



## EUBIO-B PROTOCOL

*For the well-being of the gut microbiota*

### Recommended for:

Those who want to restore the balance of their microbiota, for example after a course of antibiotic therapy.

### When is it recommended?

Stress, unhealthy lifestyles, or medication (especially antibiotics) can alter the balance of the microbiota, the collection of microorganisms that inhabit our intestines. This affects its ability to synthesize substances that are important for our well-being, including B vitamins.

The balance of the microbiota, known as “eubiosis,” is important for our well-being, intestinal and otherwise. To restore this balance, which can be altered by factors such as antibiotic therapy, we recommend a protocol based on two dietary supplements.

## YOUR DAILY PROTOCOL

*We recommend 30-day cycles.*

### *Principium* Florbioma Rigenera



With Boostbiotic® complex based on butyric acid and glutamine, to help you regain intestinal well-being

**3 tablets per day for 8 days, then continue with 1-2 tablets per day for another 12-24 days as needed; take between meals**

### *Principium* Complesso B Forte



To supplement the deficiency of B vitamins that occurs when the microbiota is out of balance

**1 capsule per day, between meals**

Visit our store locator on the [principiumlife.com](https://www.principiumlife.com) website, enter your city and find the store nearest you.



Suitable for  
vegans



Gluten  
free



Lactose  
free