

# Probiotics

Ten billion live bacteria at the time of manufacture\*

- Supports healthy digestive function
- Promotes immune system wellness
- Helps maintain levels of friendly bacteria within the gut
- Promotes normal bowel function and health

## What is Probiotics?

Probiotics are among the trillions of live microbial organisms that are naturally present in your body. Also known as “friendly” or “good” bacteria, probiotics help maintain intestinal wellness by promoting digestive function and nutrient absorption, as well as regular bowel function and health. They are a key component of the body’s immune defense system. As much as 80%<sup>1</sup> of the body’s immune tissue resides within the gut and is directly influenced by probiotic bacteria. In addition to inhibiting the growth of other bacteria, this good bacteria adheres to intestinal walls, reducing the availability for bad bacteria to take up residence along the walls.

4Life’s Probiotics contains a proprietary blend of five active probiotic strains to provide a wide range of probiotic support.

## Key Features

- Requires no refrigeration and is available in easy-to-carry, and share, blister packs for a longer shelf life.
- Includes multiple strains of good bacteria.
- Expert manufacturing techniques provides 10 billion live bacteria at the time of manufacture.
- Supports the body’s ability to more efficiently absorb essential nutrients.
- Packaged in veggie capsules.

## Primary Support:

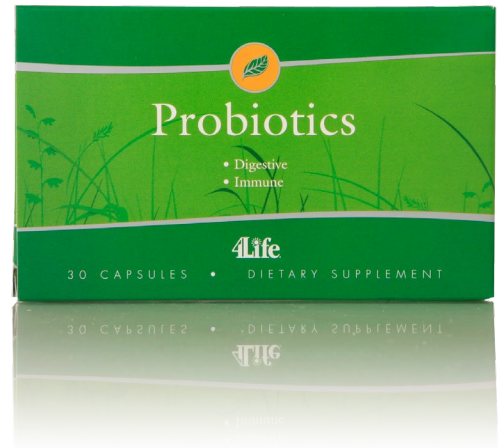
Digestive

## Secondary Support:

Immune

## Did You Know?

The adult human gut contains over 100 trillion bacteria from 400-500 different species.<sup>2</sup> In a healthy gut, only a small percentage of the bacteria present are harmful. Diet, lifestyle, antibiotics, stress and other factors can offset this balance and lead to digestive and health issues.



**DIRECTIONS:** Take two (2) to four (4) capsules daily with 8 oz of fluid.

## Supplement Facts

**Serving Size:** One (1) Capsule

**Servings Per Container:** 30

Amount Per Serving	% Daily Value
<b>Probiotic Blend 10 Billion Organisms†</b>	<b>**</b>
<i>Lactobacillus acidophilus</i>	**
<i>Bifidobacterium lactis</i> (HNO19)	**
<i>Bifidobacterium longum</i> (BL05)	**
<i>Lactobacillus rhamnosus</i> (LR32)	**
<i>Streptococcus thermophilus</i> (ST21)	**

† At time of manufacture

\*\* Daily Value not establish

**OTHER INGREDIENTS:** Microcrystalline cellulose, vegetable capsule, hydroxypropylmethyl cellulose, carboxymethyl cellulose, and stearic acid.

## Ordering Information

Item #23012 - 30 capsule box

Item #23013 - 12 for the price of 11

<sup>1</sup> Granger, N., C. G. Kevil, and M. B. Grisham. 2006. Recruitment of inflammatory and immune cells in the gut: Physiology and pathophysiology. Pages 1137-1162 in Physiology of the Gastrointestinal Tract. L. R. Johnson, D. E. Barrett, J. L. Merchant, F. K. Ghishan, H. M. Said and J. D. Wood, ed. Elsevier, Amsterdam, the Netherlands.

<sup>2</sup> Hooper LV, Gordon JI. Commensal host-bacterial relationships in the gut. Science 2001;292:1115-8.

**\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

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