

# Life Force Global Pty Ltd

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## Life Force Probiotics - HER: special formulated to ease period pain, PMS, menopause and improve memory especially suitable for over 40 years old female group

### Why we need Probiotics (beneficial microbes)

When the intestinal biology is balanced or the gut is fed with beneficial microbes the thyroid is activated and this regulates all the glands around the body, including the pancreas, gall bladder, kidneys, adrenals and the liver. Most microbes have a life cycle of only 20 minutes and a species can go through 20,000 generations in a year. The dead microbes in the gut are excreted as human waste. Also, the liquid probiotic formulation will have dead microbes, however dead and living microbes are ingested all of the time with food and drinks.

Health conditions associated with an imbalance of gut biology (low or inadequate levels of beneficial microbes) include gingivitis, thrush, urinary tract infections, allergies (such as and hay fever), Candida, arthritis, chronic fatigue syndrome, cold sores, strep throat, bronchitis, acne, athlete's foot, psoriasis, constipation, chronic diarrhoea, Crohn's disease, irritable bowel syndrome (IBS), eczema, colic and nappy rash in infants, premature ageing, hyperactivity, gout, detoxification, hormonal balance and migraines.

These health conditions can be supported and perhaps eliminated by improving the biology of the gut through the daily intake of beneficial microbes, or probiotic. In a nutshell the beneficial microbes in a probiotic are the bridge between nutrition and wellbeing.

### Key ingredients:

- Premium blend of human grade probiotics and prebiotics including strains of Lactococcus, Saccharomyces, Bifidobacterium and lactobacillus

- Essential Mineral Complex (inc Zinc, Manganese, Cobalt, Selenium)
- Organic Acid blend (inc malic acid, citric acid)
- Aged Magnesium Oil (includes Magnesium Chloride, colloidal Ormus, dead sea salts)
- Phytonutrients derived from Australian organically grown seasonal produce
- Kelp Extract
- Kombucha Culture
- 5 Mushroom Complex
- Premium Organic Raw Honey
- Concentrated Sea Minerals
- Beetroot and Turmeric Nutrient Extract
- Proprietary blend of 30 Premium Organic Herbs Extract:  
(inc Dong Quai, Cats Claw, Wormwood, Wild Yam Root, Crataeva Bark, Calendula Flower and St Johns Wort...)

### Probiotics Species:

Lactobacillus	Lactococcus	Saccharomyces	Bifiobacterium
L. acidophilus	L. lactis	S. boulardii	Lactis
L. rhamnosus		S. cerevisiae	Bifidum
L. plantarum			
L. delbruecki			
L. kefir			
L. casei			
L. bulgaricus			
L. fermentum			
L. brevis			
L. helveticus			
L. salivarius			
L. sporogenes			

Note that extraction of nutrients occurs before inclusion in the fermentation. No solid material is included in the final fermentation of *Balance Probiotic*.

**Dosage:** Take 10ml daily (first thing in the morning allow 20 minutes before breakfast or before go to bed). For best result, take 10ml in the morning and 10ml at night.

**Storage:** Avoid direct sunlight, store at 10-38<sup>0</sup>C. (No need to keep in refrigerator)

**Warning:** There may be some allergic reaction to the probiotics and it should be disappeared after a few days. If the symptom persists, please consult your GP for advise.

All **Life Force** probiotics are fermented for a period of 4-6 weeks and during this period the specific beneficial microbes (listed below) have tasks to perform in the conversion of the probiotic nutrients into essential compounds, e.g. amino acids, enzymes and vitamins. However, the final probiotic product is likely to contain all of the species listed.

**Life Force** probiotics are not a medicine and are only intended to provide a nutritional and biological food supplementation.

## Symptoms arising from the use of the probiotic

Every individual will respond differently to the probiotic, because of their life history. Some of the possible side effects are:

- Detoxification (this can be through the bowel, urine and skin)
- Fever, nausea, dizziness, diarrhea, vomiting and a short period of fever, often associated with detoxification
- Constipation that is often associated with the release of old and bound-up waste matter from the gut intestinal tract.

These side effects are an outcome of the **healing process** and can be **natural reactions** to poor gut health and a toxic overload. Overall, most people will experience:

- Improved bowel movements (frequency and consistency)
- Improved skin colour, nail and hair growth
- Improved energy and sleep patterns, and feeling better about health and wellbeing.

**Yeast** can form on the top of the liquid as a white fleck (or thicker cover) under certain storage conditions. This beneficial yeast is not harmful to swallow and can be removed (if desired) by straining the contents.

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