

## gut health essentials

ACTIVATION STACK<sup>™</sup>

EN PROTANDIM<sup>®</sup> & LIFEVANTAGE<sup>®</sup> PRODUCTS

### *product information sheet*



## Get a Good Gut Feeling

Give your gut complete support. With a modern lifestyle, you need to keep your digestive system balanced. This set of supplements supports your digestive system in several ways: Protandim<sup>®</sup> Nrf2 Synergizer<sup>®</sup> reduces oxidative stress and fights free radicals to help your body remove wastes and toxins. LifeVantage<sup>®</sup> ProBio<sup>™</sup> delivers 6 billion CFUs of beneficial bacteria deep into your intestines, where they're needed most. This helps balance your digestive system, improve your body's efficient use of nutrients, and support your immune health. PhysIQ<sup>™</sup> Prebiotic<sup>™</sup> provides dietary fiber and key nutrients that your good bacteria need to flourish.\*

### *Benefits*



Reduces oxidative stress and fights free radicals\*  
**Protandim Nrf2 Synergizer<sup>®</sup>**



Supports a healthy and diverse gut microbiome\*  
**PhysIQ<sup>™</sup> Prebiotic**



Supports normal digestion and nutrient absorption\*  
**LifeVantage<sup>®</sup> ProBio**



Promotes digestive comfort and bowel regularity\*  
**LifeVantage<sup>®</sup> ProBio**



Supports healthy immune responses\*  
**Protandim ProBio**

\*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.

## Tips

Take your gut health into your own hands. There's a lot you can do to improve the health of your microbiome and your body's ability to absorb nutrients.



### Add Fermented Foods to Your Diet

Fermented foods provide your body with beneficial bacteria. Yogurt is the most well-known gut-friendly food, but kimchi, sauerkraut, kefir, and kombucha are also great foods to give your gut health a boost.



### Up Your Fiber Intake

Fiber stimulates good bacteria growth within your gut. Fruits, vegetables, nuts, beans, and whole grains are great sources of fiber. Aim for at least 25 grams/day to sufficiently feed your healthy bacteria.



### Chew Your Food Thoroughly

Thoroughly chewing your food sends signals to your digestive-tract that food is coming. Chewing each bite longer helps your digestive system break down the food before the next bite.



### Exercise Often

Movement helps support your microbiome. It can also promote an increase in healthy gut bacteria diversity. Exercise can get your colon moving and help manage irritable bowel symptoms.

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## Directions

For best results, take 1 LifeVantage® ProBio™ capsule, take 1 Protandim® Nrf2 Synergizer® caplet with food, and mix 1 scoop of PhysIQ™ Prebiotic™ with 8 fl. oz of water daily.

Please visit [LifeVantage.com](https://LifeVantage.com) to find the supplement facts for individual products.

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