



## **PRODUCT DATA SHEET: FlammeFiXX™**

60 Capsules, each containing one serving.

**Directions for Use: Adults (18 years or older):** one capsule twice daily with a meal or as recommended by a health care practitioner.

<b>Active ingredients per capsule:</b>	
Flora blend*)	50mg
L-glutamine	25mg
L-arginine	20 mg
L-glycine	20mg
L-tyrosine	16.5mg
Glucosamine HCL	100mg
Mixture of digestive enzymes**)	22.5mg
Betaine HCL	32.5mg
Berberine	9mg
Quercetin	9mg
Alpha-lipoic acid	50mg
Chromium picolinate	0.175mg
OptiMSM (methylsulfonylmethane)	350mg

**\*) Flora blend** - a mixture of lyophilised probiotic strains: *Lactobacillus acidophilus*, *Lactobacillus fermentum*, *Lactobacillus gasseri*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium longum* and *Bacillus coagulans*, in total 5 billion ( $5 \times 10^9$ ) viable cells

**\*\* ) Mixture of digestive enzymes** - amylase, protease 4.5, invertase, diastase, lipase RO, cellulase and lactase.

## Health benefits:

- i) Probiotic bacteria present in the **Flora blend** are considered essential for maintaining the balance of the intestinal microflora.
- ii) **Amino acids:** L-glutamine, L-arginine and L-glycine together with the probiotic bacteria have been reported to play a role in restoring normal permeability of the so-called “leaky gut”.
- iii) **L-tyrosine** is the precursor of several neurotransmitters and hormones. It assists the functioning of certain organs including the adrenal, thyroid, and pituitary glands. It has been reported to speed up the metabolic rate. Persons experiencing hyperthyroidism or using thyroid medication for hypothyroidism should consult their doctor or healthcare professional.
- iv) **Glucosamine HCL** is an anti-inflammatory compound.
- v) **Mixture of digestive enzymes** with the addition of **betaine HCL** assists in the digestion of food.
- vi) **Berberine** and **quercetin** are bioactive compounds with antioxidant and anti-inflammatory properties, that may reduce inflammation.
- vii) **Alpha-lipoic acid** has strong antioxidant properties that may reduce inflammation, promote healthy nerve function, lower the risks for heart disease and slow the progression of memory loss.
- viii) **Chromium picolinate** is a supplement reported to be effective for controlling blood sugar levels, lowering cholesterol levels and encouraging weight loss.
- ix) **OptiMSM** (methylsulfonylmethane) is a sulphur containing compound with well documented anti-inflammatory properties. It reduces the production of pro-inflammatory cytokines such as tumor necrosis factor alpha and interleukin 6, and it may induce anti-inflammatory effects by regulating the signalling of nuclear factor kB.

## Warning:

The suggested oral dosage, as recommended by the manufacturers of **FlammeFiXX™**, is likely to be safe for most adults. Nevertheless, prolonged routine supplementation with the product, without the advice of a healthcare professional, is not recommended.

Do not exceed the suggested dosage. Should you observe any unusual effects, contact your doctor or pharmacist immediately.

**Important:**

As for any dietary supplement, it is advisable to consult your healthcare professional. This is particularly relevant if you are taking any medication or suffer from a medical condition. Do not use it if you are pregnant or breast-feeding. Not for use by people under 18 years of age.

**KEEP OUT OF REACH OF CHILDREN**

Close lid firmly after use and store in a cool dry place, away from heat, light and moisture.

STORE BELOW 25°

[Note: This product has not been evaluated by the MCC.](#)