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Microbiome Balance

Data Sheet

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Microbiome Balance



Targeted support for your microbiome

Perfectly tailored to your gut's needs for long-term gut balance & well-being.

Targeted support for the gut

The gut microbiome is a complex ecosystem made up of trillions of microorganisms that primarily live in the colon. This microbiome plays a central role in health as it performs numerous important functions in the body.

- High-quality probiotic cultures
- High-dose, organic zinc complex
- Curcumin-ginger-saffron combination
- Supports the regeneration of the intestinal mucosa
- Perfect after the RESET program

What is Microbiome Balance?

The **Microbiome Balance** benefit set is a specially developed supplement set aimed at supporting **gut health and the balance of the microbiome** in the long term and sustainably. It combines carefully selected ingredients including high-dose organic **zinc**, **biotics (probiotic cultures)**, and **Curcumin Vital** to promote digestion, the immune system, and overall well-being.

Zinc helps to **strengthen the immune system¹**, **protect cells from oxidative stress²**, and simultaneously supports the regeneration and integrity of the intestinal lining. Biotics supports the **balance of the gut flora** with high-quality probiotic cultures, while Curcumin Vital **acts anti-inflammatory in the gut** and contributes to overall well-being.

Microbiome Balance is also the ideal supplement after the **30-day RESET gut cleanse**, as it is specifically designed to **maintain your gut health and balance** in the long term.

Why Microbiome Balance from artgerecht?

- Holistic support for your gut thanks to zinc, biotics & curcumin vital
- Foundations for healthy digestion
- 17 digestion-specific human bacterial strains for your gut microbiome balance
- Ideal for sustainably strengthening your gut after the RESET program
- Free from gluten, lactose, and artificial additives

Frequently Asked Questions

What is the Microbiome Balance Benefit Set?

The Microbiome Balance Set is a specially developed supplement set designed to support the health of your gut flora. It combines three high-quality products: **zinc**, **biotics** (probiotic cultures), and **Curcumin Vital**, to specifically promote digestion, the immune system, and overall well-being.

Who is the Microbiome Balance Set suitable for?

The set is ideal for anyone looking to strengthen their gut health. It is particularly suitable: After a gut cleanse, such as the **RESET program**. For people with digestive issues or an imbalanced microbiome. For those with an increased need for zinc, e.g., during stress, intense physical exertion, or poor diet.

How is the Microbiome Balance Set taken?

Zinc: Take 1 capsule daily with sufficient water, preferably with a meal. **Biotic:** Take 1-2 capsules daily, ideally on an empty stomach. **Curcumin Vital:** Take 1 capsule daily with a meal.

Can I take the Microbiome Balance Set long-term?

Yes, all products in the set are suitable for long-term use. They can be taken regularly to support your microbiome and promote **gut health**.

Can I take the set without prior gut cleansing?

Of course! The set is both an ideal supplement after a gut cleanse and suitable for daily support of your **gut flora**.

Are there any side effects?

The ingredients in the **Microbiome Balance** set are of high quality and well-tolerated. In rare cases, there may be a temporary adjustment phase, especially with probiotic intake. If you have any concerns, consult your doctor or naturopath.

How does the Microbiome Balance Set differ from other products?

The **Microbiome Balance** set combines scientifically backed ingredients in optimal doses: Zinc in three organic forms for the best bioavailability. Biotic with high-quality probiotic cultures for targeted support of the gut flora. Curcumin Vital in a bioavailable form to promote digestion. This tailored combination makes the set unique and especially effective.

Is the set vegan?

Yes, the Microbiome Balance Set is **100% vegan** and free from unnecessary additives.

Additional information

- SKU/MPN: 24018
- Version: 16.04.2026



1) Lactose content under 0.1 g / 100 g¹Zinc contributes to the normal function of the immune system (physical defense)²Zinc helps protect cells from oxidative stress