

FiboCHOL®



Cholesterol: All a question of balance

cholesterol. Hardly any other food component has to struggle with such a bad image as this fat-like substance. Nevertheless, the natural substance with the bad-boy image is incredibly important for our body - vital even. It gives our cell walls stability, acts as a basic framework for numerous body substances (e.g. certain hormones, vitamin D and bile acids) and is involved in the infiltration and exfiltration of signal substances through the cell membranes.

Cholesterol is therefore undoubtedly essential for us - but an excess can put a strain on the heart and blood vessels. It is particularly malicious that this imbalance usually goes unnoticed for a long time. High cholesterol levels do not hurt, but can lead to fat deposits in our blood vessels. A moderate level and a suitable ratio of "HDL cholesterol" to "LDL cholesterol" are therefore desirable.

Phytosterols & Cholesterol: Competing with Benefit

If you want to keep your cholesterol level in check in a natural way, you will find it in the plant kingdom: Plant phytosterols are very similar in their chemical structure to cholesterol - so similar in fact that both natural substances compete in the intestine for absorption into the body. We can take advantage of this competition. For example, the targeted supply of phytosterols hinders the absorption of cholesterol supplied through food. In this way, the natural competitor helps us to maintain a normal cholesterol level. In addition to phytosterols, soluble fibres are also part of a healthy diet. These plant constituents bind bile acids in the intestine and lead to their excretion - bile acids that have been produced from cholesterol in the liver and must be replenished.

FiboCHOL® - the natural cholesterol management from the To Go Stick

Cholesterol is a question of balance - and FiboCHOL®. Packed with plant substances, it is the inner values that make FiboCHOL® so special. The phytosterols it contains support the normal cholesterol level - for ideal quality, we rely here on the tested, high-quality phytosterol brand raw material VITASTEROL®. The soluble fibre comes from acacia fibre (Fibregum™), gluten-free fibre from oats additionally provides valuable beta-glucans. The composition is rounded off with calcium and artichoke juice powder. Whether at home, in the office or on the road - thanks to the practical ready-to-go sticks, FiboCHOL® is available for every fun and balancing act.

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BIOGENA
WELCOME TO YOURSELF

FiboCHOL®

- With vegetable phytosterols (VITASTEROL®) to support normal cholesterol levels
- A daily intake of at least 800 mg of phytosterols helps to maintain normal blood cholesterol levels.
- Combined with oat fibre rich in beta-glucans and acacia soluble fibre (Fibregum™)
- Rounded off with artichoke juice powder standardised on the ingredient cynarin, practical for on the go - thanks to the handy and easy to dose stick form

Product tip:

Do you already know Biogena MiraCHOL® 3.0 Gold? Together with FiboCHOL®, it helps you maintain a healthy cholesterol level. MiraCHOL® 3.0 stands out with its sophisticated composition of activated coenzyme Q10, monacolin K from red rice and frankincense extract, which supports the maintenance of a regular cholesterol level and heart function.

Possible applications:

- To maintain normal blood cholesterol levels
- For the supply of valuable phytosterols and dietary fibres

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Free from additives
- Without colorants, flavorings and coatings
- Gluten Free
- Lactose free
- 100% vegan
- Hypoallergenic
- Tested quality

INGREDIENTS per daily dose	Daily dose per stick	% NRV*
Oat fibre	1670 mg	-
<i>containing: Beta-Glucans</i>	450 mg	-
Phytosterols (VITASTEROL®)	1250 mg	-
Acacia fiber	750 mg	-
Calcium	160 mg	20
Artichoke juice powder	150 mg	-
<i>containing: cynarin</i>	3.8 mg	-

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Oat fibre** (contains beta-glucan), Plant sterols (31%), acacia fibre, calcium carbonate, artichoke juice powder.

RECOMMENDED DOSAGE

Daily dissolve the content of one stick (4.1 g) stir into plenty of water (approx. 150-200 ml) and drink with a meal.

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NOTE

Food supplement in accordance with EU Directive 2002/46/EC

ADDITIONAL NOTE

**Gluten free. Biogena FiboCHOL® is not intended for people who do not need to control their blood cholesterol levels. The intake of more than 3 g/day of added plant sterols/plant sterols should be avoided. People taking cholesterol-lowering medicines should only take Biogena FiboCHOL® under medical supervision. Do not use Biogena FiboCHOL® as part of a balanced and varied diet, including regular consumption of fruit and vegetables to maintain carotenoid levels.

PACKAGE SIZE AND CONTENT

30 sticks (30 daily servings à of 4.1 g), 123 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 09.07.2020.



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