

Probiotic Gold

DIETARY SUPPLEMENT



Probiotics are living bacteria. These bacteria enter the intestines via the stomach. Many of these bacteria survive the acidic environment in the stomach and small intestine and eventually reach the large intestine.

Probiotic Gold has been formulated on the basis of three branded ingredients. Lactospore is a preparation based on lactic acid bacteria (probiotic), Actilight is an oligosaccharide complex, and Fibregum is a prebiotic dietary fibre.

NZVT Certified

Probiotic Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Probiotic Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Special ingredients

Actilight®
Fibregum™
LactoSpore®

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans

Recommended use

Take one capsule with plenty of water, preferably during a hot meal. If required, the dose can be increased to two capsules.

Health Claims

- Three billion viable bacteria per capsule
- Reach the intestines alive
- Contains the patented ingredient LactoSpore®
- Bacillus Coagulans, a unique spore-forming probiotic
- With added prebiotic fibre

Composition per daily dose (one vegetarian capsule)

Ingredient	Quantity	% RI	Compound
LactoSpore®	200 mg	*	
Actilight® – Fructooligosaccharides	300 mg	*	
Fibregum™ – Prebiotic fibre	200 mg	*	
Vitamin C (as ascorbic acid)	12 mg	15%	
RI = Reference intake / * RI not determined			

¹ The beneficial effect is obtained with a daily intake of 200 mg of vitamin C, in addition to the recommended daily amount.



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An intensive training programme is associated with an increased risk of infections. After intensive exercise, the immune system is suppressed temporarily and the body is less capable of fighting off pathogens. This can last for up to 24 hours after exercising (open window). Probiotics (primarily Lactobacillus) can support the immune system via the gastrointestinal tract.

Can be used:

- To support the immune system during intensive training or a competition schedule.
- With a course of antibiotics (reduces C. Difficile infections etc.).
- For gastrointestinal problems. If an athlete experiences gastrointestinal problems whilst taking part in physical exercise or at other times, probiotics can be used. This may have a positive effect on the symptoms.
- International travel (more susceptible to infections).

Additional information

- Probiotics have no direct impact on performance.
- Reduces the risk of upper respiratory tract infections (-47%).
- Reduces the number of sick days with upper respiratory tract infections (by two days).
- Fewer gastrointestinal problems when combined with antibiotics.

A combination of probiotics and antibiotics appears to suppress the symptoms but not to counter the infection. The combination of Probiotic Gold with Krill Omega 3 Gold has a synergistic effect. This results in better attachment of bacteria to the intestinal wall.



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