

Directions for use: Take Lepicol plus+ 10 minutes before a meal. Shake pack before use.

Adults: Take 1-2 heaped teaspoons mixed with water or juice once or twice daily (5-10g) and consume immediately. This should then be followed by a further glass of water. We recommend starting with a low dose and building up gradually to suit the individual.

Children: Half the adult dose with parental supervision. Parents should seek the guidance of a medical practitioner before giving Lepicol plus+ to children under 11 years.

Pregnancy: Lepicol plus+ is suitable for use during pregnancy, but we would always suggest consulting your doctor or healthcare practitioner before taking any food supplement.

Please note: Taking Lepicol plus+ without water can cause choking. **Always aim to consume a 250ml glass of liquid with every heaped teaspoon.** Please consult your doctor before taking Lepicol plus+ if you have recently had intestinal surgery or you have an intestinal obstruction. If you experience discomfort after taking Lepicol plus+, reduce dosage or stop taking and seek medical advice. Store out of the reach of young children.

Ingredients: Psyllium husks (*Plantago ovata*/ispaghula), Inulin, Digestive enzymes (Protease, Betaine HCL), Ginger root, Papain, Peppermint leaf, Fennel seed, Bromelain, Live bacteria (see below). Each 5g provides: 3.7g Fibre

Allergen advice: May contain soya and milk as these are used in the growth media of the strains. Traces of milk are at a level that would not affect lactose intolerance sufferers.

Live bacteria:

Lactobacillus rhamnosus PXN 54
Bifidobacterium bifidum PXN 23
Lactobacillus acidophilus PXN 35
Lactobacillus plantarum PXN 47
Lactobacillus bulgaricus PXN 39



Microorganism strength: Minimum of 120 million CFU/g (1.2 x 10⁸ CFU/g), equivalent to 600 million CFU/5g dose (6.0 x 10⁸ CFU/5g).

Do not exceed the recommended daily intake.

Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

180g^e
Powder

HIGH FIBRE Lepicol[®] plus+

Gentle psyllium husk which
contributes to the maintenance
of normal bowel transit.
Food Supplement

Fibre.

Fibre is a key part of a varied and balanced diet.

What is Lepicol plus+?

Lepicol is a multi-fibre source product containing inulin and gentle psyllium husk, which contributes to maintaining normal bowel transit. Together these two ingredients can help ensure your recommended daily intake of fibre. The third key ingredient of Lepicol is 5 strains of live bacteria that are naturally present in a healthy person's digestive system. Lepicol plus+ has the extra benefit of enzymes and three botanicals, ginger root, peppermint leaf and fennel seed.

Suitable for:

- Alongside antibiotics
- Travelling
- Vegetarians
- Children
- When pregnant

Store in a cool dry place - out of direct sunlight.
Does not need refrigeration.
For Best Before End see base.

Protexin[®]
health care ●●●
Science and nature in balance

Manufactured by
**Probiotics International
Limited (Protexin)**
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180g^e
Powder

HIGH FIBRE
Lepicol[®]
Food
Supplement

Any questions?

We are here to help:
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Email info@lepicol.com,
or visit www.lepicol.com



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