

Frequently Asked Questions

What makes P84 different from other probiotic products?

P84 isn't just a probiotic, it's designed to be a complete microbiome system. With prebiotics, probiotics, postbiotics, digestive enzymes, phytonutrients, and fermented superfoods, P84 is full-spectrum microbiome care.*

What does P84 mean?

P84 stands for PhytoPower 84—a name that reflects the 84 microbiome-supporting ingredients that make up PhytoPower 1 and PhytoPower 2.

Why is P84 divided into two packets?

P84 was originally introduced as a single formula, PhytoPower 1. Following its launch, PhytoPower 2 was developed and added to create a more complete solution for gut-health support. Each formula contains unique ingredients, and when taken together, PhytoPower 1 and PhytoPower 2 work synergistically to support whole-body wellness.*

Why are PhytoPower 1 and 2 in powder form?

Powder helps preserve freshness and potency while providing better nutrient density, probiotic viability, and easy blending into drinks.

When is the best time to take P84?

We recommend taking P84 in the morning, either with or without food. It's designed to be part of your daily routine and pairs perfectly with Protandim® Nrf2 Synergizer® as part of the Healthy Edge Stack.

Can I take it at other times besides the morning?

Yes. While the morning is ideal for consistency and energy, P84 can be taken at any time of day that works best for you. What matters most is taking it daily.

How do I take P84?

Mix both PhytoPower 1 and PhytoPower 2 into 16 oz/480 mL of water or your favorite beverage. Shake or stir before drinking. Avoid hot liquids above 100°F/38°C to protect the probiotics.

Can I mix P84 with other things?

Yes. P84 can be mixed with cold beverages like water, juice, or smoothies. It also tastes great mixed with LifeVantage products like AXIO and MB Enhance. Avoid hot drinks such as coffee or tea to maintain probiotic integrity.*

Does P84 contain sugar, soy, or gluten?

P84 contains no added sugar and only 1 gram of naturally occurring sugar in PhytoPower 2. It's soy-free, dairy-free, and is formulated without gluten.

Is P84 safe for everyone?

P84 is formulated for adults and is safe for regular use. If you have any questions or concerns about taking P84, please consult your healthcare provider.

Why should I take P84 every day?

Your microbiome is exposed to stress daily—from diet, environment, and lifestyle factors. Taking P84 daily helps regulate, repair, and restore gut balance.*††

†† Results based on a P84 cell culture study.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

