

# Probiotics

Probiotic support for digestive health

## Proprietary blend of five active strains of “good” bacteria

We don't often think about intestinal health until we experience abdominal discomfort like bloating, constipation, or indigestion. But good intestinal health is maintained in part by a balance of trillions of bacteria and other microorganisms that co-exist within our bodies. Poor diet, a round of antibiotics to clear up an infection, or even stress can throw off our probiotic balance, causing digestive distress of varying degrees.

Probiotics are a natural remedy, dating back to ancient times when products like cultured milk and fermented foods were used to ease a wide variety of digestive upsets. Now available in easy-to-carry blister cards, 4Life's Probiotics are easy to consume and supply the “good” bacteria the body needs to assist with digestion and support intestinal immune processes.

## Key Points

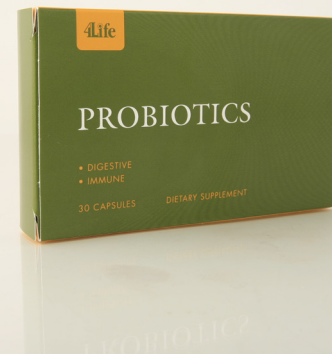
- Supports healthy digestive function
- Promotes immune system wellness
- Helps maintain healthy levels of “good” bacteria

## Did you know?

- The term “probiotics” actually means “for life,” which highlights the primary role they play in maintaining good health.
- 60-70 percent of your body's immune cells are found in your intestines.
- 4Life's Probiotics are manufactured in vegetable capsules.

## Technical Points

- Probiotics are vital to proper digestion and also perform a number of useful functions, such as preventing the overgrowth of yeast and other pathogens, and synthesizing Vitamin K.
- Researchers have found that probiotic supplementation can contribute to decreased duration of diarrhea by antibiotics.
- Probiotics maintain a healthy balance of good bacteria by producing organic compounds and inhibiting the reproduction of many harmful bacteria.



### PROBIOTICS

**DIRECTIONS:** Take one (1) or more capsules daily with 8 oz of fluid.

## Supplement Facts

**Serving Size:** One (1) Capsule

**Servings Per Container:** 30

Amount Per Serving	%DV
<b>Probiotic Blend</b>	<b>10 Billion Organisms†</b>
<i>Lactobacillus acidophilus</i>	†
<i>Bifidobacterium lactis</i> (HN019)	
<i>Bifidobacterium longum</i> (BLO5)	
<i>Lactobacillus rhamnosus</i> (LR32)	
<i>Streptococcus thermophilus</i> (ST21)	

\* Daily Value

† At time of manufacture

‡ Daily Value not establish

**Other Ingredients:** Microcrystalline cellulose, hydroxypropylmethyl cellulose, carboxymethyl cellulose, stearic acid, vegetable capsule.

### Ordering Information

Item #23012 - 30 capsule box

Item #23013 - 12 for the price of 11