

MyREGULATE

with vitamin C and live lactic acid bacterial cultures in a base of lactic fermented barley malt and beetroot extract

Dietary supplement



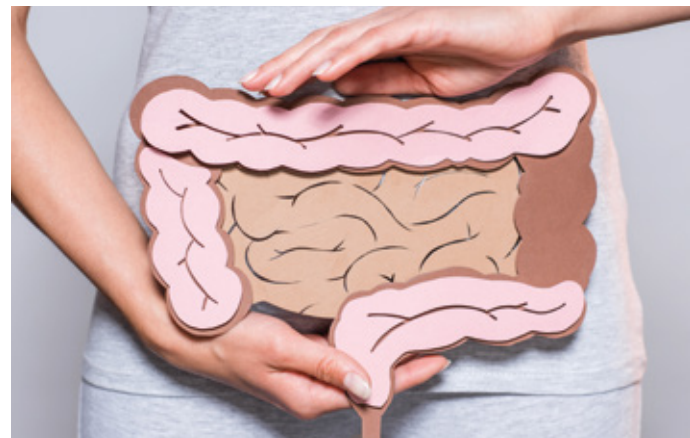
Valuable ferment concentrate

Since time immemorial, it has been known to native peoples that traditional fermented foods such as natural vinegar, miso, pickled vegetables, kefir, yogurt or kombucha are beneficial to public health. Responsible for this are the contained lactic acid bacteria and their final product, the lactic acid.

MyREGULATE is a valuable ferment concentrate from germinated, activated barley, which is “harvested” in the active optimum, that is, when the concentration of the enzymes is highest. In addition, a ferment concentrate naturally contains a multitude of amino acids, oligo peptides, phytochemicals, but especially dextrorotatory lactic acid and lactobacilli.

Use of MyREGULATE

In MyREGULATE you will find a »lactic acid turbo« that can give you a health boosting effect as if you have always enjoyed traditional fermented foods. A consistent application over a few weeks can already show positive effects in the intestinal flora, which can naturally be different for consumers. Ideally, you should maintain this positive flora by regularly consuming MyREGULATE.



MyREGULATE also contains vitamin C and contributes to:

- a normal energy metabolism
- reduction of tiredness and fatigue
- protection of cells from oxidative stress
- a normal immune system

Recommended consumption

30 – 50ml daily. These are 1.5 to 2.5 shot glasses 2cl. Suitable for vegans.



Nutrients MyREGULATE per 50 ml (daily recommendation)

Vitamin C	100 mg	125%
Beetroot extract	220 mg	--
Lactic acid bacteria cultures	50 x10 ⁹ KBE*	--

RDA: % of the Recommended Daily Amount

*CFU: Colony-forming units

Enzymes – essential for digestion

The germination or fermentation of barley forms and activates enzymes:

- cytases (hemicelluloses) for the dissolution of the cell walls (softening of the grain)
- amylases for starch degradation
- proteolytic enzymes (proteinases) for the breakdown of proteins
- phosphatases for the creation of acidic substances
- lipases

Enzymes are the catalysts for body-chemical processes. They make digestion possible by directing the food's cleavage processes and breaking the nutrients down into the building blocks needed to pass through the tiny pores of the intestinal wall and then into the bloodstream.



Lactobacilli or lactic acid bacteria are anaerobic bacilli that do not form spores and belong to the Lactobacillacea family.

Lactic acid – key to gut milieu and flora

One of the most important and versatile substances that our body can produce its own for health maintenance is the lactic acid. More precisely, our intestines produce it – or even more precisely, the lactobacilli, which are native to our intestine, as part of our intestinal flora. These so-called “good bacterial strains” produce lactic acid to fulfill various functions with it, such as the body's own regeneration of the intestine, especially its delicate epithelial and mucosal components. In particular, the natural regulation of a gut environment, which is beneficial for nutrient absorption and metabolism.

Even a slight displacement of the environment into an unphysiological pH range causes a shift of the intestinal flora into the saccharolytic or proteolytic region and is acknowledged with marked malfunctions such as fermentation and decay processes. The supply of good prebiotics facilitates the colonization with optimal bacteria for each section of the intestine and the milieu can naturally correct itself.

Good to know!

The enzymes contained in this ferment concentrate support the entire digestive tract, in particular a good protein digestion. Natural lactic acid also provides protons, which help to convert cytotoxic ammonia, as it is obtained during protein digestion, into ammonium. The ammonium can then be easily degraded in the urea cycle and excreted. An efficient ammonia elimination relieves the body's own detoxification organs, especially the intestine and the liver.

My gut, my microbiome, my immune system, MyREGULATE

The current problem, however, is that many people suffer from a disturbed microbiome, a so-called "poor gut flora", in which there are not enough lactobacilli as are needed to produce a sufficient amount of balsamic lactic acid. Modern lifestyle and Western eating habits are slowly and continuously leading to these flora shifts, and thus to the reduction of lactic acid production and the subsequent associated milieu derailment - an intensifying, negative feedback. Supporting with lactic acid-producing bacterial strains and ensuring a healthy microbiome should therefore be considered as a major nutritional task.

This works perfectly with our products ColoSTABIL® and VitalBASE®. The bowel-active substances, prebiotics and micronutrients contained in it form the basis of optimal intestinal nutrition. Very important is also a reliable pre-digestion in the stomach and the duodenum. To stimulate them, our innovative apéritif HerbiGOLD can be used as a so-called "lure for juices", which effectively supports the secretion of the glands.



But to get out of the nadir of lactic acid deficiency, the supply of dextrorotatory lactic acid, valuable enzymes and physiological bacterial cultures is a highly efficient means of rapid, targeted milieu correction. MyREGULATE was developed for this task. Activated barley malt and high-quality spring water form the basis of this enzyme-containing ferment concentrate. Special cultures of effective lactic acid bacteria and an intelligent fermentation process produce a high quality natural and wholesome lactic acid. Functional enzymes, vitamin C and the unique plant substances of beetroot complement the positive properties. The list of health promoting properties of beetroot is proven by the experience medicine and could fill a booklet. MyREGULATE uses a specially prepared organic beetroot powder extract with a 20-fold increase in vital substance density compared to fresh press juice from this wonderful tuber. The beetroot provides natural vitamins, minerals and trace elements as well as phytochemicals in great diversity.

With over 1 billion lactic acid bacteria per millilitre, MyREGULATE provides an extremely high density and regeneration pool for the microbiome. Native peoples in different parts of the world are aware of the beneficial effects of kefir, yogurt and food fermentation, and these valuable gifts of nature are staples of these crops. Often we find there strikingly many people who are healthy until old age.



Important for quality to the last drop

The filling of MyREGULATE takes place in a double-walled special bag under vacuum. In the opened container no oxygen penetrates and the contents are protected against oxidation until fully consumed. This quality makes the difference!

In MyREGULATE you will find a “lactic acid turbo”, which gives you a health supporting effect as if you’ve always enjoyed these fermented foods. A drinking cure for a few weeks can already show positive effects in the intestinal flora, which can naturally vary among consumers. This positive flora should ideally be maintained by regular consumption of MyREGULATE.

The optimal interaction of the individual and the right bacterial strains – the central organ microbiome – is an essential prerequisite for a stable intestinal function and for a self-regeneration of the intestine. When the intestine is regulated, it is an essential pillar of overall health. After all, the gut, and especially its bacterially, hosts most of our immune system.

As a natural product MyREGULATE is subject to natural fluctuations in nutritional value, smell, colour, and taste. A cloudiness is natural and not a quality defect. MyREGULATE is free from colourants and preservatives, alcohol, sugar and milk.

Ingredients & Content

Spring water, barley malt, beetroot extract, L-ascorbic acid (vitamin C), lactic acid bacterial cultures

1,200 ml

MyREGULATE 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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