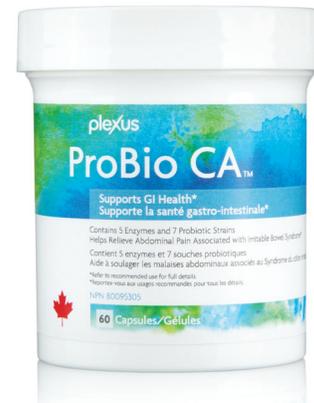


Plexus ProBio CA™

Supports intestinal health, digestive health, and a healthy intestinal tract.

ProBio CA is a multi-action natural health product that supports digestive and intestinal health. With enzymes, probiotics, and botanicals, ProBio CA gives your gut the nutrients it needs to help promote beneficial intestinal bacteria growth, and to relieve abdominal pain associated with Irritable Bowel Syndrome.



Time for a gut check.

Studies show Irritable Bowel Syndrome (IBS) could affect as many as 13-20% of Canadians at any given time. The lifetime risk for a Canadian to develop IBS is 30%. In Canada and most Western nations, IBS seems to arise significantly more frequently in women than in men, but the reason for this remains unclear. Although each person has a unique experience within the range of known symptoms (diarrhea, gas, bloating, or irregularity), this condition can significantly decrease a person's quality of life, resulting in a considerable burden to health care systems, individuals and, by extension, their families.¹ Gut problems are 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 towards helping people with their GI problems, but for real gut health, a more holistic approach is needed. That's where ProBio CA comes in.

How ProBio CA Works

ProBio CA contains 4.11 billion CFU per capsule of carefully selected probiotics to help promote beneficial bacteria, enzymes to aid in digestion, and a botanical blend to provide antioxidants. ProBio CA's formula promotes a favourable gut flora and enhances general health and wellbeing, while helping to reduce the occurrence of abdominal pain associated with Irritable Bowel Syndrome.

ProBio CA's Primary Benefits

- Helps support gastrointestinal health
- Helps to promote a favourable gut flora
- Supports a healthy digestive system
- Helps relieve abdominal pain associated with Irritable Bowel Syndrome
- Aids in digestion
- Helps enhance general health and wellbeing

ProBio CA's Advantage

- Contains probiotics and digestive enzymes to help increase beneficial intestinal support
- Contains Grape Seed Extract and Tart Cherry to provide antioxidants
- Contains *Bacillus coagulans* (MTCC 5856) to help relieve abdominal pain associated with Irritable Bowel Syndrome
- Contains 4.11 billion CFU per capsule
- Gluten Free, Vegetarian, and Non-GMO

Who should use this product?

ProBio CA is for adults who want to work towards or maintain good intestinal flora or who may be experiencing the effects of Irritable Bowel Syndrome. ProBio CA is perfect for those who recognize the importance of the gut and want to focus on gut health and overall health and wellbeing. ProBio CA sets the stage for a truly healthy gastrointestinal system and beneficial gut flora.

Did you know?

Did you know Canada has one of the highest rates of Irritable Bowel Syndrome (IBS) in the world?

In fact, it's estimated that five million Canadians suffer from IBS, with about 120,000 Canadians developing the disorder every year, reports the Canadian Digestive Health Foundation.²

¹<https://badgut.org/information-centre/a-z-digestive-topics/ibs/>

² <https://globalnews.ca/news/4020749/8-types-of-food-to-avoid-if-you-have-irritable-bowel-syndrome/>

Plexus ProBio CA™ FAQs

Why should I take ProBio CA?

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

ProBio CA's enzyme blend of Protease, Cellulase, and Papain help to stimulate digestive enzymes.

ProBio CA also contains 4.11 billion CFU of carefully selected probiotics per capsule: *Bifidobacterium longum* (BL21), *Lactobacillus plantarum* (Lp-115), *Bacillus subtilis* (DE111), *Saccharomyces boulardii*, *Lactobacillus acidophilus* (NCFM), and *Bifidobacterium breve* (BBr60), to help promote beneficial gut flora. Plus, ProBio CA includes a carefully selected probiotic, *Bacillus coagulans* (MTCC 5856) (LactoSpore®), to help relieve abdominal pain associated with Irritable Bowel Syndrome.

Additionally, ProBio CA contains an innovative botanical blend of Grape Seed Extract, Tart Cherry, Camu-Camu and Spirulina to help protect against the cell damage caused by free radicals.

Who should take ProBio CA?

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

What are the enzymes in ProBio CA?

Our enzyme blend consists of: Protease, Cellulase, Serratiopeptidase, Lysozyme, and Papain.

What are the benefits of taking enzymes daily?

Enzymes are essential in supporting a healthy gastrointestinal system. They help your digestive tract to properly break down foods that contain proteins, fats and carbohydrates.

What are the probiotics in ProBio CA?

The probiotic blend in ProBio CA consists of: *Bacillus subtilis* (DE111), *Bacillus coagulans* (MTCC 5856) (LactoSpore®), *Bifidobacterium longum* (BL21), *Lactobacillus plantarum* (Lp-115), *Saccharomyces boulardii*, *Lactobacillus acidophilus* (NCFM), and *Bifidobacterium breve* (BBr60).

How many colony-forming units are delivered in ProBio CA?

ProBio CA is formulated to deliver 4.11 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 supplements containing probiotics. It is a measurement of viable bacterial cells that can replicate to form one visible colony. Probiotics are measured by the activity of its CFU count, not gram quantity. The activity is what is reported on when studied in clinical studies and research.

What are the botanicals in ProBio CA?

The botanicals included in ProBio CA are Grape Seed Extract, Tart Cherry, Spirulina, and Camu-Camu.

When should I take ProBio CA?

ProBio CA can be taken any time of day and is recommended to be taken daily with food or a meal to provide maximum benefits.

How many servings of ProBio CA can be taken daily?

Adults take 2 capsules, once daily with food. If you are on antibiotics or antifungals, take at least 2-3 hours before or after. Consult a health care practitioner for prolonged use or for use beyond 4 weeks.

Can I take ProBio CA with other Plexus® products?

Yes, definitely! We recommend taking Plexus Slim® or Slim Hunger Control to help support cardiovascular health and a healthy glucose metabolism all while managing your weight*.

If balance is what you're looking for, then Plexus Bio Cleanse™ will help you get your digestion back on track. It is specifically formulated with Magnesium to help draw water into the intestine to increasing fluidity.

Is ProBio CA Gluten Free, Vegetarian, and Non-GMO?

Yes, ProBio CA is Gluten Free, Vegetarian, and Non-GMO.

Plexus ProBio CA™ Ingredient Glossary

PROBIOTIC STRAINS

Lactobacillus plantarum (LP-115):

Lactobacillus plantarum is a beneficial bacterium that helps support the gut lining and intestinal health.

Bacillus subtilis (DE111):

Bacillus subtilis is a rod-shaped bacterium found in soil and the gastrointestinal tract of humans. It can form a tough, protective endospore, allowing it to endure extreme environmental conditions.

Bacillus coagulans (MTCC 5856) (LactoSpore®):

Bacillus coagulans is a rod-shaped bacterium, found in soil and the gastrointestinal tract of humans. *Bacillus coagulans* aids in reducing abdominal pain associated with Irritable Bowel Syndrome. It can form a tough, protective endospore, allowing it to endure extreme environmental conditions.

Saccharomyces boulardii:

Saccharomyces boulardii is a probiotic yeast that helps support intestinal balance and gut lining.

Lactobacillus acidophilus (NCFM):

Lactobacillus acidophilus is a beneficial bacterium that helps to support the gut lining and intestinal health.

Bifidobacterium breve (BBr60):

Bifidobacterium breve is a beneficial bacterium which has probiotic properties.

Bifidobacterium longum (BL21):

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

ENZYME BLEND

Protease:

Protease is an enzyme that breaks down proteins and peptides.

Cellulase:

Cellulase is an enzyme that breaks down cellulose fiber from plants.

Lysozyme:

Lysozyme is an enzyme found in egg whites that catalyzes the destruction of the cell walls of certain yeasts and bacteria.

Serratopeptidase:

Serratopeptidase is an enzyme originally isolated from bacteria.

Papain:

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

Lysozyme:

Lysozyme is an enzyme found in egg whites that catalyzes the destruction of the cell walls of certain yeasts and bacteria.

BOTANICAL BLEND

Caprylic Acid:

Caprylic Acid is a class of medium-chain fatty acid that is found in many dairy products, palm and coconut oil. Caprylic Acid is the active compound that is bound to a sodium salt group.

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.

Tart Cherry (*Prunus cerasus*) Fruit:

Tart Cherry Fruit is rich in polyphenols and demonstrates antioxidant properties.

Spirulina (*Anthrospira plantensis*):

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".

Camu-Camu (*Myrciaria dubia*) Fruit:

Camu-Camu is a small orange-red fruit, similar in size to that of a large cherry, with a tart flavour. The Camu-Camu tree grows primarily in South America.

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 pine trees. This capsule shell is non-GMO and vegan.

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.

Dextrin:

Dextrin is a natural ingredient used as an excipient to ensure consistent capsule fill weight.

Gum Arabic:

Gum Arabic 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.

Plexus ProBio CA™ Ingredient Glossary

MEDICINAL INGREDIENTS	
Each Capsule Contains:	
<i>Lactobacillus plantarum</i> (LP-115)	1.5 Billion CFU
<i>Bacillus subtilis</i> (DE111)	1 Billion CFU
<i>Bacillus coagulans</i> (MTCC 5856) LactoSpore®	1 Billion CFU
<i>Saccharomyces boulardii</i>	385 Million CFU
<i>Lactobacillus acidophilus</i> (NCFM)	100 Million CFU
<i>Bifidobacterium breve</i> (BBr60)	75 Million CFU
<i>Bifidobacterium longum</i> (BL21)	50 Million CFU
Serratiopeptidase (<i>Serratia marcescens</i> E-15 – whole cell)	112 mg (14,000 SU)
Acid protease (<i>Aspergillus flavus</i> var. <i>oryzae</i> – whole)	25 mg (2,500 FCC HUT)
Cellulase (<i>Trichoderma longibrachiatum</i> – whole)	25 mg (3,000 FCC CU)
Lysozyme (<i>Gallus gallus</i> – egg white)	25 mg (500,000 FCC LU)
Grape (<i>Vitis vinifera</i>) seed extract (95% proanthocyanidins)	25 mg
Spirulina (<i>Arthrospira platensis</i>)	22.5 mg
Caprylic acid (Sodium caprylate)	21.5 mg
Papain (<i>Carica papaya</i> – fruit latex)	20 mg (1,200,000 FCC PU)
Camu-Camu (<i>Myciaria dubia</i>) fruit (3% vitamin C)	2.5 mg
Tart Cherry (<i>Prunus cerasus</i>) fruit	1.5 mg

Non-Medicinal Ingredients: Microcrystalline cellulose, hypromellose, maltodextrin, *Oryza sativa* (rice) hull powder, dextrin, rice bran, gum arabic, sunflower oil, dipotassium phosphate, monobasic potassium phosphate, and trehalose.

