



Probiotic Power

Probiotic Power Blend

(25 billion CFU/serving)

60 vcaps

Servings Per Container: 60

Serving Size: 1 capsule

Suggested Use: Take 1 capsule per day, or as directed.

Ingredients	Dose Per Serving
Lactobacillus plantarum	3 Billion CFU
Lactobacillus rhamnosus	2.5 Billion CFU
Lactobacillus brevis	3 Billion CFU
Lactobacillus reuteri	1 Billion CFU
Lactobacillus acidophilus	3.5 Billion CFU
Bifidobacteria longum	3.5 Billion CFU
Bifidobacteria breve	2 Billion CFU
Bifidobacteria lactis	2 Billion CFU
Bifidobacteria bifidum	3.5 Billion CFU
SunFiber Guar Gum	225mg
MCC	3mg

Directions: Take 1 or 2 capsules per day (25-50 billion). Often best taken on empty stomach in morning.

Why take this supplement:

These are specifically chosen top probiotics to support digestive and absorptions functions. Each component is selected for specific benefits and are considered the most recommended probiotic strains. They are especially important for those with a history of antibiotic use, food sensitivities or allergies, and digestive issues like heartburn, acid reflux or GERD.

These probiotic strains are carefully selected for their effectiveness, research and application:

- **L. plantarum** - This is temp and acid resistant and able to assist in breaking down fibres to assist with bloating or gas. It is able to break down bile acids and associated with lowering cholesterol.
- **L. rhamnosus** - This is a transient bacteria with high resistance to bile slats and stomach acid. Beneficial in vaginal and urinary tract infections and used with eczema, constipation, diarrhea, IBD, and food allergies.
- **L. brevis** - This species provides anti-inflammatory benefits and helps boost immune function by increasing natural killer cells. Benefits are shown in constipation and IBD, even in some colon cancers.
- **L. reuteri** - This species is best known for fighting pathogenic microbes. It is bile and acid resistant. It has been shown to have effectiveness for diarrhea, rotavirus, vaginalis, eczema, urinary tract infection and H. pylori.
- **L. acidophilus** - This is the most prevalent species in the body and makes up 20% of normal flora. Used for those with lactose intolerance, IBS, lyme, acne and more.
- **B. longum** - This species breaks down bile salts, helps synthesize B vitamins, decreases “bad” bacteria like E coli, clostridia and Coliform plus stimulates the immune system. In studies, it improves constipation.
- **B. breve** - This is shown to repress ulcer-inducing bacteria and other non-beneficial rotavirus and clostridium species. It is helpful in colonizing infant bowels as well.
- **B. lactis** - This acid tolerant species stimulates mucosal and cellular immunity. Research supports benefits in preventions of cold and flu, diarrhea and constipation as well as GI inflammation.
- **B. bifidum** - This is the second most prevalent species in the body and produces B vitamins plus helps with absorption of minerals and inhibits growth of unfriendly bacteria. It is helpful in IBD and reduces inflammation.

Cautions:

These probiotics are generally considered quite safe for most people. However, as with all chemicals, there are some people who are sensitive to specific components. Some people may initially experience diarrhea when introducing probiotics. If this occurs, wait a few days and try again. If it continues, take a smaller dose. If diarrhea persists, discontinue supplements.

Please consult your doctor if you have any specific questions or concerns about your suitability. No contraindications are known but potential drug interactions may exist.