

## What is Bio-Strath?

Bio-Strath is a Swiss herbal yeast food supplement.

During the production process that takes 2 months, yeast is cultivated on a mixture of herbs including Angelica, Balm, Basil, Caraway, Chamomile, Cinnamon, Elder, Fennel, Horseradish, Hyssop, Lavender, Liquorice, Parsley, Peppermint, Sage and Thyme. At the end of the process the yeast cell is burst open (a process called plasmolysis) releasing the naturally formed nutrients that are then available for use by the body. Our unique process of plasmolysis by fermentation uses no heat or chemicals. The only added ingredients are natural honey, malt and orange juice.

Bio-Strath is free from all artificial colourings, flavourings and preservatives. Bio Strath AG has been producing high quality food supplements since 1961. The herbal yeast formula is much more than a simple vitamin tonic and is backed up by scientific research that shows its benefits in helping support the body's natural defences when life demands that little bit extra.

### Q. CAN BIO-STRATH BE TAKEN CONTINUOUSLY?

**A.** Yes, it is safe to take Bio Strath continuously.

### Q. HOW LONG SHOULD IT TAKE TO FEEL THE BENEFITS OF BIO-STRATH?

**A.** As with many natural products, the effect of Bio Strath may take up to 3-4 weeks to become apparent dependent on individual circumstances.

### Q. CAN BIO-STRATH BE TAKEN WITH OTHER MEDICATIONS?

**A.** Yes, Bio Strath does not interact with other medications however you should always advise your doctor if you are taking any natural supplements.



## Suitability

Gluten Free	No*	Lactose Free	Yes
Dairy Free	Yes	Wheat Free	Yes
Contains nuts	No	During Pregnancy	Yes
Whilst Breast Feeding	Yes	Vegetarians	Yes
Vegan	No**	Children	Yes***
Other Medication	Yes	With High Blood Pressure	Yes
Diabetic's	No****	Asthmatics	Yes
With Thyroid Problems	Yes	Prone to candida	Yes*****
* The Elixir is not gluten free because it contains malt. Bio Strath tablets are gluten free and can be taken as an alternative.		**** The Elixir is not suitable because it contains glucose and fructose. Bio Strath tablets are suitable for diabetic's and can be taken as an alternative.	
** The Elixir is not suitable because it contains honey.		***** The Elixir does not contain live yeast. Tests have shown that Candida cannot survive in the presence of Bio-Strath.	
*** Children should take Bio-Strath at a reduced dosage.			

Bio Strath is available in bottles of 100ml, 250ml, 750ml and as tablets (100 tablet pack)

SOLE IMPORTER AND DISTRIBUTOR FOR UK AND EIRE



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Manufactured in Switzerland by Bio-Strath AG, Zurich

# For maximum vitality



**BOUNCE BACK WITH**  
**Bio-Strath**

## For optimum vitality

In today's hectic world we are often exposed to physical and mental stresses and strains. Sometimes these added pressures can affect our immune system. This can influence the way we feel and the way we perform. A varied low fat, low sugar diet including plenty of fresh fruit and vegetables along with a healthy balanced lifestyle will help you maintain good health. However there are times when our body just needs some extra support.

## Young professionals

Working hard and burning the candle at both ends can leave your body feeling drained. At times like this you may want to take a food supplement to help you maximise your physical and mental performance. Bio-Strath can help you combat this everyday tiredness and fatigue.



## Working mothers

If there is ever a time in your life when you need some extra support it is when you are juggling work, home and children. When children are at school or nursery your immune system may be put to the test. Research has shown that Bio-Strath can help optimise immune function, sustaining your resistance and providing you with that much needed feeling of vitality.

## More mature adults

As you get older you may feel like all your reserves have been used up and you think you might benefit from taking a food supplement. Bio-Strath may be able to help. Taken regularly Bio-Strath can help maintain mental alertness and sustain concentration, therefore contributing to good physical and mental well-being.

## Recovering from poor health

An episode of poor health can affect your immune system. It has worked hard and so may need a little help in getting back to optimum performance. Bio-Strath can help maintain a healthy immune system and sustain your vitality so that you can start to make the most out of life again.

## Students, children and athletes

Athletes, students and children would also benefit from taking Bio-Strath to gain optimum physical and mental performance. Studies have shown that Bio-Strath can help reduce mental fatigue and maintain good concentration making it ideal for children and students wanting to fulfil their potential.



*Bio-Strath is available in bottles of 100ml, 250ml, 750ml and as tablets (100 tablet pack) - For more information visit our website at [www.bio-strath.co.uk](http://www.bio-strath.co.uk)*



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