

Directions: Adults take 1 capsule daily. May be taken with or without food. Capsules can be opened. Contents can be taken directly with water or juice. Not intended for children.

Nutrition Information

Serving Size: 1 Capsule Daily
Servings Per Container: 30

**PER
SERVING**

Pro-Culture blend

625 mg

Of which:*

Lactobacillus acidophilus (La-14)

Lactobacillus plantarum (Lp-115)

Lactobacillus casei (Lc-11)

Lactobacillus paracasei (Lpc-37)

Lactobacillus bulgaricus (Lb-87)

Lactobacillus brevis (Lbr-35)

Lactobacillus reuteri (1E1)

Lactobacillus salivarius (Ls-33)

Lactobacillus fermentum (SBS-1)

Lactobacillus gasseri (Lg-36)

Lactobacillus rhamnosus (Lr-32)

Bifidobacterium lactis (Bl-04)

Bifidobacterium bifidum (Bb-06)

Bifidobacterium breve (Bb-03)

Bifidobacterium infantis (Bi-26)

Bifidobacterium longum (Bl-05)

Total live cultures = 50 Billion CFU¹

Total *Lactobacillus* = 40 Billion CFU¹

Total *Bifidobacterium* = 10 Billion CFU¹

Ingredients: Pro-Culture Blend [Organic potato (*Solanum tuberosum*) (tuber)+, Organic Acacia Fibre [*A. senegal*]+], Non-GMO Vegetable Pullulan (Capsule Shell).

¹CFU = Colony Forming Units. At Expiration Date under recommended storage conditions.

May be refrigerated or stored in a cool, dry place.

+These ingredients are Organic and represent 51% of the total

*Cultures within potato and acacia fibre

Keep out of reach of children.
Do not use if safety seal is broken or missing.
Do not exceed daily recommended intake.
Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.
Contains no artificial ingredients or preservatives.



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