



LIVER

Support your liver wellbeing with ProfBiotics EB*5

A vitamin and dietary supplement* formulation to support liver wellbeing

EB*5 PRODUCT INFORMATION LEAFLET

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

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

EB*5 is not a medicine and does not replace the need to eat a varied and balanced diet or reduce your need to exercise.

EB*5 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*5 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*5. 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*5 is appropriate.

Ingredients list for EB*5

Each EB*5 vegetarian capsule provides:

Curcumin extract	25:1 - 240mg providing 6000mg whole herb equivalent
Green Tea	30:1 - 33.34mg providing 1000mg whole herb equivalent
Lycopene-rich Tomato Powder	10mg
Vitamin E (D-alpha Tocopheryl Acid Succinate)	15mg
Thiamine	5mg

Rice flour
Vegetable Capsule

(excipient)
Hydroxypropylmethyl Cellulose (HPMC)

Micronutrient	Per daily dose of 2 capsules	Nutrient Reference Value (NRV)	%NRV
Vitamin E	30mg (44IU)	12mg	250
Thiamine	10mg	1.1mg	1100

Why these ingredients?

✓ Curcumin

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 maintain the health of the liver**
- Curcumin helps to facilitate fat digestion**
- Helps to support the digestion**
- Contributes to the normal function of intestinal tract**
- 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**

✓ Green tea

It is widely accepted that phenolic compounds contained in green tea have potential health benefits. Green tea contains several forms of polyphenol flavanols called catechins, of which epigallocatechin-3-gallate (EGCG) is the most abundant.

- Green tea inhibits catechol-O-methyltransferase, an enzyme involved in the thermogenesis (burning) of body fat**
- Helps to regulate LDL/HDL ratio and blood cholesterol levels**
- Powerful antioxidants beneficial to human health**
- Maintain healthy gut flora**
- Support good digestive function**
- Help to maintain normal blood glucose levels**

- Helps to protect insulin producing glands**
- Helps to control fat metabolism**
- Helps to maintain healthy BMI**
- Prevent cholesterol absorption**
- Helps to prevent the accumulation of triglycerides**
- Helps to prevent the fat accumulation**
- Contributes to maintain normal or healthy cholesterol levels**
- Contributes to vascular health**
- Helps to maintain normal blood lipids**

✓ **Lycopene**

Lycopene is a bright red carotenoid which gives tomato and other fruits such as watermelon, pink grapefruit, pink guava and papaya their colour. Lycopene is a powerful antioxidant but may also have additional properties in DNA repair.

- Scientifically proven mix of naturally occurring antioxidants that work in synergy helping to protect cells from free radical damage**
- Scientifically proven to help maintain a good level of vitamins and antioxidants in the whole body for maintenance and functions of cells (scientifically proven with product-related studies)**

✓ **Vitamin E**

Vitamin E is a fat-soluble nutrient found in many foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals.

The body also needs vitamin E to support its immune system. It helps to widen blood vessels and keep blood from clotting within them. In addition, cells use vitamin E to interact with each other and to carry out many important functions.

- **Vitamin E contributes to the protection of cells from oxidative stress****

✓ **Thiamine**

Otherwise known as Vitamin B1, has several important functions, including:
Thiamine cannot be stored in the body, so you need it in your diet every day to prevent Vitamin B1 deficiency.

Rice flour is used as an excipient. This contributes nothing to the nutritional value of EB*5 but is necessary in the production of capsules as an anti-caking agent 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*5 at any time.

Do not exceed the recommended daily dose.

If you find it difficult to swallow EB*5 capsules, you can pull the shell apart and sprinkle into foods or drinks containing a small amount of fat.

Before you take EB*5

If you are on medication, pregnant, breast-feeding or have a medical condition please consult your medical practitioner before taking this product. Green tea may interact with some medications.

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*5 seek the advice of your doctor immediately.

Contains soya and soya derivatives

May contain traces of nuts

Contains vegetables and vegetable derivatives.

Contains natural caffeine.

Contains rice and rice derivatives.

Contains maize and maize derivatives.

Contains corn and corn derivatives from maltodextrin.

Contains fruit and fruit derivatives from tomatoes.

5. MORE INFORMATION

Please visit: www.profbiotics.com

E-mail: info@profbiotics.com

Phone: +44 (0)20 7193 8838

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.