

# PROBIO™

## ✦ FAQs ✦

### WHAT IS LIFEVANTAGE® PROBIO™?

LifeVantage® ProBio is a scientifically advanced probiotic supplement. It uses a delayed-release capsule and probiotics proven to survive the stomach to arrive deep in your gastrointestinal tract to support healthy digestion. With beta glucans added to support your natural immune system response, you get full-spectrum support for your journey toward a healthier, happier life.\*

### 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\*
- 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 boosts 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 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; supporting immune cell signaling, etc. Many different nutrients support these various functions.\*

### IS PROBIO GLUTEN-FREE?

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

## HOW DOES PROBIO SUPPORT MY IMMUNE SYSTEM?

Having a healthy gut microflora is extremely important—if not necessary—for healthy immune and digestive systems. 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 your line of defense, and up to 70% of your immune cells are in your gut. So, maintaining a balanced environment is essential for healthy immune responses.\*

## CAN I GIVE PROBIO TO MY CHILD?

Many of the bacteria strains in ProBio have been shown safe for children. However, LifeVantage ProBio 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 PROBIO TO MY PET?

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

## CAN I TAKE PROBIO IF I'M PREGNANT?

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

## IS IT POSSIBLE TO OVERDOSE WITH PROBIOTICS?

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 PROBIOTICS?

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 probiotics at a smaller dose.

## IS REFRIGERATION NECESSARY FOR PROBIO STORAGE?

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

## HOW IS THIS DIFFERENT FROM ANY OTHER PROBIOTICS ON THE MARKET?

Other probiotics can dissolve in your stomach acid, never making it where they're needed most—your small and large intestine. ProBio uses delayed-release capsules to help the bacteria arrive alive, deep in your gastrointestinal tract.

ProBio also contains beta glucans, which are clinically proven to naturally support immune response and protect against physical and lifestyle stress.\*

## DOES PROBIO CONTAIN NRF2 INGREDIENTS?

No.

## CAN I USE PROTANDIM® WITH PROBIO?

Yes, you may use Protandim with ProBio. In fact, because probiotics support digestion and nutrient absorption, they may even work better when used together.

## IS PROBIO FDA APPROVED?

Dietary supplements don't need to be formally approved by the FDA (Food and Drug Administration) before they're put on the market. However, by law, all products have to be safe, legal, and do what they claim to do. The FDA does regulate products once they are on the market.

All LifeVantage supplements meet safety and quality standards required by the Current Good Manufacturing Practices (cGMP) for Dietary Supplements established by the FDA.

## HAS PROBIO BEEN TESTED?

Yes, the ingredients in ProBio have been studied in humans and shown to be safe and deliver real benefits for digestive and immune health.\*

## IS PROBIO DAIRY-FREE?

Yes, ProBio is dairy-free.

## WHICH OTHER LIFEVANTAGE PRODUCTS SHOULD I TAKE FOR IMMUNE OR DIGESTIVE SUPPORT?

We strongly recommend you pair ProBio with LifeVantage Prebiotic. The prebiotic fiber acts as food for your naturally beneficial bacteria, and it will also supply the nutrition the bacteria strains in ProBio need to flourish.

LifeVantage Daily Wellness also complements ProBio. Both support your gut microbiome. The probiotics in ProBio were specifically selected for their scientifically proven immune and digestive support. The baker's yeast in ProBio provides a boost of support for your immune system. While the postbiotic in Daily Wellness provides nourishment for your immune cells, plus added vitamins, minerals, and antioxidants that support all 3 types of immunity.

Try combining Daily Wellness and Prebiotic to drink with your ProBio capsule—that's one power-packed hydration boost!