

**ITEM NO:** 25944  
**CONTENT:** 60 SACHETS, 6.5G EACH (390G)



## SUMMARY

Bios Life C is a natural supplement that supports healthy cholesterol levels in your body.

The key ingredient in Bios Life C is a group of fibers that use your body's natural processes to utilize cholesterol. As food moves through your body's digestive tract, your body needs bile acids to break down fat. Your liver uses cholesterol that's already in your body to produce those necessary bile acids. Fiber forms a gel in the intestinal tract that traps those bile acids and prevents them from being reabsorbed and recycled by your body. Your body is then forced to use more cholesterol to create bile acids.

Bios Life C also contains something called phytosterols, which structurally resemble cholesterol. Because of their similar structure, phytosterols compete with cholesterol molecules for absorption while in your digestive tract and leave fewer opportunities for cholesterol to be absorbed into your blood. In addition to phytosterols, Bios Life C contains policosanol and chrysanthemum, which also demonstrate cholesterol support in clinical studies.

## BIOS LIFE C CONTAINS –

- ✓ Calcium which contributes to the normal function of digestive enzymes
- ✓ Niacin, Vitamin C, and B6 which contribute to a normal, energy-yielding metabolism
- ✓ Zinc and vitamins A, B6, B12, and C which all contribute to the normal function of the immune system
- ✓ Zinc which contributes to a normal metabolism of fatty acids
- ✓ Chromium which contributes to the maintenance of normal blood glucose levels
- ✓ Scientifically proven results

## RECOMMENDED USE

Take Bios Life® C with a meal. Take a shaker and mix the contents of one sachet with at least 250 ml liquid, e.g. with non-sparkling water or juice. Shake thoroughly and drink immediately.

Start with a maximum of 1 sachet daily, optionally divided into 2 small servings at 2 mealtimes and always prepare with sufficient liquid, thereby enabling the body to become better accustomed to the additional amount of fiber. Take Bios Life® C twice a day after approximately 2 weeks, when your body is used to a fiber rich diet. More than the recommended amount should not be taken.

## INGREDIENTS

Guar Gum, Soy Concentrate, Orange Flavor, Gum Arabic, Locust Bean Gum, Maltodextrin (from corn), Citrus Pectin, Oat Fiber, Calcium Carbonate, Orange Juice Powder, Food Acid: Citric Acid, Ascorbic Acid, Chromium Picolinate, Beta-Carotene, Beta Glucan (from oat), Sweetener: Sucralose, D-Alpha Tocopheryl Acetate, Niacinamide, Zinc Gluconate, Pyridoxine Hydrochloride, Sugar Cane Extract, Cyanocobalamin, Riboflavin, Folic Acid, Thiamine Hydrochloride, Biotin. Contains traces of milk.

## BIOS LIFE® C

NUTRITIONAL INFORMATION PER SERVING	%DAILY VALUE*
ENERGY	42KJ/10KCAL
FIBRE	3.3G
VITAMIN A	225 µg RE
VITAMIN B1	1mg
VITAMIN B2	1 mg
VITAMIN B6	1mg
NIACIN	19 mg NE
FOLIC ACID	150 µg
VITAMIN B12	1 µg
VITAMIN C	48 mg
VITAMIN E	7,4 mg α-TE
BIOTIN	30 µg
CALCIUM	139 mg
ZINC	2.7 mg
CHROMIUM	100 µg

## REFERENCES

1. Wu Y, et al. Association between dietary fiber intake and risk of coronary heart disease: A meta-analysis. *Clinical Nutrition*. (2014), <http://dx.doi.org/10.1016/j.clnu.2014.05.009>
2. Yokoyama WH. Plasma LDL cholesterol lowering by plant phytosterols in a hamster model. *Trends in Food Science & Technology*. 2004; 15: 528-531.
3. Castaño G, et al. Effects of Combination Treatment with Policosanol and Omega-3 Fatty Acids on Platelet Aggregation: A Randomized, Double-Blind Clinical Study. *Current Therapeutic Research*. 2006; 67(3): 174-192.
4. Yan Cui, et al. Chrysanthemum morifolium extract attenuates high-fat milk-induced fatty liver through peroxisome proliferator-activated receptor α-mediated mechanism in mice. *Nutrition Research*. 2014; 34: 268-275.
5. Sprecher DL and Pearce GL. Fiber-Multivitamin Combination Therapy: A Beneficial Influence on Low-Density Lipoprotein and Homocysteine. *Metabolism*. 2002; 51(9): 1166-1170.