

Nutritious drink

THE human gastrointestinal tract is home to about 500 species of good and bad bacteria. Bad bacteria, if left unchecked, can be harmful to the body as they produce toxins and carcinogens. A combination of poor diet, alcohol, drugs, stress and aging can shift the delicate balance between good and bad bacteria in the digestive tract. Antibiotics kill bad bacteria but also decimates good bacteria. The ideal ratio of good to bad bacteria is 80:20. However, in today's modern world, most of us have the reversed ratio of 20:80.

Why do we need good bacteria in our gut? Good bacteria are important for our digestive health. They help stimulate the digestion process, aids the absorption of nutrients, produce vitamin K and biotin besides prevent harmful bacteria from dominating our gut. Furthermore, with the majority of our immune system located in our gut, the presence of good bacteria actually play a crucial role in improving our body's natural defence.

Today, many health-conscious people are aware of the importance of a healthy gut through the consumption of probiotics



Verte is a unique blend of prebiotic oligosaccharide and chlorella powder that helps enhance the level of good bacteria.

and prebiotics. Probiotics are good or beneficial bacteria that can be found in various foods. Prebiotics are non-digestible foods that make their way through our digestive system and help good bacteria grow and flourish.

A study in Belgium found that two low doses of the prebiotic inulin daily for four weeks led to a significant 10 fold increase in good gut bacteria and a reduction in the level of an enzyme linked to colon cancer.

The International Scientific Association for Probiotics and Prebiotics (ISAPP) has recommended an insulin intake of five to eight grams per day. Studies on consumption of prebiotics have shown its benefits of healthier bones, boosting immunity, enhancing satiety and aiding weight management.

Verte is a unique blend of prebiotic oligosaccharide and chlorella powder. It helps enhance the level of good bacteria, maintain an optimal intestinal environment, improves digestion, and enhances absorption of minerals such as calcium and magnesium.

Chlorella is rich in chlorophyll which is a detoxifier of heavy metals, alcohol and environmental pollutants. The consumption of chlorella also helps to restore the pH balance in our body.

Verte is free of genetically modified organisms, with no artificial preservatives and colour. It's ideal for those seeking to boost their digestive health and overall well being.

For details, call 03-2144 6208 or visit www.abdchlorella.com.