



# AB-Kefir™

## Happy Gut, Happy Family

- Abundant with postbiotics
- Formula with symbiotic fermentation
- Patented probiotic strains
- Human clinical study publication



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## Kefir: the secret of centenarians

The health benefits and nutritional values of Kefir have been recognized a century ago. In 1908, immunologist and Nobel Laureate, Élie Metchnikoff discovered the potential life-lengthening properties of Kefir in the Caucasus mountains. Kefir comprises a specific and complex mixture of bacteria that live in a symbiotic association. Studies demonstrated that kefir is associated with a wide range of health benefits, including maintaining the balance of gut microbiota and regulating the digestive tract functions.



Globally, nearly **40%** of adults suffer from a functional gastrointestinal disorder.

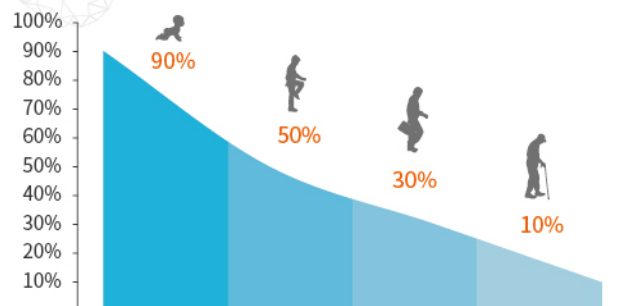


Functional gastrointestinal disorders, including abdominal bloating, dyspepsia in the upper gastrointestinal tract and constipation, are most commonly caused by dysbiosis.

Reference: Magnus Simrén (2020). The epidemiology survey of functional gastrointestinal disorder in a 73,036 person, 33 countries.

## Gut microbiota VS AB-Kefir

Gut microbiota plays an important role in metabolism and affects the body health through immune system, nervous system and other bodily processes. The quantities of good bacteria in gut decreases with age. A wide range of studies indicated that consuming AB-kefir increases the amount of *Bifidobacterium* which is effective in strengthening the immune system.



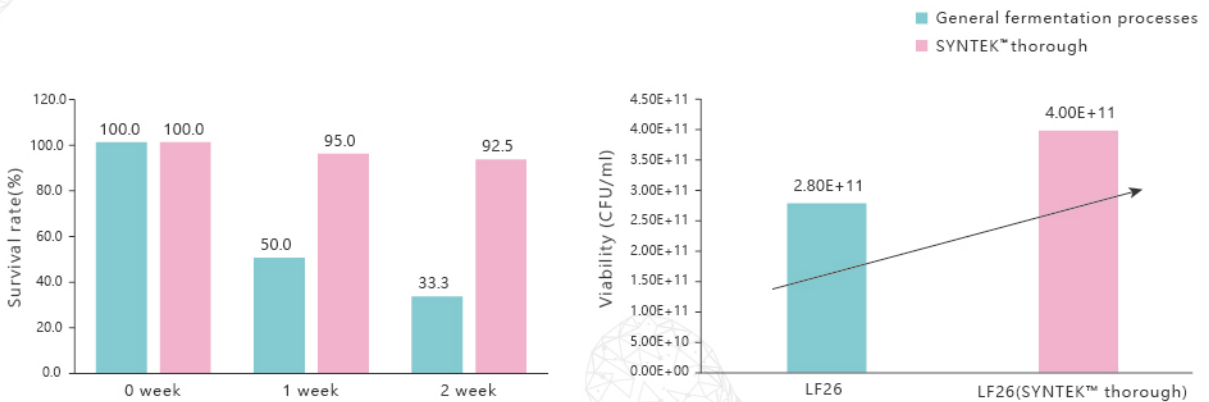
Age-related changes in the human gut good bacteria

## Why choose AB-Kefir?

- Benefit gastrointestinal health
- Symbiotic fermentation strains
- High stability and viability
- Inhibit the growth of intestinal pathogens
- Maintain the gut microbiota

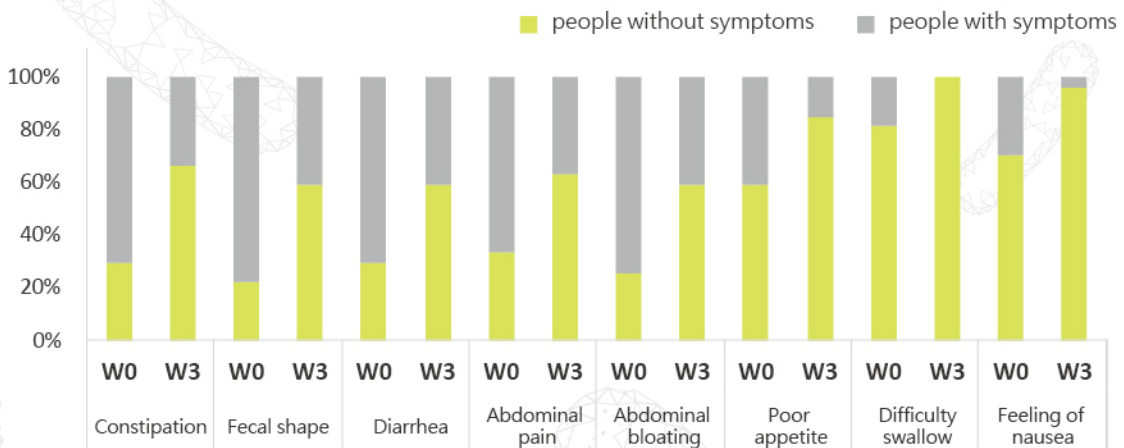
## SYNTEK™ thorough: Unique symbiotic fermentation technique

AB-Kefir keeps all active substances with the symbiotic fermentation technique, SYNTEK™ thorough. Through the unique technique, we were able to improve strain potency, stability, gastric acid/bile salt tolerance, adhesive ability and specific functions significantly.



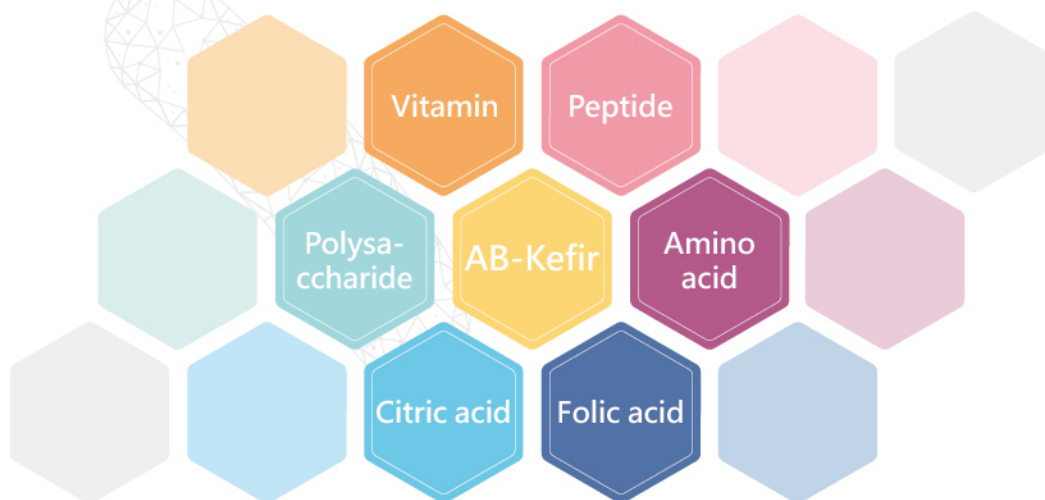
## AB-Kefir in gastrointestinal health

Results of a 4-week clinical trial conducted at Taiwan National Cheng Kung University Medical Center shows that consuming AB-Kefir increases the good bacteria and regulates the gut microbiome. In addition, AB-kefir can effectively improve gastrointestinal disorders such as constipation, diarrhea, and poor appetite.



# AB-Kefir with postbiotics

AB-Kefir is composed of seven probiotic strains and produced by the unique symbiotic fermentation with symbiotic metabolic interactions to keep all active substances named postbiotics which are involved in the regulation of cell metabolism and energy production.



## AB-Kefir product features

Product Patent

M 603759

Strain Composition

*Lactobacillus acidophilus* LA1063  
*Lactobacillus fermentum* LF26  
*Lactobacillus paracasei* LPC12  
*Streptococcus thermophilus* ST30

*Bifidobacterium longum* BL986  
*Lactobacillus helveticus* LH43  
*Lactobacillus rhamnosus* LRH10

Recommended Dose

$1.0 \times 10^9$  -  $1.0 \times 10^{10}$  CFU/day

Application

food, beverages, gummies and dietary supplement

Packaging

pre-blend powder, capsule, stick-packs

The production line has been certified with FSSC22000, NSF-GMP, ISO22000, HACCP, and HALAL.

## Reference

1. Nagpal, R., Mainali, R., Ahmadi, S., Wang, S., Singh, R., Kavanagh, K., Kitzman, D. W., Kushugulova, A., Marotta, F., & Yadav, H. (2018). Gut microbiome and aging: Physiological and mechanistic insights. *Nutrition and healthy aging*, 4(4), 267–285.
2. Wang, M. C., Zaydi, A. I., Lin, W. H., Lin, J. S., Liang, M. T., & Wu, J. J. (2019). Putative Probiotic strains isolated from kefir improve gastrointestinal health parameters in adults: A randomized, single-blind, placebo-controlled study. *Probiotics Antimicro. Prot.*

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