large amounts of fermented milk.

Why take them?

Our intestines are home to a complex ecosystem. When the population of 'good' bacteria that normally colonize it is reduced, other microorganisms, often potentially harmful pathogens, are able to reproduce in great numbers, and can take over. Dysentery is the most classic and discomforting symptom of this. When this happens, probiotics can be ad-



ministered while investigating the cause of the infection at the same time, in order to counteract the negative impact of these micro-organic pathogens on the body. Probiotics are termed as such only if they are able to survive the digestive action of the gastric juices, intestinal enzymes and biliary salts. It's only in this way that they are able to provide renewed energy to the bacterial flora.

Eating habits

Nowadays, life in the city keeps getting busier and busier, so family mealtimes can become a hurried affair. Sometimes, it's just easier to heat up a ready meal without checking the ingredients properly, or choose something pre-packaged for an after-school snack rather than a piece of fruit. We eat too many unhealthy things, such as animal protein and pre-prepared sauces, instead of fresh vegetables and pulses. It's easy to fall back on these options as a last resort, but they can lead to poor eating habits.

A good rule of thumb (for mums and dads too) is to always make sure you're cooking with a wide variety of fresh ingredients - ideally ones that are in season too. Let's lead by example, and teach our children a healthy way of eating, and limit activities that could make them feel stressed or lacking in self confidence. And let's encourage them to join in the fun and move around more, because we all know that the best food supplements of all are playing in the playground with their friends, or taking a lovely walk in the woods with mum and dad.