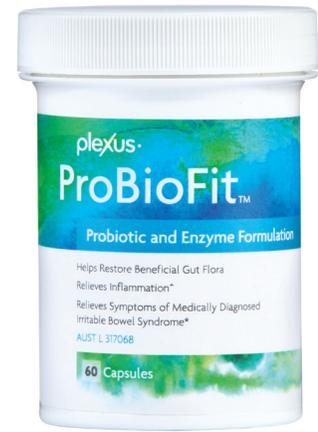


ProBioFit™

Helps promote intestinal friendly bacteria growth, gastrointestinal system health, and increased digestive enzymes.

ProBioFit is a multi-action gut health complementary medicine that supports digestive and gastrointestinal health. With enzymes, probiotics, and botanicals, ProBioFit gives your gut the nutrients it needs to help promote intestinal beneficial bacteria growth, and to relieve symptoms of medically diagnosed Irritable Bowel Syndrome.*



Time for a gut check.

According to The Gut Foundation of Australia, almost 10.7 million Australians -- roughly 40 percent the population -- complain of some form of digestive problem. Gut problems are so common because so many factors can throw the gut microbiome off balance: stress, antibiotics, processed foods, alcohol use, and more. The rising popularity of probiotics is a step in the right direction toward helping people with their GI problems, but for real, lasting gut health, a more holistic approach is needed. That's where ProBioFit comes in.

How ProBioFit Works

ProBioFit contains 4.25 billion CFU of carefully selected probiotics per capsule to promote increasing of beneficial bacteria, an enzyme blend to help stimulate digestive enzymes in the body, and a botanical blend. ProBioFit's formula supports relief of inflammation, maintaining friendly intestinal flora, and enhancing general health and wellbeing, while helping to reduce the occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome.^*

ProBioFit's Primary Benefits

- Helps increase beneficial intestinal bacteria growth
- Helps enhance gastrointestinal system health
- Supports intestinal beneficial flora
- Helps increase healthy digestive system with good bacteria growth
- Relief of symptoms of medically diagnosed Irritable Bowel Syndrome*
- Helps reduce the occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome*
- Relieves inflammation^

- Helps enhance general health and wellbeing
- Helps increase digestive enzymes
- Helps restore good intestinal gut flora

ProBioFit's Advantage

- Contains probiotics, to help increase beneficial intestinal bacteria growth
- Contains Sour Cherry Powder to help relieve inflammation^
- Contains *Bifidobacterium longum* and *Lactobacillus acidophilus* (NCFM®) to help relieve symptoms of medically diagnosed Irritable Bowel Syndrome*
- Contains 4.25 billion CFU per capsule
- Gluten Free, 100% Vegetarian, and Non-GMO

Who should use this product?

ProBioFit is for anyone who wants to work towards or maintain good intestinal flora, or who may be experiencing the effects of medically diagnosed Irritable Bowel Syndrome. ProBioFit is perfect for those who recognise the importance of the gut and want to focus on gut health and overall health and wellbeing. ProBioFit sets the stage for a truly healthy gastrointestinal system and beneficial bowel flora.*

Did you know?

1 in 7 people in Australia experience what is considered distressing gut symptoms.

* If symptoms persist, worsen, or episodes become more frequent, talk to your health professional.

^ If symptoms persist, talk to your health professional.



ProBioFit™ FAQs

Why should I take ProBioFit?

Your gut plays an essential role in overall health and wellbeing, so it makes sense to create an optimal gut environment. ProBioFit uses science-backed ingredients to provide a three-pronged approach to balancing a digestive system: an enzyme blend, carefully selected probiotics, and an innovative botanical blend.

ProBioFit's enzyme blend of Protease, Cellulase, Bromelains, Lipase, and Papain help to stimulate digestive enzymes.

ProBioFit also contains 4.25 billion CFU of carefully selected probiotics per capsule: *Bifidobacterium longum*, *Lactobacillus plantarum* (Lp-115), *Saccharomyces cerevisiae* (Boulardii), *Lactobacillus acidophilus* (NCFM®), and *Bifidobacterium breve* (BBr60), to help restore beneficial gut flora. ProBioFit's carefully selected probiotics help to relieve symptoms of medically diagnosed Irritable Bowel Syndrome— so you feel your best.*

Additionally, ProBioFit contains an innovative gut-supporting botanical blend of Grape Seed Extract, Sour Cherry Powder, and Spirulina Powder. Specifically, Sour Cherry Powder helps with inflammation relief.^

Who should take ProBioFit?

ProBioFit is made for anyone who may be experiencing the effects of an imbalanced gut or wants to maintain a balanced gut. By promoting intestinal-friendly bacteria growth, ProBioFit helps to restore beneficial gut flora and promotes overall health and wellbeing.

What are the enzymes in ProBioFit?

Our enzyme blend consists of: Protease, Cellulase, Bromelains, Lipase, and Papain.

What are the benefits of taking enzymes daily?

Enzymes are essential in supporting a healthy gastrointestinal system. They work to stimulate digestive enzymes in the body.

What are the probiotics in ProBioFit?

The probiotic blend in ProBioFit consists of: *Bifidobacterium longum*, *Lactobacillus plantarum* (Lp-115), *Saccharomyces cerevisiae* (Boulardii), *Lactobacillus acidophilus* (NCFM®), and *Bifidobacterium breve* (BBr60).

How many probiotics are delivered in ProBioFit?

ProBioFit is formulated to deliver 4.25 billion CFU per capsule.

What is a CFU count and why is it important?

CFU, or colony-forming units, is a term often seen in conjunction with complementary medicines containing probiotics. 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.

What are the botanicals in ProBioFit?

The botanicals included in ProBioFit are Grape Seed Extract, Sour Cherry Powder and Spirulina Powder.

When should I take ProBioFit?

ProBioFit can be taken any time of day and is recommended to be taken daily to provide maximum benefits.

How many servings of ProBioFit can be taken daily?

1 serving (2 capsules) once daily is the recommended amount.

Can I take ProBioFit with other Plexus® products?

Yes, definitely! We recommend taking ProBioFit with VitalCleanse™ and Plexus Slim® to help to continue your gastrointestinal health.

If weight loss is your goal, ProBioFit is great paired with MetaBurn and Lean. ProBioFit will help support good gastrointestinal health, while MetaBurn will help you increase body fat loss and Lean promotes weight loss and satisfies hunger. †

Can I take ProBioFit and VitalCleanse at the same time of day?

Yes. Both ProBioFit and VitalCleanse can be taken at the same time—any time of day for your convenience.

Is ProBioFit gluten free, vegetarian, and Non-GMO?

Yes.

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^ If symptoms persist, talk to your health professional.

† When combined with a reduced kJ weight loss plan and regular exercise.



ProBioFit™ Ingredients Glossary

PROBIOTIC STRAINS

Bifidobacterium longum:

Bifidobacterium longum is a beneficial bacterium found in the human GI system.

Lactobacillus plantarum (Lp-115): *Lactobacillus plantarum* is a beneficial bacterium that helps support intestinal health.

Saccharomyces cerevisiae (Boulardii): *Saccharomyces boulardii* is a probiotic yeast that helps enhance gastrointestinal system health.

Lactobacillus acidophilus (NCFM®): *Lactobacillus acidophilus* is a beneficial bacterium that helps reduce occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome.*

Bifidobacterium breve (BBr60): *Bifidobacterium breve* is a beneficial bacterium which has probiotic properties.

ENZYME BLEND

Protease: Protease is an enzyme that breaks down proteins and peptides.

Cellulase: Cellulase is an enzyme that breaks down cellulose fibre from plants.

Bromelains: Bromelains is an enzyme found in pineapple juice and in the pineapple stem.

Lipase: Lipase is an enzyme that catalyzes the breakdown of fats to fatty acids.

Papain: Papain is an enzyme found in papaya that helps break down protein into peptides and amino acids.

BOTANICAL BLEND

Grape Seed (Vitis vinifera) Extract: Grape Seed Extract is derived from the ground-up seeds of red grapes. Grape Seed Extract is typically high in polyphenols and Proanthocyanidins.

Sour Cherry (Prunus cerasus) Powder: Sour Cherry powder is typically rich in polyphenols and demonstrates inflammation relief properties.^

Spirulina (Arthrospira plantensis) Powder: Spirulina consists of cyanobacteria that can be consumed by humans and other animals. High in many nutrients, Spirulina is often referred to as a 'superfood.'

OTHER INGREDIENTS

Microcrystalline Cellulose Powder: Cellulose is the structural component of the primary cell wall of green plants. It is in the form of a fine powder and helps to ensure the capsules are filled properly during manufacturing.

Hypromellose: The capsule shell is made from hypromellose, derived from soft wood trees, such as pine and spruce trees. This capsule shell is non-GMO, vegan, kosher and halal.

Maltodextrin: Maltodextrin is used as a carrier or processing aid in specific ingredients.

Rice Hulls Powder: Rice Hulls Powder is a natural ingredient used as an excipient to ensure consistent capsule fill weight.

Medium Chain Triglyceride (MCT): MCTs are a fatty acid shorter in chain length than most fats. MCTs are also a rich source of Caprylic, Caproic, and Capric acid.

Zea Mays Seed Fibre Powder (soluble corn fiber powder): Zea mays seed fibre powder is used as a carrier or processing aid in specific ingredients.

Rice Extract: Rice Extract is a natural ingredient used as an excipient to ensure consistent capsule fill weight.

Acacia: Acacia is derived from the acacia tree. This is used as a natural lubricant to help prevent sticking to metal contact surfaces during encapsulation.

Sunflower Oil: Sunflower Oil is extracted from the seeds of the sunflower. This is used as a natural lubricant to help prevent sticking to metal contact surfaces during encapsulation.

Silicon Dioxide Powder:

This is added to the powder mixture in order to ease the flow of the material through the manufacturing equipment, and to remove moisture to prevent the powder from clumping.

Each capsule contains:

<i>Bifidobacterium longum</i>	250 million CFU
<i>Lactobacillus plantarum</i> (Lp-115)	2 billion CFU
<i>Saccharomyces cerevisiae</i> (Boulardii)	250 million CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	1.5 billion CFU
<i>Bifidobacterium breve</i> (BBr60)	250 million CFU
Protease	2,500 HUT
Cellulase	3,000 CU
Bromelains	900,000 PU
Lipase	312.5 LipU
Papain	25 mg
<i>Vitis vinifera</i> (grape) dry seed extract	62.5 mg
Derived from dry seed	625 mg
<i>Prunus cerasus</i> (sour cherry) fresh fruit flesh powder	12.5 mg
Derived from fresh fruit flesh	625 mg
<i>Arthrospira plantensis</i> (Spirulina) powder	45 mg

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