

Laktera and the European legislation

According to European legislation, Regulation 432/2012, all claims that point to the prevention or treatment of various diseases must be approved by the Scientific Committee of the European Food Safety Authority (EFSA), so that they can be written on the label of food or a food supplement. Approved scientific claims for the proven health effects of food supplements are called health claims and are described in Regulation 432/2012 of the European Commission.

Only *Lactobacillus bulgaricus* and *Streptococcus thermophilus* of all probiotics have a recognized and approved health claim in the European Union, namely: Live probiotics *Lactobacillus bulgaricus* and *Streptococcus thermophilus* in fermented milk improve lactose digestion in people with lactose intolerance. Lactose intolerance is a condition, different from milk allergy. People with lactose intolerance cannot consume dairy products, most often fresh milk, because they lack the enzyme that breaks down lactose. Lactose intolerance is common among the European population. It is not a congenital disease and most often appears in middle age. Milk allergy is a different condition when the body's immune system reacts against the milk protein as an antigen and is manifested with acute or chronic allergic reaction. In order to multiply in the colon *Lactobacillus bulgaricus* and *Streptococcus thermophilus* eat lactose from dairy products as thus help people who lack the enzyme that breaks down lactose. This is how they control lactose intolerance.

All Laktera products contain *Lactobacillus bulgaricus* DWT1 and *Streptococcus thermophilus* DWT4 isolated from pure spring water in Bulgaria and have a recognized health claim according to Regulation 432/2012 as they help lactose digestion.

Laktera Omega+ is a unique combination of the ancient Thracian and Mediterranean diet. In addition to the specific Bulgarian bacterium *Lactobacillus bulgaricus* DWT1 of water origin, the product also contains organic olive extract, standardized for polyphenols. The polyphenols in olive oil have a health claim according to Regulation 432/2012 as they contribute to the protection of blood lipids from oxidative stress as thus reduce cholesterol. Laktera Omega+ has two recognized health claims.

Laktera Magnesium+ gives you the power of water – sea and spring water. This probiotic contains the first in the world strain of water origin *Lactobacillus bulgaricus* DWT1 and natural active magnesium extracted from the sea depths.

This magnesium has 11 recognized health claims according to Regulation 432/2012: it is involved in cell division, maintains the normal electrolyte balance, metabolism and energy production. It contributes to a reduction of tiredness and fatigue. It maintains normal psyche and the functions of the nervous system, muscles, bones and teeth. Thus, the product Laktera Magnesium+ comes with 12 health claims.

Laktera Vegan Zn and Laktera Colon Zn are all natural probiotic formulas that in addition to *Lactobacillus bulgaricus* DWT1 of water origin, also contain active zinc. Zinc has 18 health claims recognized in the EU according to Regulation 432/2012, namely it contributes to: the normal function of the immune system; the maintenance of normal vision, bones, hair, nails and skin; normal cognitive function; normal fertility and reproduction; normal DNA and protein synthesis; normal acid-base metabolism; normal macronutrient metabolism; normal metabolism of fatty acids, vitamin A and carbohydrates; the protection of cells from oxidative stress; it has a role in the process of cell division. This makes the probiotics of the Laktera series with 19 health claims.

Laktera range of probiotics has scientifically proven health benefits for you. All you have to do is to choose the right Laktera!

Stay healthy with Laktera!