



Probiotic FAQ

Q: What are the benefits of a probiotic?

A: Probiotics help balance the friendly bacteria in your digestive system and may help boost the immune system. Studies show that the balance or imbalance of bacteria in your digestive system is linked to overall health or the lack thereof.

Q: How is the new formula different than the previous formula?

A: A unique, proprietary, Controlled-Release Technology micro-encapsulates eight probiotic species protecting them as they pass through stomach acid to the small intestine and colon. This micro encapsulation ensures the probiotics are acid resistant for maximum utilization in the lower digestive tract. Probiotic also contains a new bacteria strain, *B. longum*, which provides immune and digestive system maintenance and supports intestinal regularity.*

Q: Why should I use a probiotic with 8 billion CFUs versus a probiotic with higher CFUs?

A: CFU stands for Colonizing-Forming Units — units used to measure the approximate number of live bacteria cells in a serving. First, our bodies can only utilize so many units at any point in time. Second, Probiotic has an ideal 8 billion CFUs per serving. The new Controlled-Release Technology micro-encapsulates the probiotics allowing the majority of CFUs to survive and replicate in the gut after bypassing stomach acid.

Q: Explain the benefits of the new bacteria species, *B longum*?

A: *B. longum* is naturally found in the human digestive tract. It nutritionally supports intestinal regularity, digestive balance and cell-mediated immunity of the digestive system. It also detoxes as it scavenges for free radicals.

Q: Does Probiotic contain prebiotics?

A: Yes. Probiotic contains inulin and acacia, prebiotic fibers that support the colonization of friendly bacteria in the digestive tract.*

Q: What is the function of prebiotics?

A: Prebiotics nourish the microflora to ensure their survival and growth during the first few hours in the lower digestive tract.

Q: Which probiotic species are included in Probiotic?

A: Probiotic contains eight species of bacteria: *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus salivarius*, *Lactococcus lactis*, *Streptococcus thermophilus*, *Bifidobacterium bifidum*, *Bifidobacterium lactis*, *Bifidobacterium longum*

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Q: What do each of the probiotic species target?

A: *Lactobacillus*, *Lactococcus* and *Streptococcus* constitute 5 out of 8 different species within Probiotic that specifically target the small intestine to help maintain a healthy inflammatory response within the body. These species also help facilitate absorption of nutrients and support the immune system. The remaining 3 species of *Bifidobacteria* inhabit the colon (large intestine) helping to control organisms that could be negative to our health and assisting in proper waste elimination.

Q: What is a postbiotic?

A: Probiotic contains a postbiotic that functions as both an antimicrobial/antifungal compound and a prebiotic.

A: Is Probiotic vegan?

A: Yes. Probiotic is vegan.

Q: When and how should I take Probiotic?

A: For individuals age 12 and older, take two capsules daily in the morning, preferably on an empty stomach.

Q: Can children take Probiotic?

A: Yes. Children ages 4 to 12 can take the contents of one capsule daily in the morning, preferably on an empty stomach. To prevent a choking hazard, pull apart capsule and mix contents with food or beverage.

Q: How should I store Probiotic?

A: Probiotic should be stored in a cool, dry place away from light and high temperatures. Do not refrigerate.

Q: When should I start to see the effects of Probiotic?

A: One of the beneficial effects of bacteria is its proliferation, or generation time, in the intestines. Once they reproduce, they can outnumber the undesirable bacteria. Many strains of *Lactobacillus* and *Bifidobacterium* have a very short generation time, in the range of 1-2 hours in the intestinal tract, where it aids in the digestion of food. Individuals will experience varying benefits at varying times due to age, diet, genetics, etc.

Q: Are there any side effects to Probiotic?

A: While most people do not experience side effects, some may temporarily experience gas and bloating until the body adjusts.

To purchase Probiotic please visit [LINK](#).

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