

NATASHA WOOLLGAR



Lampost, Parkwood, Johannesburg, South Africa.

Tel: +27 11 788 2609 | info@lampost.co.za

All Content Copyright | Lampost © 2024







KEEP YOUR
COOL WHEN
HEAT HAPPENS



**WHO KNOWS HOW
TO HANDLE THE HEAT**



A young woman with long, thin braids is sitting on a wooden bench, drinking from a clear plastic bottle of Sprite. She is wearing a black short-sleeved shirt with purple sleeves and blue denim overalls. The background features a brick wall and a large map of a city area. The Sprite logo is visible in the top right corner.

**A SPRITE IS
PERFECT AFTER**

1. HOT DAY
2. _____
3. _____



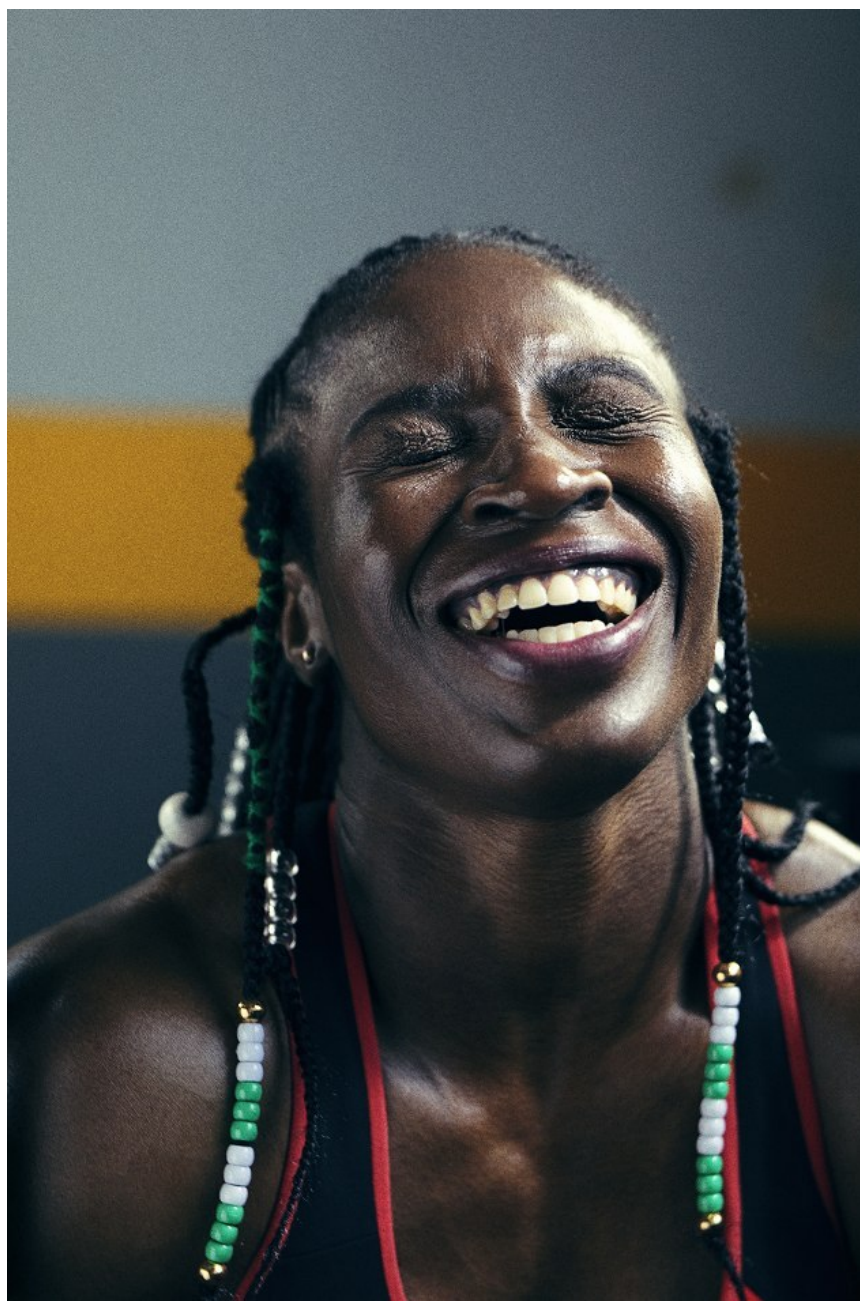
PRESS CHILL
WHEN THE HEAT
GETS REAL.





















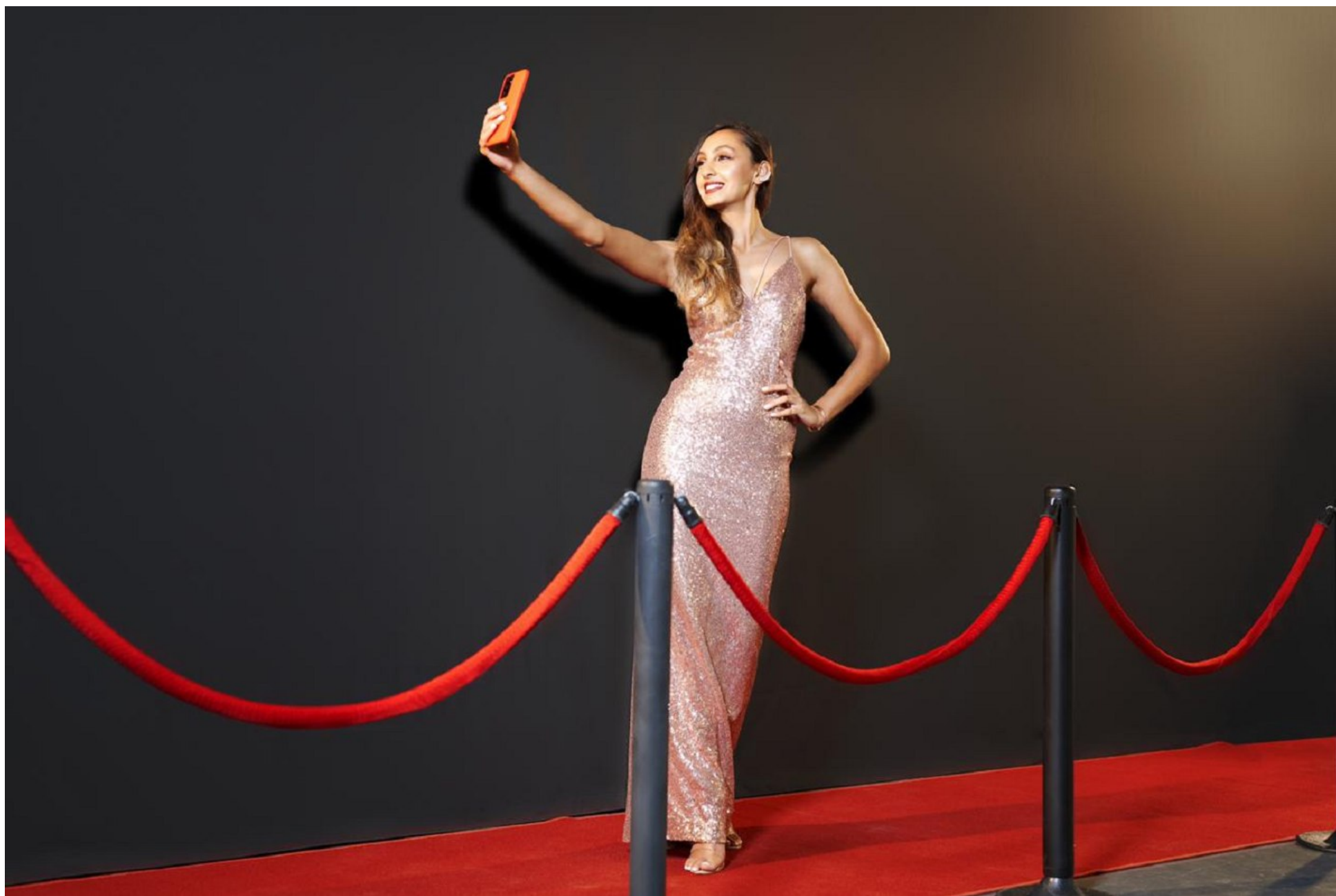


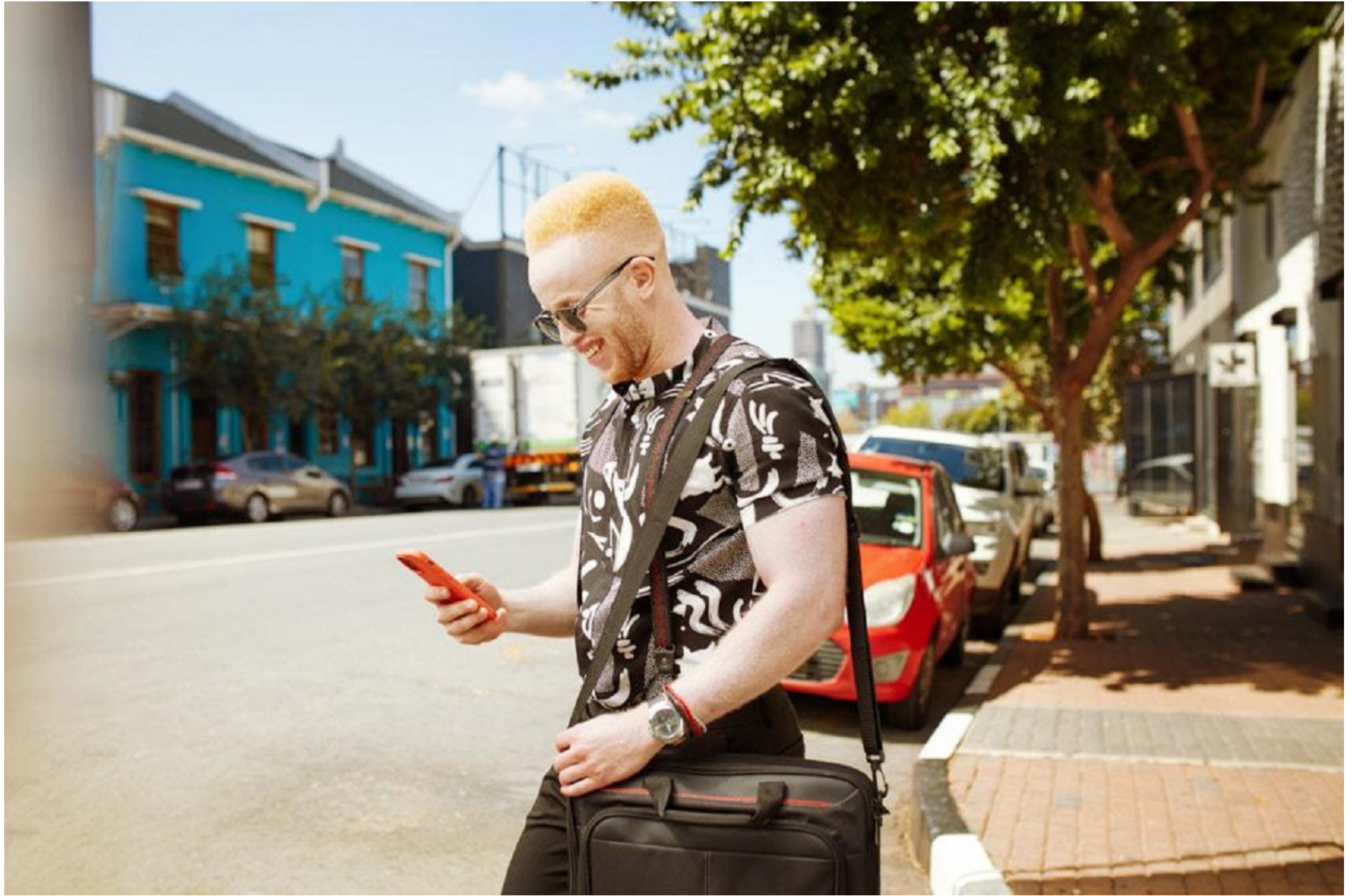
































ProbiFlora™



Why take baby steps?
#Balancedbelly #Infant

Support your baby's overall development with a unique three strain combination probiotic. ProbiFlora Infant Drops take care of the entire gastrointestinal tract from oral health, small intestine to the colon.

ProbiFlora™
Probiotic
Infant
Drops
3Strain
Regular
5 ml

adcock Ingram

ProbiFlora Probiotic Infant Drops 3 strain-regular drops. Each dose per 4 drops (0.167 ml) contains: Bifidobacterium lactis 400 million CFU; Lactobacillus rhamnosus 300 Million CFU; Lactobacillus salivarius 300 million CFU. Lactobacillus salivarius 187.5 million cfu. Health supplement. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use. 2019061210154615 Adcock Ingram Limited. Reg. No. 1948/034385/06. Private Bag X09, Bryanston, 2021, South Africa. Tel: +27 11 635 0000. www.adcock.com

ProbiFlora™



Help them develop guts like a grown up
#Junior #Growhealthy

A well balanced gut flora consists of trillions of micro-organisms most of which are bacteria in our digestive tract working together to keep our body and mind healthy.^{1,2} There are many probiotic supplements but only one **PROBIFLORA**.

ProbiFlora™
Junior
Everyday
Flora Balance
30 Chewtabs

adcock Ingram

References:
1. Role of the gut microbiota in nutrition and health. BMJ Nutr Suppl. 2016; 44. (28 April 2019) Available from: <http://www.bmj.com/>
2. Kuo, Z.Y. and Lai, S.K. The Human Gut Microbiome – A Potential Controller of Wellness and Disease. Front. Microbiol. 2018. 9(1835):1-23.
ProbiFlora Junior Everyday Flora Balance. Each tablet contains total probiotics 1 billion cfu (colony forming units), probiotic blend consisting of Lactobacillus helveticus R-52ME, Lactobacillus rhamnosus R-11ME, Bifidobacterium longum R-175M. Health supplement. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use. 2019061210154615 Adcock Ingram Limited. Reg. No. 1948/034385/06. Private Bag X09, Bryanston, 2021, South Africa. Tel: +27 11 635 0000. www.adcock.com

ProbiFlora™

GO WITH YOUR GUT.

Daily belly comfort... your way

#Nodrama #2Strain

A well balanced gut flora consists of trillions of micro-organisms most of which are bacteria in our digestive tract working together to keep our body and mind healthy.^{1,2} There are many probiotic supplements but only one **PROBIFLORA.**

ProbiFlora™ Adult Everyday Flora Balance
2 STRAIN
30 Capsules

adcock ingram

References:
1. Role of the gut microbiota in nutrition and health. BMJ 361:Suppl. 1-6-44. (28 April 2019) Available from: <http://www.bmj.com/>
2. Kuo, Z.Y. and Lai, S.K. The Human Gut Microbiome – A Potential Controller of Wellness and Disease. Front. Microbiol. 2018. 9(1835):1-23.

ProbiFlora Adult Everyday Flora Balance. Each capsule contains total probiotics 1 billion cfu (colony forming units), probiotic blend consisting of *Lactobacillus rhamnosus* Lr-30, *Bifidobacterium longum* Bl-45 and prebiotic prebiotic FOS fibre (AcLight™) 100 mg. Health supplement. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use. 2019081210154615 Adcock Ingram Limited. Reg. No. 184903438506. Private Bag X69, Bryanston, 2021, South Africa. Tel: +27 11 635 0000. www.adcock.com

ProbiFlora™

GO WITH YOUR GUT

Control that belly turbulence

#NoBloating #4strain

A well balanced gut flora consists of trillions of micro-organisms most of which are bacteria in our digestive tract working together to keep our body and mind healthy.^{1,2} There are many probiotic supplements but only one **PROBIFLORA.**

ProbiFlora™ Adult Classic Bowel Support
4 STRAIN
with HOWARU®
30 Capsules

adcock ingram

References:
1. Role of the gut microbiota in nutrition and health. BMJ 361:Suppl. 1-6-44. (28 April 2019) Available from: <http://www.bmj.com/>
2. Kuo, Z.Y. and Lai, S.K. The Human Gut Microbiome – A Potential Controller of Wellness and Disease. Front. Microbiol. 2018. 9(1835):1-23.

ProbiFlora Adult Classic Bowel Support. Each capsule contains total probiotics 5 billion cfu (colony forming units), probiotic blend consisting of *Lactobacillus acidophilus* MCFM®, *Bifidobacterium lactis* Bl-07, *Lactobacillus casei* Lc-11, *Lactococcus lactis* Lr-23 and prebiotic prebiotic FOS fibre 50 mg. Health supplement. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use. 2019081210154615 Adcock Ingram Limited. Reg. No. 184903438506. Private Bag X69, Bryanston, 2021, South Africa. Tel: +27 11 635 0000. www.adcock.com































