

## Our History

Pascoe Canada is the Canadian subsidiary of Pascoe pharmazeutische Präparate GmbH, a family-run manufacturer of natural healthcare products headquartered in Giessen, Germany.

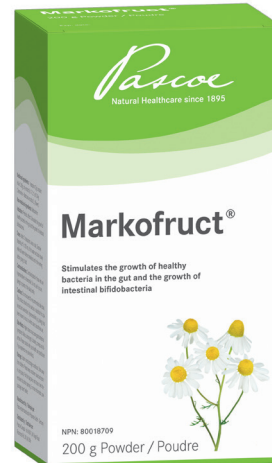
Pascoe Canada is dedicated to manufacturing and distributing natural healthcare products with over 120 years of history. Pascoe's history dates back to the pharmacy founded by Friedrich Pascoe in 1895. Pascoe the company was founded in 1918 by the pharmacist Friedrich Pascoe, who worked with a student of the famous homeopathic practitioner Samuel Hahnemann, Rev. Felke. Some of the earliest remedies still exist in the present-day Pascoe line.

In 1961, Pascoe began doing research on its products and presently continues to invest a high amount of its gross sales into research. The company is currently owned and operated by Jürgen F. Pascoe and his wife Annette D. Pascoe, the third generation of the family in the business. Pascoe is distributed in over 30 countries world-wide.



## Markofruct®

- ✓ Prebiotic to stimulate the growth of healthy gut bacteria
- ✓ Chamomile flavoured powder
- ✓ Made without lactose & suitable for ages 12 and over



For complete product information see product info insert or visit [www.pascoe.ca](http://www.pascoe.ca).



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**Pascoe**  
Natural Healthcare since 1895

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*Prebiotic for a  
Healthy Gut*



**Markofruct®**

09/2018

## All About Prebiotics

### What is a Prebiotic?

Prebiotics are a non-digestible plant based fibre compound. They act like fertilizers and work to stimulate the growth of healthy bacteria in the gut. Prebiotics are essential to having healthy gut flora and the growth of intestinal bifidobacterial.

### Prebiotic Rich Foods:

- chicory root
- jerusalem artichoke
- dandelion greens
- garlic
- onion
- leeks
- asparagus
- wheat flour
- wheat bran
- banana



### Prebiotic & Probiotic: The Connection

Prebiotics and probiotics play an important synergistic role that lead to many health benefits. Probiotics, which are live microorganisms that live inside your gastrointestinal (GI) tract, are fed by prebiotics. Therefore, the more prebiotics that the probiotics have to eat, the healthier your gut will be, as the live bacteria will work more efficiently.

## Importance of Prebiotics

### 7 Benefits of Prebiotics

1. Better gut health and improved digestion
2. Enhanced immune function
3. Reduced risk for heart disease
4. Help with weight loss/weight maintenance
5. Lower inflammation
6. Hormone regulation and improved moods
7. Protection of bone health



### The Gut: Your Second Brain

GI health is more than just linked to digestive issues; it can be linked to, or the root cause of, other health issues. The human body has about 100 million nerve cells called Enteric Nervous System (ENS), which line the GI tract and control digestion. Therefore, the ENS is in constant communication with the brain.

A healthy GI system (i.e. a system with high levels of prebiotics to feed the live probiotics) communicates effortlessly with the brain. But a less healthy GI system has a harder time communicating with the brain, resulting in health issues.

## Feed Your Gut Markofruct®

### How Pascoe Can Help!

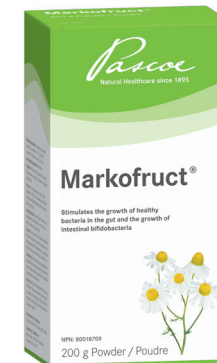
Markofruct® is a prebiotic product, which supports the healthy balance of the gut flora, has a positive effect on metabolism and enhances the body's natural immune defense. It improves the microbial ecology of the gut and protects against some bacterial pathogens, particularly in the large intestine.

### Use The Power of Nature to Feed Your Gut

Markofruct® contains 2.8g of oligofructose and 0.04g of chamomile dry extract per tablespoon. It is suitable for ages 12 and over!

Suggestive dosing is 3 tablespoons, twice a day taken dissolved in 200mL of hot water before breakfast and before bed.

Markofruct® comes in 200g powder, allowing adjustable dosing and easy administration.



**Markofruct®**  
Prebiotic effect:  
Stimulates the growth of healthy bacteria in the gut and the growth of intestinal bifidobacteria.