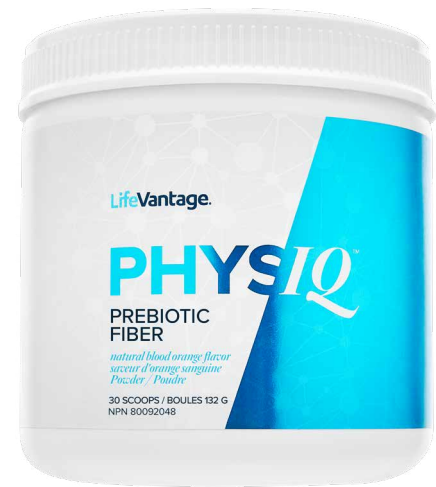


# PREBIOTIC

## IT'S NOT YOU, IT'S YOUR GUT.

PhysIQ Prebiotic works together with LifeVantage ProBio to provide a one-two punch of gut health, supporting a healthy digestive system that runs like a well-oiled machine.



### Product Info

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#### PREBIOTIC VS PROBIOTIC

Think of your gut like a garden. LifeVantage ProBio adds seeds to the garden by introducing healthy bacteria to your gut. PhysIQ Prebiotic is the water, sunlight, and

fertilizer helping those seeds stay healthy and grow. It's a one-two punch of health to your gut for a better digestive system that runs like a well-oiled machine.

### Benefits

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- Source of amino acids involved in muscle protein synthesis
- Source of soluble fiber for the maintenance of overall good health
- Helps support and maintain a healthy digestive system
- Helps stimulate the growth of healthy bacteria in the intestine / gut
- Helps provide gentle relief of constipation and / or irregularity

## PREBIOTIC

### Science

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The bacteria in our gut not only play an important role in digestion but research indicates that our microbiome could also play a major role in helping you maintain overall good health. PhysIQ Prebiotic combines the prebiotic fibers Fructooligosaccharides, PreticX® (Xylooligosaccharides), Inulin and Brown Seaweed Extract to promote a healthy digestive system.

**PreticX®** (Xylooligosaccharides), has been clinically proven to modify gut microbiota, helping to grow more good gut bacteria and to support a healthy digestive system.

**Fructooligosaccharides** FOS is a source of soluble fiber when consumed in 2g or more per day. FOS travels intact through the small intestine to the colon (large intestine), where they support the growth of healthy bacteria in the digestive tract.

**Inulin** is a nondigestible oligosaccharide, a source of soluble fiber for the maintenance of good health.

**Brown Seaweed Extract** a source of antioxidants that helps protect cells against oxidative damage.

**Amino acids** L-glutamine is an amino that helps support muscle protein synthesis.

### Directions

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**Adults:** 1 scoop 2 times per day. Mix one scoop with 8 fl. oz. (1 cup) of water daily immediately before consumption. Take 30 minutes before your largest meal with plenty of water. Take two hours before or after taking other medications or natural health products since the absorption of these products may be delayed. (Start with 1 scoop once per day and increase to 2 scoops per day if desired and/or expected results are not observed.)

Additional Dosage Information: 1 Scoop = 4.4 g

This product may not be right for you. Always read and follow the label.