

Dr Ohhira Complete Health 950g

Ingredients

dr.ohhira(r) collagen+ 20ml x10 btl's: purified water, hydrolysed collagen (from fish)(fish), blueberry juice, acidity regulator: citric acid, hydrolysed collagen tripeptides (from fish)(fish), l-ascorbic acid (vitamin c), colour: plain caramel, royal jelly, flavouring, sweetener (sucralose), co-enzyme q10, fermented extract om-x(r) [molasses/oligosaccharides, prune, spinach, chinese matrimony, shiitake mushroom, komatsuna, fig, blueberry, chinese bayberry, yuzu, agaricus, maitake, hijiki seaweed, wakame, kombu, lactic acid bacteria: bifidobacteria (b.breve m-16v, b.infantis m-63, b.longum bb536, b.lactis(r) b1-04) lactobacillus (l.acidophilus la-14(r), l.brevis nbrc 3345, l.bulgaricus nbrc 13953, l.casei to-a, l.fermentum nbrc 3071, l.helveticus nbrc 3809, l.plantarum to-a), streptococcus thermophilus nbrc 13957], elastin (from fish)(fish), hyaluronic acid, thickener: konjac(fish), dr.ohhira(r) fermented vegetable extract om-x 5 years of fermentation;, dr.ohhira(r) deluxe 12 strains of lab 5 years of fermentation 30 capsules: molasses , safflower oil, capsule shell (modified starch: oxidised starch, thickener:carrageenan, humectant:glycerol, colour: plain caramel), emulsifier: mono-and diglycerides of fatty acids, prune fruit extract, seaweed (lithothamnion calcareum l.) powder, spinach leaf extract, antioxidant: tocopherols (rapeseed, soya bean)(soybean), chinese matrimony berry extract, shiitake mushroom fruiting body, komatsuna leaf and stalk extract, fig fruit extract, blueberry berry extract , chinese bayberry fruit extract, yuzu fruit extract, agaricus mushroom fruiting body, maitake mushroom fruiting body, hijiki seaweed thallus, wakame thallus, kombu thallus , lactic acid bacteria: bifidobacteria (b.breve m-16v, b.infantis m-63, b.longum bb536, b.lactis bl-04(r)),lactobacillus(l.acidophilus la-14(r),l.brevis nbrc 3345, l.bulgaricus nbrc 13953, l.casei to-a (0.2), l.fermentum nbrc 3071, l.helveticus nbrc 3809, l.plantarum to-a(soya),

Allergen Information - Contains

For allergens, please see ingredients in bold

Fish

Soya

May contain Allergens

N/A

Product Claims - Suitable For

Free from alcohol

Gluten Free

Lactose Intolerance

Nutritional Information

Portion Size 20 g

Energy - kJ 785.00 per 100g / 157.00 Per Portion

Energy - kcal 188.00 per 100g / 38.00 Per Portion

Fat (g) per 100g

Fat of which Saturated (g) .00 per 100g

Carbohydrates (g) 4.50 per 100g / .90 Per Portion

Carbohydrates of which Sugars (g) 4.49 per 100g / .90 Per Portion

Fibre (g) .00 per 100g

Protein (g) 42.50 per 100g / 8.50 Per Portion

Salt (g) .20 per 100g / .04 Per Portion

Storage Information

Please store in a cool, dry place.

Preparation Instructions

Other:

Dr.Ohhira® Collagen+ 20ml x10 btl's - Suggested to take one bottle of the product every day for the first 5 days. Then take one bottle every third day. 3 to 4 courses per year are recommended.

Dr.OHHIRA® Fermented Vegetable Extract 5 Years of Fermentation - Take 1 sachet per day of fermented mass with your yogurt or consume it directly from the packaging. 30 sachets for 1 month course.

Dr.Ohhira® DELUXE 12 Strains of Lab 5 Years of Fermentation 30 Capsules - Take 1 capsule with a glass of water, preferably before sleep. 30 capsules are for 1 month. Dr.OHHIRA® MIZUKI sheet-cream face mask with postbiotics for deep skin hydration - Remove the mask from the pouch and carefully unfold it. Place the mask around the eyes, and gently spread it over the entire face.

After 5-10 minutes, remove the mask and gently massage the remaining essence into the skin, pressing lightly with your hands. Dr.Ohhira® Kampuku Probiotic Beauty Soap - Soap is fitted for daily use and for all skin types. Suitable for delicate skin of the little ones if any irritations occur after wearing diapers , for adults that suffer from juvenile acne or have thin and sensitive skin , for women to sooth , moisturize and maintain healthy pH , and for men as a skin-friendly aftershave to prevent skin irritation and dryness.

Country of Origin

Japan

Online Food Disclaimer

While Selfridges takes reasonable care to ensure the information (including allergen) appearing on our website is correct, recipes and ingredients are subject to changes by our suppliers & manufacturers.

To ensure you are reviewing the most up to date information PLEASE CHECK THE PRODUCT PACKAGING BEFORE CONSUMPTION.

Unfortunately, we are unable to exchange or refund this product, unless faulty.