

# LifeVantage® ProBio



## Get Smart About Microbiome Support

A healthy digestive system needs the right amount of beneficial microflora (bacteria and other microorganisms) to help you feel your best. But things like stress, poor diet, or other lifestyle factors can cause an imbalance in your gut microbiome. LifeVantage® ProBio supports a better balance by delivering live probiotic bacteria deep in your gastrointestinal tract to support healthy digestion and gut comfort. Added beta-glucans broaden diversity in your microbiome for full-spectrum support in your journey toward a healthy gut and happier life.\*

### 3 Reasons to Love ProBio



#### RIGHT STRAINS, RIGHT AMOUNTS

ProBio supplies clinically validated amounts—6 billion CFUs—of naturally derived probiotic bacteria shown to support gut health and comfort along with daily well-being: *Lactobacillus acidophilus* La-14, *Lactobacillus paracasei*, Lpc-37, *Lactobacillus acidophilus* NCFM, *Lactobacillus rhamnosus* GG, *Lactobacillus rhamnosus* HN001, and *Bifidobacterium animalis* subsp. *lactis* Bi-07.\*



#### BEYOND BACTERIA: BETA-GLUCAN BOOST

Added beta-1,3/1,6-glucans from baker's yeast promote a diverse balance of gut microflora, boosting support for natural immune responses without overstimulation—ensuring you don't add unnecessary stress to your system—to support year-round wellness.\*



#### DELAYED RELEASE DELIVERS REAL BENEFITS

The delayed-release, vegetarian capsule in ProBio has been shown to survive the acidic environment in the stomach and is a second line of defense ensuring probiotics remain intact during digestion to arrive deep into your small and large intestines—where they're needed most.\*

\*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.





Promotes a healthy, balanced gut microflora\*



Supports digestive health and daily well-being\*



Helps maintain gut comfort and reduce occasional, mild bloating, gas, or irregularity\*



Supports gut integrity\*



Supports your immune responses\*

## Directions

Take 1 capsule daily with a full glass of water.

**WARNING:** Not recommended for individuals under the age of 18 years or if pregnant or nursing. Consult your physician before use if you are taking medication or have a medical condition. **Use only as directed**

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

|   | Amount Per Serving             | % Daily Value |
|---|--------------------------------|---------------|
| Sodium  | 5 mg                           | <1%**         |
| Proprietary Blend   | 287 mg                         | †             |
| Beta-1,3/1,6-Glucans<br>( <i>Saccharomyces cerevisiae</i> ) |                                |               |
| <i>Lactobacillus acidophilus</i> , LA-14                    | 1.5 Billion CFU <sup>††</sup>  |               |
| <i>Lactobacillus paracasei</i> , LPC-37                     | 1.75 Billion CFU <sup>††</sup> |               |
| <i>Lactobacillus rhamnosus</i> , HN001                      | 1.6 Billion CFU <sup>††</sup>  |               |
| <i>Lactobacillus rhamnosus</i> , GG                         | 1 Billion CFU <sup>††</sup>    |               |
| <i>Bifidobacterium lactis</i> , BI-07                       | 100 Million CFU <sup>††</sup>  |               |
| <i>Lactobacillus acidophilus</i> , NCFM                     | 20 Million CFU <sup>††</sup>   |               |

\*\* % Daily Value are based on a 2,000 calorie diet.

† Daily Value not established.

†† CFU at the time of manufacturing.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silica, Magnesium Stearate, Pectin, Sodium Alginate, Gellan Gum

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## Frequently Asked Questions

### What is LifeVantage® ProBio?

LifeVantage® ProBio is a scientifically advanced microflora supplement with 6 billion CFU or 6 strains of probiotic bacteria plus beta glucans from baker's yeast. It uses a delayed-release capsule proven to survive the stomach to arrive deep in your gastrointestinal tract. Research has shown the amount of probiotics in ProBio supports healthy digestion, gut comfort, daily well-being, and natural immune system responses.\*

### What are probiotics?

Probiotic literally means "for life." Probiotics help replenish beneficial bacteria you need to help balance gut microflora, support your immune system, and improve digestion.\*

### What are beneficial bacteria?

Beneficial bacteria are living microorganisms that benefit the health of the larger organism. Beneficial bacteria occur naturally in your gastrointestinal tract and help:

- Digest food
- Generate vitamins and other substances necessary for health\*
- Maintain gut integrity to support the immune system\*
- Break down food into nutrients that gut cells can use to send good signals to the brain\*

### Why should I take ProBio?

Life can take a toll on your bacterial balance. Stress, the foods you eat, lack of sleep, and other parts of daily life can disturb the balance. If your gut is out of balance, you probably won't feel your best. Even if you consume yogurt or fermented foods often, the bacteria you consume won't permanently take up residence in your gut. So, adding a supplement to your microbiome-healthy diet helps ensure you get a consistent supply of beneficial bacteria delivered to your gut to maintain constant support.\*

### How often should I consume ProBio?

Probiotics are only visitors in your intestine and will disappear, along with their health benefits, when not consumed regularly. And the beta-glucans in ProBio are also most effective when consumed every day. So, a daily dose is recommended in order to maintain a healthy intestinal environment.\*

### How long does it take for ProBio to work?

Some people don't feel anything. It depends on the current balance of your gut microbiome. Some people have reported they begin to feel the effects after a few days. Most people, after about 2 weeks.

### How do I take this product?

Take 1 capsule daily with a full glass of water.

### Is there a best time to take ProBio?

You can take ProBio at any time of day, but it's best when it has time to make it into your lower intestines. So, you may want to consider taking it before bed, so the capsule can fully digest and populate your digestive system before you start consuming additional food or drink the next day. Or take it first thing in the morning, on an empty stomach, so it has time to travel to your intestines before you start eating or drinking.

### What does CFU mean?

This is an industry term that stands for "colony-forming units." It measures the number of beneficial live bacteria present in the product.

### What is beta-1,3/1,6-glucan?

Beta-1,3/1,6-glucan identifies the molecular structure of a compound derived from the cell walls of baker's yeast (*Saccharomyces cerevisiae*). It is a gluten-free fiber ingredient clinically proven to naturally support immune response and protect against physical and lifestyle stress. This healthy yeast supports year-round energy and health. It supports your immune system without overstimulating it—ensuring you don't add unnecessary stress to your system.\*

### Why should I take ProBio if I already take P84?

P84 is an essential Activator that gives you an excellent foundation for good gut health. It activates 14 key peptides in your gut to regulate, repair, and restore balance with a broad range of probiotics, prebiotics, postbiotics, digestive enzymes, and superfood blends to help your gut thrive. ProBio boosts microbiome support with additional strains of probiotic bacteria and yeast from beta glucans that are well-studied for their targeted support of digestion, gut comfort, daily well-being, and immune responses. Taking both products together is powerful support for a strong gut-brain axis for enhanced overall wellness.\* \*\*\*

\*\*\* Results based on a cell culture study on P84.

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## Frequently Asked Questions Continued

### Why should I take ProBio if I already take another immune product?

Your immune system is a complex network of many functions within your body. In the simplest sense, you have barrier, innate, and adaptive immune function. Your gut plays a key role in supporting these—primarily by supporting a healthy barrier. And the beta-glucan in ProBio will help support the responses of cells that are part of your innate immune system. But you also need vitamins, minerals, and other compounds to support the various aspects of immunity, such as the production, growth, and function of immune cells; modulating immune responses, etc. Many different nutrients support these various functions.\*

### Is ProBio gluten-free?

Yes. ProBio is 100% free of gluten and wheat.

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