



# Plexus® ProBio 5

Restore gut balance  
for a healthier you.\*

With its unique blend of enzymes and probiotics, Plexus ProBio 5 helps keep intestinal yeast in balance creating an optimal gut environment and promoting a healthy digestive system.\*



## NUTRITION

### OUT OF BALANCE? HOW YEAST IS AFFECTING YOUR HEALTH

Yeast exists in your body naturally, but if your gut is out of balance, it can cause major problems (think: fatigue, weight gain, mood swings, and allergies). Yeast imbalance can happen quickly and easily, caused by things like stress, excess sugar intake, and other environmental factors. That's why yeast needs to be balanced out by good gut microbes. These help create a healthy gut environment that helps protect against yeast imbalance. When your gut is balanced, your body's digestive systems work better, and you feel better.

### HOW PROBIO 5 WORKS

ProBio 5 contains beneficial enzymes and probiotics that work together to create an optimal gut environment. Enzymes work to break down cellular walls of plant based foods and help digestion, enabling an increase in food nutrient value. Through the use of our proprietary enzyme and probiotic blend, which contains proteases, chitosanase, cellulase, and serrapeptase, ProBio 5 responds to imbalances in the gut and helps restore intestinal yeast balance—allowing your gut to thrive.\*

### PROBIO 5'S PRIMARY BENEFITS

- Helps keep intestinal yeast in balance\*
- Helps support a healthy intestinal tract\*
- Supports healthy digestion\*
- Helps improve natural response to imbalance\*
- Promotes healthy bacteria counts and pH levels in the gut\*

### PLEXUS PROBIO 5'S ADVANTAGE

- Formulated to deliver 2 billion CFU per capsule at time of manufacture
- No artificial colors, flavors, or preservatives
- Gluten Free

### WHO SHOULD USE THIS PRODUCT?

ProBio 5 is made for anyone who may be suffering from the effects of a possibly unbalanced gut. By creating an environment for balance in the intestinal tract, ProBio 5 helps keep yeast in balance and set the stage for a truly healthy digestive system.\*

### DID YOU KNOW?

- Yeast imbalance can cause many health problems, from gas, bloating, indigestion to mood swings, skin problems and fatigue.<sup>1</sup>
- Antibiotics can cause a bacterial imbalance that may lead to yeast imbalance.<sup>2</sup>

### FREQUENTLY ASKED QUESTIONS

#### Why should I take ProBio 5?

The majority of Americans experience dysbiosis which means that their gut is unhealthy. To help get your gut back in balance you need to weed, seed, feed and protect your gut. ProBio 5 helps weed out your gut by keeping the intestinal yeast in balance and restoring a healthy gut environment.\*

#### What are the enzymes in ProBio 5?

Our enzyme blend consists of: Proteases, Chitosanase (from

Bacillus coagulans), Cellulase, and Serrapeptase (as Peptizyme SP®).

### What are the benefits of taking enzymes daily?

Enzymes are essential in supporting a healthy digestive system. They work to break down cellular walls of plant-based foods – increasing food nutrient value.\*

### What are the probiotics in ProBio 5?

The 5 probiotics are: *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus plantarum*, *Bacillus coagulans*, and *Saccharomyces boulardii*.

### How many probiotics are delivered in ProBio 5?

ProBio 5 is formulated to deliver 2 billion CFU per capsule at time of manufacture.

### What is a CFU count and is it important?

CFU, or colony-forming units, is a term often seen in conjunction with probiotic supplements. It is a measurement of viable bacterial cells that can replicate to form one visible colony. CFU count is only as important as the clinical study it is tied to.

### When should I take ProBio 5?

A great time to take ProBio 5 is right before bed.

### How many servings of ProBio 5 can be taken daily?

Up to 4 servings of ProBio 5 can be taken daily.

### What is the difference between ProBio 5 and VitalBiome..?

ProBio 5 is a corrective agent with a powerful enzyme blend that is designed to help weed out intestinal yeast while helping improve digestive health. ProBio 5 contains 2 billion CFU at time of manufacture (5 different probiotic strains). ProBio 5 helps keep intestinal yeast in balance to help keep your gut microbiome healthy. VitalBiome is a probiotic supplement that is formulated to SEED your gut with significant levels of good microbes. It contains 20 billion CFU at time of manufacture (8 different probiotic strains) that help reduce feelings of stress and anxiety, improve mood, reduce GI distress, bloating, and discomfort, and help improve immune health. VitalBiome utilizes clinically studied probiotic strains protected in a delayed release capsule.\*

### Can I take ProBio 5 with other Plexus® products?

Yes, definitely. In fact, taking ProBio 5 with Bio Cleanse and Slim can have a positive impact on your overall health and help you lose weight, too. Also, VitalBiome can be taken alongside ProBio 5. We suggest taking VitalBiome in the morning and ProBio 5 at night.\*

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	125%
Proprietary Enzyme Blend	200 mg	**
Proteases		**
Chitosanase (from <i>Bacillus coagulans</i> )		**
Cellulase		**
Serrapeptase (as Peptizyme SP®)		**
Probiotic Blend	100 mg	**
<i>Bacillus coagulans</i>		**
<i>Lactobacillus acidophilus</i>		**
<i>Bifidobacterium longum</i>		**
<i>Lactobacillus plantarum</i>		**
<i>Saccharomyces boulardii</i>		**
Grape seed extract	25 mg	**

\*\* Daily Value (DV) not established

Other Ingredients: Gelatin, water, brown rice powder

### Can I take both VitalBiome and ProBio 5?

Yes. ProBio 5 and VitalBiome can both be taken as part of your daily health regimen. ProBio 5 works best to help keep intestinal yeast in balance when taken on an empty stomach at night. VitalBiome is best taken in the morning on an empty stomach or between meals. VitalBiome in the morning and ProBio 5 at night.

### Can I take VitalBiome with TriPlex?

Yes, VitalBiome is a perfect companion for TriPlex. We suggest taking VitalBiome in the morning and ProBio 5 at night. Bio Cleanse and Slim can be taken as usual.

### Can I take ProBio 5 and Bio Cleanse at the same time of day?

We recommend that Bio Cleanse should be taken twice daily – 2 capsules in the morning, and 2 more at lunch. ProBio 5 should be taken in the evening, ideally before bedtime, and you can take up to 4 capsules. For best results, we recommend you take Bio Cleanse and ProBio 5 separately.

### Can I take ProBio 5 with my medication?

We recommend that you consult your physician before combining ProBio 5 with any medications.

### Is it gluten free, dairy free, soy free?

Yes.

## SOURCES

<sup>1</sup> <http://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-23/5-signs-youre-suffering-from-candida-overgrowth-and-what-you-can-do-about-it>

<sup>2</sup> <http://www.naturalhealth365.com/candida-overgrowth-2099.html>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.