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**Carefully read this leaflet before using the product.** If you need additional information, consult a pharmacist or contact our experts by tel. +385 1 5509 375 or e-mail: [bezreceptni@pharmas.hr](mailto:bezreceptni@pharmas.hr)

**PharmaS PROBalans, capsules**  
**Food supplement**

■ **Dosage form and packaging units:**

Capsules, gastro-resistant, vegetable

1. Packaging with 10 gastro-resistant vegetable capsules (5 g); 1 blister with 10 capsules, with leaflet, in the box.
2. Packaging with 20 gastro-resistant vegetable capsules (10 g); 2 blisters per 10 capsules, with leaflet, in the box.
3. Packaging with 30 gastro-resistant vegetable capsules (15 g); 3 blisters per 10 capsules, with leaflet, in the box.
4. Packaging with 40 gastro-resistant vegetable capsules (20 g); 4 blisters per 10 capsules, with leaflet, in the box.

■ **What is the composition of PharmaS PROBalans capsules?**

**Recommended daily dosage is 1-2 capsules which contains:**

<b>Ingredients in:</b>	<b>1 capsule</b>	<b>2 capsules</b>
• Chamomile flower dry extract ( <i>Matricaria recutita</i> L.), apigenin, not less than	100 mg 50 mg	200 mg 100 mg
• Peppermint leaf dry extract ( <i>Mentha piperita</i> L.; leaf : extract= 8:1)	100 mg	200 mg
• zinc as zinc gluconate	5 mg (50% RDA*)	10 mg (100% RDA*)
• vitamin B6 as pyridoxine hydrochloride	1.4 mg (100% RDA*)	2.8 mg (200% RDA*)
• live lyophilized lactic acid bacteria: <i>L. acidophilus</i> LA3, <i>B. animalis</i> ssp. <i>lactis</i> BLC1 and <i>L. casei</i> BGP93, at manufacturing date, not less than	1•10 <sup>9</sup> cfu**	2•10 <sup>9</sup> cfu**

\* RDA = recommended daily allowance

\*\* cfu = colony forming units

**Ingredients:** Chamomile (*Matricaria recutita* L.) flower dry extract; Peppermint (*Mentha piperita* L.) leaf dry extract; inulin; zinc gluconate; lyophilized culture *Lactobacillus acidophilus* LA3; lyophilized culture *Bifidobacterium animalis* ssp. *lactis* BLC1; lyophilized culture *Lactobacillus casei* BGP93; corn starch; anti-caking agent: magnesium stearate, vegetable; pyridoxine hydrochloride; capsule: hydroxypropyl methylcellulose, thickener: gellan gum, colour: titanium dioxide.

<b>NUTRITION FACTS:</b>	<b>in 100 g</b>	<b>in 1 capsule</b>	<b>in 2 capsules</b>
<b>Energy value</b>	321 kJ (74 kcal)	1.3 kJ (0.3 kcal)	2.6 kJ (0.6 kcal)
<b>Fats</b>	1.23 g	< 0.01 g	0.01 g
<b>Carbohydrates:</b>	29.63 g	0.12 g	0.24 g
- digestible (starch)	4.93 g	0.02 g	0.04 g
- non-digestible (soluble fibers)	24.70 g	0.1 g	0.2 g
<b>Proteins</b>	0 g	0 g	0 g
<b>Sodium</b>	0 g	0 g	0 g

■ **What is PharmaS PROBalans intended for?**

1. For digestion and metabolism.
2. Contains zinc which contributes to normal acid-base metabolism, metabolism of carbohydrates, macronutrients, fatty acids, and normal protein synthesis. Also contributes to the protection of cells from oxidative stress.
3. Contains vitamin B6 which contributes to normal protein and glycogen metabolism.
4. Contains live lyophilized lactic acid bacteria *L. acidophilus* LA3, *B. animalis* ssp. *lactis* BLC1 and *L. casei* BGP93 in gastro-resistant vegetable capsule.
5. Contains apigenin from Chamomile flower extract and extract of Peppermint leaf.

■ **How to use PharmaS PROBalans capsules correctly?**

- PharmaS PROBalans capsules may be taken independently of meals.
- Adults and children over the age of 12: 2 capsules daily, in the morning and in the evening, take with a half glass of liquid.
- Children from 6-12 years old: 1 capsule daily, in the morning, take with a half glass of liquid.
- Do not use the product after the expiry date indicated on the packaging.
- For adequate effects, PharmaS PROBalans should be taken for at least 10 days.
- To ensure sufficient efficacy, during and after taking PharmaS PROBalans capsules, do not drink alcoholic beverages or hot drinks.
- If you are taking antibiotics, PharmaS PROBalans capsules must be taken at least 3 hours after using antibiotics.



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- The product should be stored out of the reach of young children.
- Do not exceed the daily recommended intake.
- Food supplement should not be used as a substitute for a balanced diet and healthy lifestyle.
- PharmaS PROBalans is not suitable for children under the age of 6.

On the packaging there are pictograms which show how to use the product correctly. Pictograms mean:

CAREFULLY  
READ THE  
LEAFLET



- carefully read the leaflet

TAKE CAPSULE  
WITH WATER



- take capsule with water

NOT FOR  
CHILDREN UNDER  
THE AGE OF 6



- not for children under the age of 6

#### ■ Precautions

- Do not use PharmaS PROBalans kapsule if you are sensitive to Chamomile (*Matricaria recutita* L.), Peppermint (*Mentha piperita* L.), or to any of the product ingredients.
- If you are not sure whether you may take PharmaS PROBalans capsules, consult your pharmacist.

#### ■ If you are pregnant or nursing

- Before taking PharmaS PROBalans consult your pharmacist.
- There is no data about possible unwanted adverse effects of PharmaS PROBalans capsules in pregnancy or at nursing.

#### ■ Possible effects on psychophysical capabilities?

- There is no data about possible adverse effects of PharmaS PROBalans capsules on the driving capability.

#### ■ Storage:

- At temperatures below 25 °C.
- The product should be stored out of the reach of young children.

#### ■ Manufacturer:

PharmaS d.o.o., Radnička cesta 47, HR-10000 Zagreb, Croatia; [www.pharmas-group.com](http://www.pharmas-group.com)

#### ■ Advisory Service PharmaS:

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500812

Uputa PharmaS PROBalans kapsule, Albanija	
zemlja izvoza: ALBANIJA	Linijski kod: 100101101
šifra materijala: <b>500812</b>	Pharma kod: 812
boja: crna / crna	
dimenzija: 176 x 300 mm	materijal: Primabrite Brilliant 50 g/m <sup>2</sup>
Odobrio: PharmaS	Datum: