

ColoSTABIL®

Prebiotic dietary fibres and herbs for the digestive system and excretory function

Functional food



To cleanse, regenerate and vitalize the intestines

ColoSTABIL® is a natural wholefood preparation from top quality ingredients – a balanced mix of bowel-active fibre, seeds, spices and traditional medicinal herbs. In addition to a high fibre content, the natural ingredients contain a sensational range of vitamins, trace elements, minerals, secondary plant substance such as polyphenols, bioflavonoids, anthocyanins and OPC, resveratrol and bitter substances.

Prebiotic fibre is “earth for the flourishing of the intestines”

According to literature, dietary fibre is characterized by activity in the intestine. The intestine is our largest organ with the biggest surface. Despite our unfavourable modern diet, the gut should reliably fulfil its central role in the digestion and supply with nutrients as well as the controlled excretion of end products. The intestine and its digestion play a key role in nutritional and metabolic processes. In addition, a healthy gut is home to 80 % of our immune system.



Usage of ColoSTABIL®

- for deregulated digestion or constipation
- to improve stool consistency
- as a valuable source of nutrients and fibre
- for a varied, balanced nutritional diet
- as filling, non-burdensome interim meal that is low in calories (e. g. as a shake with fruit juice)
- before and after sporting activity
- before and during weight-loss diets, de-acidification and excretory cures



According to their nature prebiotic dietary fibres support:

- a natural good 'gut feeling' and general well-being
- a normal harmonious digestion and stable bowel activity
- a normal self-cleansing of small and large intestine
- a physiological intestinal milieu and a natural, physiological intestinal flora, and consequently a stronger immune defence of the organism
- a binding and excretion of undesired substances

Maintenance of the intestines and the stool

ColoSTABIL® combines various fibrous materials, swelling agents and mucilage, which stimulate intestinal activity and help with intestinal self-cleansing and the binding and excretion of undesirable substances. In our daily modern diet, we often look in vain for the important fibre, swelling and mucus substances, which can provide a relief to the entire digestive system, but above all, to the intestines. The aim is to loosen a compact pulp through the fibre structure and thus promote the natural soaking of digestive juices, splitting enzymes and intestinal flora. Experts assume that today we consume just 10% of dietary fibre compared with the average of the rural population 50 years ago. Therefore national and international nutritional organizations recommend a long-term fibre intake of at least 30 g/day.

Probiotic fibre naturally feeds the health-promoting microorganisms in the colon. These fibres are 'breeding ground' for important bacterial strains, whose colonization can be supported by the concomitant consumption of Active BRAVO yogurt, and which are conducive to a physiologically balanced intestinal flora. In turn, a suitable flora promotes a favourable intestinal milieu, which is important for splitting the food by enzymes and, overall, supports the natural immune defence, which 80% in the intestine.

Fibres can swell to a multiple of their dry volume. This means a longer feeling of satiety for the stomach. That's why we recommend ColoSTABIL® together with one portion MyAMINO® as a full, low-calorie breakfast or as an interim meal in our metabolism program dr. reinwald metabolic regulation®. In addition, the fibres can exert a receptor stimulus on the intestinal wall, which encourages a faster transport of the intestinal contents. Tightening the gut passage time relieves the intestinal mucosa, promotes its regeneration and can reduce the time for uptake of unwanted substances in the colon.

Although the amount of high-fibre surface layers (bran) are just ca. 20% of the entire grain, they contain 40% of the vitamins, 55% of the minerals and 80% of important dietary fibre. Furthermore, domestic cereal bran is a valuable carrier of essential trace elements such as selenium, zinc, copper, chromium, iron, cobalt and manganese.

Hildegard von Bingen's herbs and bitters



Bowel-active plant substances, essential spices and herbs, as well as bitter-herbs may also have specific binding properties. In addition, their secondary plant compounds can provide natural, stimulating effects on the body's detoxification organs, e.g. liver, gall bladder, kidneys and of course the bowel itself.

ColoSTABIL® offers a unique supply of natural micronutrients, antioxidants and bitter agents as well as many forgotten ingredients from the field of traditional herbal medicine. It therefore provides an important contribution to a holistic, healthy diet.

Nutrients ColoSTABIL®

per 15 g (daily recommendation) and 100 g

Nutrients	Per 15 g	Per 100 g	
Energy/calorific value	39kcal/162kJ	259kcal/1,079 kJ	
Carbohydrate » thereof Sugar	2.0g 0.1g	13.1g 0.6g	
Fat » thereof saturated fatty acids	0.5g 0.2g	3.4g 1.1g	
Protein	1.8g	12g	
Dietary fibres	10g	64g	
Sodium	6 mg	40 mg	
Calcium	100 mg	665mg	13%
Magnesium	210 mg	1,400mg	56%
Potassium	310 mg	2,070mg	16%
Phosphorus	320 mg	2,140 mg	46%
Iron	6 mg	40mg	43%
Copper	0.1mg	0.7 mg	10%
Manganese	0.8 mg	5.4 mg	40%
Zinc	3.5mg	23.5 mg	35%
Folic acid (vitamin B9)	50 µg	340 µg	25%
Iodine	20 µg	134 µg	13%
Selenium	11 µg	75 µg	20%
Biotin (vitamin H/B7)	30 µg	200 µg	60%
Vitamin C	45 µg	300 µg	56%
Vitamin B1	0.4 mg	2.7 mg	36%
Vitamin B6	1.5 mg	10 mg	107%
Vitamin K	35 µg	233 µg	47%
Vitamin D	1.3 µg	8.7 µg	26%
<i>trans</i> -Reservatrol (from aronia berries)	28 mg	188 mg	--

RDA: % (based on quantity per 15 g) of the Recommended Daily Amount

Ingredients

Oat bran, spelt bran, ground hemp seed, broccoli powder, whole psyllium, whole linseeds, psyllium husks, ground psyllium, ground chokeberry, acerola cherry powder, artichoke powder, spice mix including gentian root, milk thistle, dandelion root, bertram, clove, caraway

Free from milk, eggs, salt, sugar, soya, yeast, flavour enhancers, preservatives and colourants. As a natural product, ColoSTABIL® is subject to natural variations in nutrient content.

Recommended consumption

Take 1 heaped tablespoon (approx. 15 g) daily added to juice, warm or cold water, milk, yoghurt, muesli or fruit. Stir well or whisk. Gradually increase within the first week. Take double the amount over the course of 4 – 6 weeks for application as a cleansing cure. Suitable for vegans.

Recipe tip: ColoSTABIL® shake!

For breakfast or as a low-calorie interim meal, ideal for sports or for weight control.

In a blender or shaker, enter:

- 200 – 300 ml of direct juice made from apple, orange or pineapple, also diluted with water, depending on taste
 - 1 heaped tbsp ColoSTABIL®
 - 1.5 tsp VitalBASE® with apple pectin
- whisk through – finished – drink quickly



Content

450 g mixture, sufficient for 30 days.

ColoSTABIL® can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise.

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