

## PhysIQ ProBio

### What is PhysIQ ProBio?

PhysIQ ProBio is a scientifically advanced probiotic supplement. Using time-release technology, PhysIQ ProBio releases probiotics deep in your gastrointestinal tract to support optimal digestion — the smart way to take probiotics. With added immune system support, you get a full-spectrum ally in your journey toward a healthier weight and happier life.

### What are probiotics?

Probiotic literally means 'for life'. Probiotics are the healthy bacteria you need to help balance gut microflora, support your immune system and improve digestion.

### What are healthy bacteria?

Healthy bacteria are living microorganisms that benefit the health of the larger organism that live inside of you. Healthy bacteria occur naturally and probiotics helps generate metabolites in your gut that support the immune system.

### How often should I consume probiotics?

Probiotics are only 'visitors' in your intestine and will disappear, along with their health benefits, when not consumed regularly. A daily dose of probiotics is recommended in order to maintain a healthy intestinal environment.

### How do I take this product?

Take 3 tablets daily with a full glass of water. If you are on antibiotic(s), take at least 2-3 hours before or after.

### Why should I use PhysIQ ProBio?

The balance of healthy and harmful bacteria in your gut is a delicate one that affects your mental and physical health. PhysIQ ProBio uses the natural potency of probiotics to support digestion and your immune system function — helping you uncover a healthier self. ProBio is especially helpful after a cleanse program because it rebuilds and rebalances your gut microflora.

### What does CFU mean?

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

### Is PhysIQ ProBio Gluten Free?

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

### How does PhysIQ ProBio support my immune system?

Having a healthy gut microflora is extremely important – if not necessary – for a healthy immune and digestive system. The digestive tract is home to an estimated 100 trillion bacteria — which is many times more than the total number of cells in the human body.

Beginning in infancy, "friendly" gut flora are a key part of good health, helping the body digest food and perform other useful tasks. As an adult, your gut flora may need support to balance your overall health and ProBio gives it the support it needs.

### Can children take PhysIQ ProBio?

No. ProBio is formulated for adult use only.

### Is it possible to overdose with probiotics?

No. It's more common not to get health benefits due to inadequate daily doses.

### Are there any side effects to taking probiotics?

Less than 1% of test groups report any side effects. Of those that report any side effects, it's usually limited to excess gas. This problem is remedied when the user discontinues use for a few weeks.

### Is refrigeration necessary for PhysIQ ProBio storage?

Refrigeration is not needed. PhysIQ 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?

ProBio contains ingredients that have been shown to naturally support immune response and protect against physical and lifestyle stress.

### Is it safe to use if I'm pregnant?

Please consult your physician before using any natural health products while you're pregnant.

### Does PhysIQ ProBio contain Nrf2 ingredients?

No.

### Can I use Protandim® with PhysIQ ProBio?

Yes, you may use Protandim with PhysIQ ProBio.

### Has PhysIQ ProBio been tested?

Yes, the ingredients in PhysIQ ProBio have been studied in humans and shown to have benefits on digestive health.

## *PhysIQ™ Product Line*

### What is PhysIQ?

PhysIQ is the smart way to manage your weight. PhysIQ uses scientifically proven ingredients to support your diet and exercise routine — helping you look and feel your best. Designed to recharge and balance your body's natural weight management system, PhysIQ is a safe, long-term solution that starts burning stubborn fat.

### What products make up the PhysIQ Line?

PhysIQ is made up of 4 unique products: PhysIQ ProBio with Immune Support, PhysIQ Metabolic Enhancer, PhysIQ Cleanse & PhysIQ Protein Shake.

### Do I need to take all the products?

If you want the best results, take all products together. They're designed to work with each other to recharge and balance your body's natural weight management system.

### Where are the products made?

All PhysIQ products are made in the USA.

### Is exercise required when taking PhysIQ?

Yes. PhysIQ works with your exercise routine to help you manage your weight. We recommend exercising 3-5 days a week, for 30-60 minutes a day, to look and feel your best.

