

# PROBIO

## ✦ FAQs ✦

### WHAT IS LIFEVANTAGE PROBIO?

LifeVantage ProBio is a scientifically advanced probiotic supplement. It uses technology to time-release probiotics deep in your gastrointestinal tract to support optimal digestion — the smart way to take probiotics.

### WHAT ARE PROBIOTICS?

Probiotic literally means 'for life'. Probiotics are the healthy bacteria you need to help balance gut microflora, and improve digestion.

### WHAT ARE HEALTHY BACTERIA?

Healthy bacteria are living microorganisms that benefit the health of the larger organism that live inside of you. Healthy bacteria occur naturally in your gastrointestinal tract to support optimal digestion.

### HOW OFTEN SHOULD I CONSUME PROBIOTICS?

A daily dose of probiotics is recommended in order to maintain a healthy intestinal environment.

### HOW DO I TAKE THIS PRODUCT?

Take one (1) capsule daily with glass of water.

### WHY DO I NEED PROBIO?

LifeVantage ProBio uses the natural potency of probiotics to support digestion and it is especially helpful after a cleanse program because it rebuilds and re-balances your gut microflora.

### WHAT DOES CFU MEAN?

This is an industry term that stands for "colony-forming units," and measures the number of healthy live bacteria present in the product.

### IS PROBIO GLUTEN FREE?

Yes. ProBio is 100% free of gluten and wheat.

### IS REFRIGERATION NECESSARY FOR PROBIO STORAGE?

Refrigeration is not needed. PhysIQ ProBio is stable and effective for up to 18 months at room temperature when sealed in the original package.

### IS IT SAFE TO USE IF I'M PREGNANT?

Please consult your physician before using any supplement products while you're pregnant.

### DOES PROBIO CONTAIN NRF2 INGREDIENTS?

No.

### CAN I USE PROTANDIM® WITH PROBIO?

Yes, you may use Protandim with ProBio.

### HAS PROBIO BEEN TESTED?

Yes, the ingredients in ProBio have been studied in humans and shown to have benefits on digestive health.

### IS PROBIO DAIRY-FREE?

Yes, ProBio is dairy-free.