



BREAST

Support your breast wellbeing with ProfBiotics EB*2

A vitamin and dietary supplement* formulation to support breast wellbeing

EB*2 PRODUCT INFORMATION LEAFLET

A vitamin and dietary supplement* formulation to support breast wellbeing.

Please read this information leaflet and keep it for future reference.

EB*2 is not a medicine and does not replace the need to eat a varied and balanced diet or reduce your need to exercise.

EB*2 is a formulation of vitamin and food supplements.

This leaflet will tell you:

1. What this product is
2. How you should use it
3. How to look after it
4. What to do if you experience an unexpected reaction
5. Where you can get more information

1. PRODUCT DESCRIPTION

EB*2 contains a unique blend of ingredients chosen after expert review.

Do supplements work?

There is an extensive body of evidence surrounding each of the ingredients used in this food supplement.

The ProfBiotics team has researched the evidence as it relates to individual vitamins and food supplements, and published its findings in respected peer reviewed medical journals.

This evidence has led to the formulation of EB*2.

We advocate that the best way to obtain micronutrients is via the diet, however when this is not possible taking a specific supplement such as EB*2 is appropriate.

Ingredients list for EB*2

Each EB*2 vegetarian capsule provides:

Vitamin D	12.5mcg (500 IU)
Zinc (from Citrate)	7.5mg
Curcumin extract	25:1 - 240mg providing 6000mg whole herb equivalent
Lycopene-rich Tomato Powder	5mg
Rice flour	(excipient)
Vegetable Capsule	Hydroxypropylmethyl Cellulose (HPMC)

Micronutrient	Per daily dose of 2 capsules	Nutrient Reference Value (NRV)	%NRV
Vitamin D	25mcg (1000IU)	5mcg	500
Zinc	15mg	10mg	150

Why these ingredients?

✓ Vitamin D

Vitamin D is an essential vitamin required by the body for proper immune function and the alleviation of inflammation.

Vitamin D can be made by the body if exposed to sunlight, but other good sources are foods such as eggs, dairy products, fish, mushrooms.

- Vitamin D contributes to normal absorption/ utilisation of calcium and phosphorus⁺
- Vitamin D contributes to normal blood calcium levels⁺
- Vitamin D contributes to the normal function of the immune system⁺
- Vitamin D has a role in the process of cell division⁺

✓ Zinc

Zinc is an essential component of the diet and is required for the synthesis of enzymes involved in nucleic acid and protein metabolism. A regular intake of zinc is necessary to maintain optimal levels as the body has no facility to store it.

- Zinc contributes to the protection of cells from oxidative stress⁺
- Zinc has a role in the process of cell division⁺
- Zinc contributes to normal DNA synthesis⁺
- Zinc contributes to normal macronutrient metabolism⁺
- Zinc contributes to normal metabolism of fatty acids⁺

✓ Curcumin

It is widely accepted that phenolic compounds contained in many foods have potential health benefits. Curcumin is the active polyphenol ingredient inside the Indian spice turmeric. Curcumin in supplements can provide a higher level of polyphenols than it is possible to obtain from foods alone.

- Curcumin helps to control inflammatory responses within the body**
- Helps to maintain the efficacy of the immune system**
- Helps to maintain resistance to allergies**
- Has significant antioxidant properties**
- Helps to facilitate fat digestion**

✓ Lycopene

Lycopene is a bright red carotenoid which gives tomato and other fruits such as watermelon, pink grapefruit, pink guava and papaya their colour. Epidemiological evidence has suggested that consumption of lycopene-containing foods may support breast wellbeing.

Rice flour is used as an excipient. This contributes nothing to the nutritional value of EB*2 but is necessary in the production of capsules as an anti-caking agent in order to help ensure that the blend of ingredients is the same in all capsules.

**denotes claims adopted from the EU Register on nutrition and health claims*

***denotes claims from EFSA Article 13.1 botanicals on hold list*

**Food Supplements do not replace the need for a healthy lifestyle and a varied and balanced diet.*

Per Container: 60 capsules

Pack net weight 36g

2. RECOMMENDED DOSE

Adults should take 2 capsules daily with a small amount of food containing fat (e.g. olive oil) to aid absorption. Fat in the diet helps the digestive system to absorb curcumin and may help the absorption of lycopene. Not recommended for children under the age of 18 years.

There is no risk attached to missing capsule doses. You can stop taking EB*2 at any time.

If you find it difficult to swallow EB*2 capsules, you can pull the shell apart and sprinkle into foods or drinks containing a small amount of fat.

Before you take EB*2

If you are on medication, pregnant, breast-feeding or have a medical condition please consult your medical practitioner before taking this product.

3. STORAGE

Do not use if the seal is broken or if packaging is damaged in any way.

Keep out of reach of children.

To maintain potency, close the lid tightly and store in a cool dry place.

Ideally store under 30°C out of direct sunlight.

4. ALLERGY AND ADDITIONAL INFORMATION

In the event that you experience any reaction caused by taking EB*2 seek the advice of your doctor immediately.

May contain traces of nuts

Contains maize and modified maize starch.

Contains vegetable and vegetable derivatives.

Contains corn and corn derivatives from maltodextrin and citric acid.

Contains fruit and fruit derivatives from tomatoes.

Contains rice and rice derivatives.

5. MORE INFORMATION

Please visit: www.profbiotics.com

E-mail: info@profbiotics.com

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Post: **ProfBiotics Ltd, Ground Floor,
2 Harley Street, London, W1G 9PA, UK**

References

Visit www.profbiotics.com for overview and full list of ingredient references and for access to published texts.

ProfBiotics® and ProfBiotics evidence based® are brands of ProfBiotics Ltd.