# Intestinal Flora

The maintenance of healthy bacterial flora in the intestine and its restoration after infectious and inflammatory diseases or antibiotic therapy is one of the specialty areas of chronobiology. This treatment is preparatory as well as preservative. Prebiotic substances derived from indigestible fibers provide the perfect breeding ground for beneficial probiotics. Modern preparations which are delicately attuned to the circadian rhythm place particular emphasis on a morning supply of well-studied fructose saccharides, minerals, special plant root substances and a carefully balanced mix of different lactic acid bacteria. This enhances the effectiveness of microorganisms in the evening, when the nutrients that have been used up are replenished by the next dose.