

Can Bio-Strath be taken with other medications?

Yes, Bio-Strath does not interact with other medications however you should always advise your doctor if you are taking any natural supplements.

Are there any side effects?

There are no known side effects. Some people find the malt extract, honey and orange juice can cause mild nausea but this can be avoided if taken with meals.

Suitability

	Bio-Strath Elixir	Bio-Strath Tablets
Gluten Free	No*	Yes
Dairy Free	Yes	Yes
Contains Nuts	No	No
Lactose Free	Yes	Yes
Wheat Free	Yes	Yes
During Pregnancy	Yes	Yes
Whilst Breast Feeding	Yes	Yes
Children	Yes**	Yes**
Vegetarians	Yes	Yes
Vegan	No***	Yes
Prone to candida	Yes****	Yes****
Diabetics	No*****	Yes
With Thyroid Problems	Yes	Yes
With High Blood Pressure	Yes	Yes
Asthmatics	Yes	Yes
Other Medication	Yes	Yes

- * The Elixir is not gluten free because it contains malt. Bio-Strath tablets are gluten free and can be taken as an alternative.
- ** Children should take Bio-Strath at a reduced dosage. The Tablets can be crushed.
- *** The Elixir is not suitable because it contains honey.
- **** Bio-Strath products do not contain live yeast. Tests have shown that Candida cannot survive in the presence of Bio-Strath Elixir. If on a sugar-free diet, the Tablets are recommended.
- ***** The Elixir contains glucose and fructose. Bio-Strath tablets are suitable for diabetics and can be taken as an alternative.

Bio-Strath Elixir

Ingredients:

Plasmolysate of herbal yeast from *saccharomyces cerevisiae* (80%w/w), malt extract, honey, orange juice. No colourings, flavourings or preservatives.

Directions for use:

Adults: One 5ml teaspoonful taken 2 – 3 times a day before meals. Children aged 3 – 12 years: ½ teaspoon 2 – 3 times a day before meals. May be taken alone or mixed with juice if preferred.

Available in bottles of 100 ml, 250 ml, 750 ml

Bio-Strath Tablets

The tablets are sugar free and gluten free and are therefore suitable for diabetics and those on a gluten free diet.

Ingredients:

Saccharomyces cerevisiae herbal yeast, cellulose plant fibre, corn starch, apple pectin, silicic acid.

Directions for use:

Take 2 tablets 2 – 3 times a day before meals.

Available in packs of 100 tablets

Bio-Strath®

Bio Strath® – Herbal Yeast Food Supplement

Herbal Yeast Food Supplement

Elixir

Available in 100 ml,
250 ml and 750 ml bottles

Tablets

Available in packs of
100 Tablets

Manufactured in Switzerland
by Bio-Strath AG,
CH-8032 Zurich
www.bio-strath.ch

Sole Importer for UK and Eire:
Cedar Health, part of the
Inverness Medical UK
Group Hazel Grove,
Cheshire, SK7 5BW
Tel: 0161 483 5884
www.bio-strath.co.uk

Bio-Strath in-pack leaflet

In today's hectic world we are often exposed to physical and mental stresses and strains. Sometimes these added pressures can affect our immune system. This can influence the way we feel and the way we perform.

A varied low fat, low sugar diet including plenty of fresh fruit and vegetables along with a healthy balanced lifestyle will help you maintain good health, however there are times when our body just needs some extra support.

What is Bio-Strath?

Bio-Strath is a herbal yeast food supplement that may help optimise the body's natural defences and support mental and physical vitality. Bio-Strath is available in liquid and tablet form.

It is made in Switzerland from a unique herbal yeast, *Saccharomyces cerevisiae*, Bio-Strath's uplifting formula may:

- combat everyday tiredness and fatigue
- maintain resistance
- reduce mental fatigue
- sustain concentration

helping you to feel well and perform well!

During the production process that takes 2 months, yeast is cultivated on a mixture of herbs including Angelica, Balm, Basil, Caraway, Chamomile, Cinnamon, Elder, Fennel, Horseradish, Hyssop, Lavender, Liquorice, Parsley, Peppermint, Sage and Thyme.

By the special process of plasmolysis by fermentation, without the use of heat or chemicals, the herbal yeast cells are burst open releasing their valuable nutritionally vital substances. Bio-Strath is free from all artificial colourings, flavourings and preservatives.

Bio-Strath AG has been producing high quality food supplements since 1961. Bio-Strath herbal yeast formula is backed up by scientific research that shows its benefits in helping support the body's natural defences when life demands that little bit extra.

Who should use it?

Bio-Strath should be used by those needing to sustain vitality such as professionals with hectic lifestyles, working mothers, the elderly and those recovering from illness. Athletes, students and children would also benefit from taking Bio-Strath to help maintain optimum physical and mental performance.

Can Bio-Strath be taken continuously?

Yes, it is safe to take Bio-Strath continuously.

How long should it take to feel the benefits of Bio-Strath?

As with many natural products the time taken to feel the benefits may vary, some individuals may notice changes within 2 – 3 days whereas for others it might take longer. For full benefit a course of 2 – 3 months is recommended.

