

PHYSIQ™

✦ FAQs ✦

PREBIOTIC

WHAT IS PHYSIQ PREBIOTIC?

PhysIQ Prebiotic is a revolutionary combination of prebiotics to support the “good” bacteria in your gut and at the same time helps stimulate the growth of healthy bacteria in the intestine/gut.

WHAT ARE THE ACTIVE INGREDIENTS IN THE PHYSIQ PREBIOTIC?

The active ingredients include PreticX®, Fructooligosaccharide, and Inulin. These are dietary fibers that create the PhysIQ prebiotic blend. They are the main fuel of the good microflora naturally present in the gut probiotics.

WHAT IS PRETICX®?

PreticX® is a researched backed ingredient that has been clinically proven to modify gut microbiota, helping to grow more good gut bacteria and stimulate the growth of healthy bacteria in the intestine/gut.

WHAT'S THE DIFFERENCE BETWEEN A PREBIOTIC AND PROBIOTIC?

Prebiotics are food for the probiotic and helps keep the probiotics alive and thriving in your gut. The relationship between the prebiotic and probiotic is to promote a healthy gut environment. The healthy balance of bacteria helps your body absorb nutrients you need from all other supplements and food you eat to help your body perform and feel good.

WHAT IS YOUR MICROBIOME?

The human microbiome is composed of microbes that reside in and on our bodies. These microbes have potential to impact our bodies both positively and negatively. They contribute metabolic functions, protect against pathogens, and can educate the immune system. There are a few things that can affect our gut microbiome throughout our life, including physical environment, long-term diet and daily supplements, stress, and usage of antibiotics.

CAN PHYSIQ PREBIOTIC BE TAKEN WITH A PROBIOTIC?

Yes.

ARE THERE ANY SIDE EFFECTS WHILE USING PHYSIQ PREBIOTIC?

Some may experience gas or bloating if your current diet does not contain much fiber. If symptoms worsen or if laxative effect does not occur within seven days, consult a health care practitioner. If you are taking medications which inhibit peristaltic movement, consult a health care practitioner prior to use (e.g. opioids, loperamide). If you have symptoms such as abdominal pain, nausea, vomiting or fever, consult a health care practitioner prior to use. If you are experiencing

a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or have failed to defecate following the use of a laxative product, consult a health care practitioner prior to use. If you are taking blood thinners, consult a health care practitioner prior to use. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Ensure to drink enough fluid before, during and after exercise. May cause mild gastro-intestinal discomfort (such as gas, bloating, cramps). Hypersensitivity has been known to occur.

HOW DO I TAKE PHYSIQ PREBIOTIC?

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

Consult a healthcare practitioner for use beyond 12 weeks. This product may not be right for you. Always read and follow the label.

IS THE PHYSIQ PREBIOTIC FLAVORED?

Yes, PhysIQ Prebiotic is a naturally sourced blood orange flavor.

HOW SHOULD MY PHYSIQ PREBIOTIC BE STORED?

Store in well-closed containers at room temperature.
Do not use if seal is broken.

WILL MY PHYSIQ PREBIOTIC INTERFERE WITH MEDICATION?

Please contact your physician with any questions or concerns.

IS THE PHYSIQ PREBIOTIC RECOMMENDED FOR PREGNANT OR NURSING MOTHERS?

Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

CAN I USE OTHER LIFEVANTAGE NUTRITIONAL PRODUCTS WITH PHYSIQ PREBIOTIC?

Yes, you can use other LifeVantage nutritional products with PhysIQ Prebiotic.