



Digestive
comfort

Boosted
immunity

Optimal
recovery

ATHLE 100 MIXX

slab51 100 BILLION LIVE BACTERIA



Trail-running
Marathon
Biking
Competition
Endurance

Microbiotic with a concentration of **100 billion** live and active bacteria **per sachet** to:

- **Strengthen your gut flora at exercise**
- **Optimize your microbiome**
- **Diversify your gut bacteria**

Athlemixx® contains **Slab51®**, a combination of 8 specific bacterial strains, maltose. Flavour: fruits of the forest.

Allergen Free. No doping substances.

Find more information on www.athlemixx.net

TO ORDER contact us at info@athlemixx.net

Or find the **PHARMACY** nearest to you at:
www.athlemixx.net/pharma

8 bacteria strain registered

The 8 Athlemixx® strains are identified and registered in France at the Institut Pasteur.

- *Streptococcus thermophilus* CNCM I-5570: 40 billion
- 5 lactobacilli: 35 billion
 - L. acidophilus* CNCM I-5567,
 - L. helveticus* CNCM I-5573,
 - L. paracasei* CNCM I-5568,
 - L. plantarum* CNCM I-5569,
 - L. brevis* CNCM I-5566
- 2 bifidobacteria: 25 billion
 - B. lactis* CNCM I-5571,
 - B. lactis* CNCM I-5572

The recommended daily intake

Initial phase (optimal colonization)

3 sachets per day for 10 days, preferably 1 sachet in the morning before breakfast and 2 sachets at bedtime.

Maintenance phase

1 sachet per day for 30 days at bedtime.

During competition

3 sachets before, or during the competition mixed in your energy drink.

Athlemixx® can be taken for as long as necessary, according to your needs and training activities.

How to take Athlemixx®

Open the sachet and stir the contents into cold or room temperature non-carbonated water, in your energy drink or mixed with applesauce.

Keep Athlemixx® in the refrigerator (+2-8°C).

The product can stay up to one week out of the refrigerator (<25°C) without affecting its potency.



OrMendes

INNOVATION in MICROBIOTICS

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Athlemixx® box of 30 sachets

Forest fruits flavour

Net weight 45g (30 x 1,5g per sachet)