

Newsletter 12/22
from the world of nutrients
with innovative product ideas



CHRISTMAS GREETINGS

We would like to say **thank you** for joining us for another year working towards the future. The ideas and passion that make our products so exciting are also yours. Despite ongoing crises, fluctuating raw material markets and the strained economic situation, we have once again been able to achieve a great deal. Your faith in us is what drives us to develop even more innovative products for you.

We would like to wish you joyful and peaceful holidays, as well as happiness, good health and continuing success for the coming year.

INFLUENTIAL MICROBIOME

Do you know the feeling when your gut starts to rumble just before an appearance, presentation or important event? That's usually because your thoughts go haywire. Stress is usually the trigger for this unwelcome rumbling. Our gut is actually very strongly and intricately linked with our mental and physical health.



The human gut is home to millions of bacteria – specifically, this is referred to as our **microbiome**. Not all the functions of the live gut flora have yet been fully explored, but researchers are discovering more and more about them. And most of them clearly see that there are huge opportunities for human health in exploring the microbiome.

The gut is primarily known to process nutrients, but the microbiome can do much more. Using modern analytical techniques, it was found that the gut is the body's most important immune organ. What's more, the composition of the microbiome, which is different in everyone, influences intestinal disorders, allergies, obesity, diabetes, and even mental health, in other words, disorders such as depression or dementia. The precise correlations are currently being further investigated.

However, it is evident that a healthy and balanced supply of vital substances to the gut is important to avoid illness.

STRENGTHEN YOUR GUT

If you want to look after your microbiome correctly, you need to look at your diet. You can help your gut with probiotic foods such as yoghurt or fermented vegetables e.g., sauerkraut. A diet rich in fibre, supplementary vital substances and special bacteria cultures can also promote gut health.

We have developed our **Gut Flora Capsules** to ideally support your gut microbiome.

A combination of cellulase, various bacteria strains, L-glutamine and biotin supports gut flora. Biotin is important for the gut mucosa, while L-glutamine is provided as a core metabolic component and for improved tissue renewal.

Are you looking for a private-label product that can promote healthy gut flora? If so, we have the right capsule product for you.



[Request now](#)

LEGAL INFORMATION ABOUT EGCG FROM GREEN TEA EXTRACT



The publication of the new Commission Regulation 2022/2340 on 30 November 2022 amended the regulation 1925/2006 regarding the addition of vitamins, minerals and certain other substances to food. A new limit was defined for epigallocatechin gallate (EGCG) from green tea extract. In addition, four new warnings must be specified on products containing epigallocatechin gallate from green tea extract. The regulation enters into force on 22 December 2022. There is a transition period until 21 June 2023 for products placed on the market before this date.

Products that are placed on the market once the regulation is in force must include the warnings. The new limit is < 800 mg EGCG per day.

The warnings are:

- Do not exceed a daily intake level of 800 mg epigallocatechin gallate.
- “Should not be consumed if you are consuming other products containing green tea on the same day.”
- “Should not be consumed by pregnant or lactating women and children below 18 years old!”
- “Should not be consumed on an empty stomach.”



SEASON'S GREETINGS

Our Christmas Holidays are: **Dec 24– Jan 1**

Our team will be back on **Jan 2**

- Last goods acceptance **Dec 16**
- Last shipping date **Dec 19**

If you need further information on our mentioned topics or have any suggestions, please feel free to contact us!