

Shelf- stable probiotic for daily support of digestive health and the immune system

KEY BENEFITS

Helps maintain a healthy digestive function and assist with symptoms of:

- ✓ Bloating
- ✓ Discomfort
- ✓ Flatulence

Supports a healthy immune system

PRODUCT FEATURES

- ✓ Contains 8 premium probiotic strains
- ✓ Shelf stable probiotic, suitable for travel

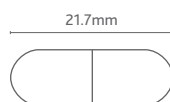
Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

ACTIVE INGREDIENTS

Each vegetable capsule contains:

<i>Bifidobacterium animalis ssp lactis</i> (Bl-04, HOWARU [®])	1 billion CFU
<i>Bifidobacterium breve</i> (Bb-03, FloraFIT [®])	1 billion CFU
<i>Bifidobacterium longum</i> (Bl-05, FloraFIT [®])	1 billion CFU
<i>Lactobacillus acidophilus</i> (La-14, FloraFIT [®])	1 billion CFU
<i>Lactobacillus casei</i> (Lc-11, FloraFIT [®])	1 billion CFU
<i>Lactobacillus plantarum</i> (Lp-115, FloraFIT [®])	1 billion CFU
<i>Lactobacillus rhamnosus</i> (Lr-32, FloraFIT [®])	1 billion CFU
<i>Saccharomyces cerevisiae</i> (Boulardii, BioOptima [™])	1 billion CFU

Suitable for vegetarians and vegans. NO artificial colours, flavours or preservatives, gluten, wheat, peanuts, dairy or animal products.



DOSAGE

Adults & Children: Take 1 capsule daily.

Travel: Take 2 capsules once daily.

Children under 2 yrs: Take as professionally advised.

For children 2-6 yrs, capsule contents can be emptied and mixed with food.

An extra dose may be taken to enhance results or as professionally advised.

CAUTIONS/CONTRAINDICATIONS

- If diarrhoea persists for more than 12 hrs in children under 3 yrs, 24 hrs in children aged 3-6 yrs or 48 hrs in adults and children over 6 yrs, seek medical advice.

BACKGROUND INFORMATION

WHAT ARE PROBIOTICS?

The term probiotic is derived from Greek and literally means 'for life'. Nowadays, probiotics are defined as 'live microorganisms that, when administered in adequate amounts, confer a health benefit on the host', that is, the person who takes them. They are often made up of bacteria, but other organisms such as yeasts may also be used. They are usually comprised of typical members of our own gastrointestinal bacteria such as *Lactobacillus* and *Bifidobacterium* and are generally known as 'good' bacteria.

BENEFITS OF A HEALTHY MICROBIOTA BALANCE

The sum of the organisms in our gastrointestinal tract is known as the gut microbiota. A healthy balance of our gut microbiota is important for digestive and overall good health. Evidence suggest that if there is an imbalance between 'good' and 'bad' bacteria it can cause adverse health effects. Some symptoms which can be associated with an imbalance of the gut microbiota include bloating, flatulence, abdominal pain, constipation or irregular bowel movements.

An imbalance may occur after the use of some medications, with poor dietary habits or in certain illnesses. Probiotics help to restore a healthy balance of gut microflora.

PROBIOTICS AND HEALTHY IMMUNE FUNCTION

Increasing evidence suggests that a healthy gut microbiota is not only important for digestive health but also for healthy immune function. Probiotics can assist to increase the number of 'good' bacteria that help inhibit the growth of bacteria that have the potential to cause disease.

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FAQ

Who may benefit from taking Probiotic 8?

Probiotic 8 may be taken by anyone wanting to support a healthy digestive function and for symptoms of bloating, flatulence and abdominal discomfort. It's suitable for travel, it may help reduce the risk of travellers' diarrhoea.

What does CFU stand for?

CFU stands for *colony-forming unit*. It refers to the number of viable organisms in each dose that can colonise our digestive systems.

How should I store the Probiotic 8?

Probiotic 8 is shelf stable. Store below 25°C and use within 24 months of opening.

Can I use Probiotic 8 during pregnancy or breastfeeding?

There are no known problems with taking Probiotic 8 during pregnancy and breastfeeding. However during pregnancy, always consult a qualified health professional before taking nutritional supplements.



COMPANION PRODUCTS

Digest 10 - With herbs used traditionally to ease mild digestive upsets such as indigestion in Western herbal medicine and reflux in traditional Chinese medicine.



Constipation - With laxative herbs used to manage constipation and sluggish bowel function in traditional Chinese medicine.