

# PROBIO

## ✦ FAQs ✦

### WHAT IS LIFEVANTAGE PROBIO?

LifeVantage ProBio is a scientifically advanced probiotic supplement. It uses BIO-Tract® technology to time-release probiotics deep in your gastrointestinal tract to support optimal digestion — the smart way to take probiotics. With Wellmune® added to support your natural immune system response, you get a full-spectrum ally in your journey toward a healthier weight and happier life.

### WHAT ARE PROBIOTICS?

Probiotic literally means 'for life'. Probiotics are the healthy bacteria you need to help balance gut microflora, support your immune system 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 and probiotics helps generate metabolites in your gut that support the immune system and send good signals to the brain.

### HOW OFTEN SHOULD I CONSUME PROBIOTICS?

Probiotics are only 'visitors' in your intestine and will disappear, along with their health benefits, when not consumed regularly. A daily dose of probiotics is recommended in order to maintain a healthy intestinal environment.

### HOW DO I TAKE THIS PRODUCT?

Take three capsules daily with a full glass of water.

### WHY DO I NEED PROBIO?

The balance of healthy and harmful bacteria in your gut is a delicate one that affects your mental and physical health. ProBio uses the natural potency of probiotics to support digestion and your immune system function — helping you uncover a healthier self. ProBio is especially helpful after a cleanse program because it rebuilds and rebalances 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.

### WHAT IS WELLMUNE®?

Wellmune is an ingredient clinically proven to naturally support immune response and protect against physical and lifestyle stress. This healthy yeast beta glucan supports year-round energy and health. It boosts your immune system without overstimulating it — ensuring you don't add unnecessary stress to your system.

### WHAT IS BIO-TRACT® TECHNOLOGY?

This patented, controlled-release technology delivers naturally derived probiotics deep into your gastrointestinal tract. It releases healthy bacteria over a 10-12 hour period while ProBio makes the journey through your digestive tract. This ensures that your probiotics get to your small and large intestine — where they're needed most.

### IS PROBIO GLUTEN FREE?

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

### HOW DOES PROBIO SUPPORT MY IMMUNE SYSTEM?

Having a healthy gut microflora is extremely important — if not necessary — for a healthy immune and digestive system. The digestive tract is home to an estimated 100 trillion bacteria — which is many times more than the total number of cells in the human body.

Beginning in infancy, "friendly" gut flora are a key part of good health, helping the body digest food and perform other useful tasks. As an adult, your gut flora may need support to balance your overall health and ProBio gives it the support it needs.

### CAN CHILDREN TAKE PROBIO?

No. ProBio is formulated for adult use only.

### IS IT POSSIBLE TO OVERDOSE WITH PROBIOTICS?

No. It's more common not to get health benefits due to inadequate daily doses.

### ARE THERE ANY SIDE EFFECTS TO TAKING PROBIOTICS?

Less than 1% of test groups report any side effects. Of those that report any side effects, it's usually limited to excess gas. This problem is remedied

when the user discontinues use for a few weeks and then resumes taking probiotics at a smaller dose.

## IS REFRIGERATION NECESSARY FOR PROBIO STORAGE?

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

## HOW IS THIS DIFFERENT FROM ANY OTHER PROBIOTICS ON THE MARKET?

Other probiotics can dissolve in your stomach acid, never making it where they're needed most — your small and large intestine. ProBio uses Bio-Tract controlled-release technology to deep into your gastrointestinal tract.

ProBio also contains Wellmune®, which is clinically proven to naturally support immune response and protect against physical and lifestyle stress.

## 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.

## IS PROBIO FDA APPROVED?

Dietary supplements don't need to be formally approved by the FDA before they're put on the market. However, by law, all products have to be safe, legal and do what they claim to do. The FDA does regulate products once they are on the market.

## 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.

BIO-tract® is a registered trademark owned by Probi USA, Inc.  
Wellmune® is a registered trademark owned by Kerry Luxembourg S.A.R.L.

These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent disease.