



# ACIDOPHILUS & BIFIDUS



**60 Billion**  
Microorganisms  
*Per Capsule*

## DO NOT CONTAIN

- Artificial colours • Flavours • Sugar • Soy • Wheat
- Preservatives • Dairy • Gluten • Corn • FOS • Yeast
- Genetically modified or engineered ingredients

## ACIDOPHILUS AND BIFIDUS PROBIOTIC

Our most popular best-selling probiotic supplement containing five beneficial strains of freeze-dried probiotic microorganisms that specifically target and help the small and large intestines, improving the intestinal microflora and digestive system.

**NOTE:** Every digestive system is different and unique like a fingerprint. You need to find the dosage that best suits YOU. It may be one, two, four or six capsules per day. This gradual increase is a good way to find your optimum personal dosage.

## How long will the capsules last?

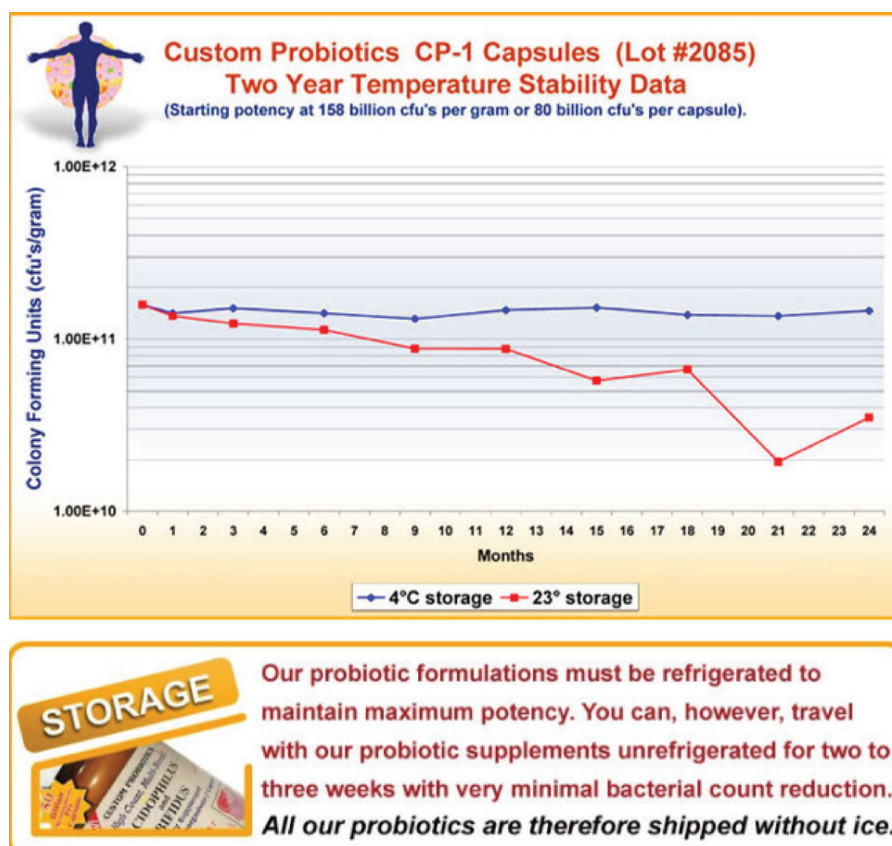
Each probiotic capsule will supply 60 billion CFU's total of five different strains. This potency is guaranteed at the time of expiration, which is one year from the date of manufacture. If you take one capsule a day the bottle will last you 3 months – all bottles are amber glass.

## ALLERGEN STATEMENT

Below is a table of all the allergens that are NOT present in any of our probiotic formulations.

### Storage and temperature stability:

Our probiotic supplements are temperature stable for 2–3 weeks without refrigeration. We have done 2 year temperature stability testing on our probiotics. We overdesign our probiotics so that the loss will not affect the potency indicated on the label. You can travel with our probiotics for 2–3 weeks without refrigeration. It is best however to keep probiotics refrigerated for optimum potency. Below is our 2-year temperature stability probiotic study for your information.



### Acidophilus and Bifidus Probiotic capsules have the following requirements:

- ✓ Exert a beneficial effect on the host
- ✓ Are non-pathogenic and nontoxic
- ✓ Contain a large number of viable cells
- ✓ Are of human origin
- ✓ Are capable of surviving and metabolizing in the gut
- ✓ Remain viable during storage and use
- ✓ Are antagonistic to pathogens

### Description:

High Count, multi strain Acidophilus and Bifidus probiotic dietary supplement. 60 billion cfu's per capsule at the time of expiration. 90 capsules per bottle.

### Ingredients:

• L. Acidophilus • L. Rhamnosus • L. Plantarum • B. Lactis • B. Bifidum

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silica, gelatin capsules.

### Dosage suggestions and usage:

Start with one capsule (60 Billion cfu's) first thing in the morning (30 minutes prior to eating) and one capsule at bedtime with a full glass of water. Continue this dosage for three days.

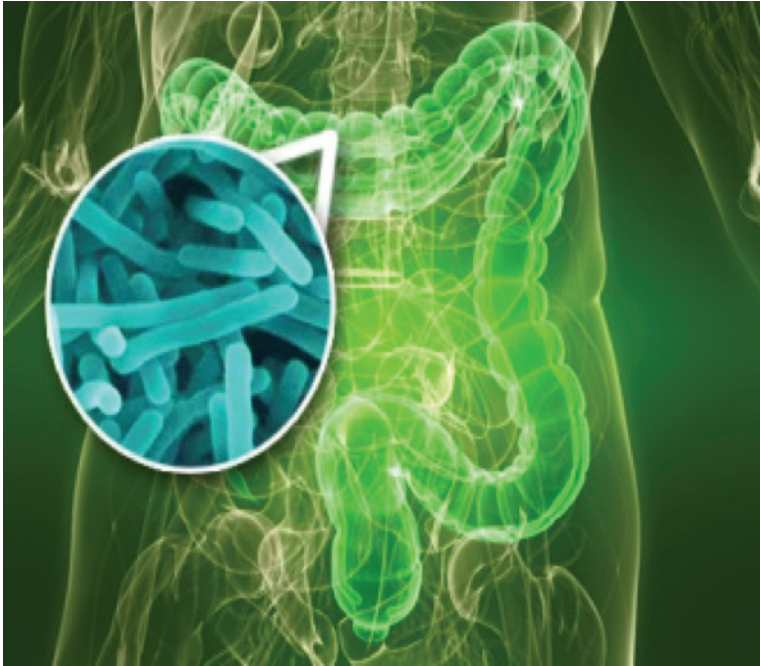
After three days raise the dosage to two capsules first thing in the morning and two at bedtime, if need be.

Continue for 3 days. If you are not getting the expected results, raise the dosage to three capsules first thing in the morning and three at bedtime. Remain at the dosage that works best for you.

## Beneficial for ...

- Improve absorption of nutrients
- Diarrhoea
- Regulate activity of the bowels
- Dysbiosis (unbalanced bowel flora)
- Leaky gut syndrome
- Coeliac disease
- Bloating stomach
- Prevent skin problems
- Improve tolerance to antibiotics
- Indigestion
- Reflux
- Candida albicans overgrowth
- Constipation
- Maintain a balanced pH level
- Digestive problems
- Irritable bowel Syndrome
- Ulcerative colitis

# Acidophilus and Bifidus



Acidophilus and Bifidus are two of the most common types of bacteria founded in yogurt and probiotics supplements.

When probiotics are abundant in the body, they create an inhospitable environment for bad bacteria. The use of antibiotics, which are designed to destroy disease-causing bacteria, also kills good bacteria in the gut. Some people take probiotics to restore good bacteria after taking antibiotic medication.