

PRO+

✦ FAQs ✦

WHAT IS LIFEVANTAGE® PRO+?

LifeVantage® Pro+ is a scientifically advanced microflora supplement. It uses a delayed-release capsule and bacteria proven to survive the stomach to arrive deep in your gastrointestinal tract to support healthy digestion. With beta glucans added, you get full-spectrum support for your journey toward a healthier, happier life.

WHAT IS MICROFLORA?

Microflora help replenish beneficial bacteria you need to help balance the gut 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
- Send good signals to the brain

WHY SHOULD I TAKE PRO+?

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 PRO+?

Healthy bacteria from supplements are only visitors in your intestine and will disappear, along with their health benefits, when not consumed regularly. And the beta-glucans in Pro+ 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 PRO+ 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 PRO+?

You can take Pro+ 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. This healthy yeast helps support year-round energy and general well-being.

IS PRO+ GLUTEN-FREE?

Yes. Pro+ is 100% free of gluten and wheat.

HOW DOES PRO+ SUPPORT MY SYSTEM?

Having a healthy gut microflora is extremely important. Your body is home to as many bacterial cells as human cells, if not more. And your gut is one of the most densely populated areas. A healthy gut barrier is an important line of defense, so maintaining a balanced environment is essential.

CAN I GIVE PRO+ TO MY CHILD?

Many of the bacteria strains in Pro+ have been shown safe for children. However, LifeVantage Pro+ supplement has not been studied in children and is formulated for adults. We recommend you ask your pediatrician before giving your child any supplements.

CAN I GIVE PRO+ TO MY PET?

Pro+ has not been studied in animals. We recommend you ask your veterinarian before giving your pet any supplements.

CAN I TAKE PRO+ IF I'M PREGNANT?

Some of the strains in Pro+ have been shown safe for pregnant women. However, LifeVantage Pro+ supplement has not been studied in pregnant women. We recommend you ask your healthcare provider before taking any supplements.

IS IT POSSIBLE TO OVERDOSE?

No. It's more common not to get health benefits due to inadequate daily doses. As with any supplements, we recommend you always take as directed.

ARE THERE ANY SIDE EFFECTS TO TAKING MICROFLORA?

Less than 1% of test groups report any side effects. Of those who report side effects, they're usually limited to excess gas as the digestive system adapts to the bacteria being replenished in the gut. If this persists, discontinue use for a few weeks and then resume taking Pro+ at a smaller dose.

IS REFRIGERATION NECESSARY FOR PRO+ STORAGE?

No, refrigeration is not needed. Pro+ is stable and effective for up to 18 months at room temperature when sealed in the original package.

HOW IS THIS DIFFERENT FROM SIMILAR PRODUCTS ON THE MARKET?

Other supplements may dissolve in your stomach acid, never making it where they're needed most—your small and large intestine. Pro+ uses delayed-release capsules to help the bacteria arrive healthy, deep in your gastrointestinal tract, Pro+ also contains beta glucans.

DOES PRO+ CONTAIN NRF2 INGREDIENTS?

No.

CAN I USE PROTANDIM® WITH PRO+?

Yes, you may use Protandim with Pro+. In fact, because Pro+ helps support digestion, they may even work better when used together.

HAS PRO+ BEEN TESTED?

Yes, the ingredients in Pro+ have been studied in humans and shown to be safe and deliver real benefits.

IS PRO+ DAIRY-FREE?

Yes, Pro+ is dairy-free.

WHAT OTHER LIFEVANTGE PRODUCTS COMPLEMENT PRO+?

LifeVantage Daily Wellness complements Pro+. The healthy bacteria and beta-glucans work well along with vitamins, minerals, and antioxidants in the daily drink mix.