

Abstract

The drinking cure has the purpose of building up, promoting and maintaining the intestinal microbiome (eubiosis) and consists of a beverage
5 having at least the following components: a probiotic herbal enzyme beverage (probiotic), a prebiotic combined with essential vitamins, minerals and trace elements, a natural nutritional oil which is rich in omega 3 fatty acids and contains tocopherol. These components are processed into an emulsion and the resultant beverage can be drunk regularly, preferably daily, as part of a
10 drinking cure.