

Ingredients

Bacillus coagulans (10bn CFU per serving), Lion's Mane Extract 50% Polysaccharides, Cordyceps 4:1, Dandelion Root Powder, Siberian Ginseng, Chicory Inulin Powder, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vita - Algae (Vegan D3), Biotin, Vitamin B12

JERMS

Biotic Energy

WHAT'S IN IT FOR ME?

Your all-in-one gut, mind and body boost. Each serving of Biotic Energy has 10 billion CFUs of friendly bacteria and prebiotic fibre to enrich your gut flora and support healthy digestive function. Lion's Mane and Cordyceps improve focus, with Siberian Ginseng and Vitamin D, plus 100% of your daily recommended dose of B-Vitamins help elevate and sustain energy levels*.

- *Vitamins B1, B2, B3, B5, B6, B12, folate and biotin support normal energy release
- Vitamin B6 supports normal hormone function
- Biotin supports the health of hair and skin
- Calcium contributes to the normal function of digestive enzymes
- Pantothenic acid supports normal mental performance

FEED YOUR JERMS

Your gut microbiome is the centre of your universe. Its health and happiness affect yours. Digestion, mood, immunity, hormones, skin and more, all rely on a thriving microbiome. Biotic Energy supports and feeds your friendly gut bacteria while delivering energy-boosting ingredients to help you feel invigorated all day long.

HOW TO USE

With deep, rich cacao notes, Biotic Energy is perfect as a hot drink (**mix 1 scoop or 2 tsp** with 250ml hot water) or try in your coffee. Prefer to keep things cool? Blend into your shake or milk of choice.

HOT STUFF

Biotic Energy is designed for people with places to be. This clever strain of bacteria is **heat resistant**, meaning you can add it to your morning brew and get on with your day!

INGREDIENTS

Raw Cacao Powder, Cocoa Powder, Bacillus Coagulans (ActiBio™), Chicory Inulin Powder, Calcium from Red Marine Algae (Aquamin TG 50746), Green Kiwi Fruit Powder (Actazin®), Lion's Mane Extract (Hericium Erinaceus, Fruiting Body), Cordyceps 4:1 Extract (Cordyceps Sinensis), Dandelion Root Powder, Siberian Ginseng Extract (Eleutherococcus Senticosus), Vitamin B3 (as Niacinamide), Vitamin B5 (as Calcium-D-Pantothenate), Vitamin B2 (as Riboflavin), Vitamin B1 (as Thiamine Hydrochloride), Vitamin D3 (as Cholecalciferol), Vitamin B6 (as Pyridoxine Hydrochloride), Folic Acid (as 5-Methyltetrahydrofolate), Biotin, Vitamin B12 (as Methylcobalamin)

We're proud of our 100% natural formulation. No binders, fillers, gums, sweeteners, flavourings or stevia.

NUTRITIONAL INFORMATION

	Per 100g	Per 5g serving
Energy	1207kJ/283kcal	61kJ/14kcal
Fat	8.9g	0.5g
Of which saturates	5.3g	0.3g
Carbohydrate	34g	1.7g
Of which sugars	6.2g	0.3g
Fibre	18g	0.9g
Protein	9.5g	0.5g
Salt	0.3g	0.1g

VITAMINS & MINERALS

	Per 100g	%NRV*	Per 5g serving	%NRV*
Vitamin D3 (from Algae)	100 µg	2000%	5 µg	100%
Thiamin (Vitamin B1)	22 mg	2000%	1.1 mg	100%
Riboflavin (Vitamin B2)	28 mg	2000%	1.4 mg	100%
Niacin (Vitamin B3)	320 mg NE	2000%	16 mg NE	100%
Vitamin B6	28 mg	2000%	1.4 mg	100%
Folic Acid	4000 µg	2000%	200 µg	100%
Vitamin B12	50 µg	2000%	2.5 µg	100%
Biotin	1000 µg	2000%	50 µg	100%
Pantothenic Acid	120 mg	2000%	6 mg	100%
Calcium	4200 mg	300%	120 mg	15%

*NRV means Nutrient Reference Value
** means no NRV established
g = gram

mg – milligram
µg – micrograms
NE – niacin equivalent

CAFFEINE-FREE | VEGAN | GLUTEN FREE | HIGH IN FIBRE

Do not exceed recommended intake. Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle. Keep out of sight and reach of young children. Actazin® is a registered trademark of Anagenix Limited.

Best before end

5 065003 244061

MADE IN THE UK

Please recycle me. Store in a cool, dry place.

Packed in the UK for JERMS, 49 Station Road, Polegate, East Sussex, BN26 6EA

wearejerms.com
@wearejerms

BUY WOMEN BUILT

LDPE