

# PROBIO 5

## 5-in-1 Probiotic and Enzyme Support

A unique blend of probiotics and enzymes to help promote gut health, digestive health, and support a healthy immune system. ProBio 5 replenishes good bacteria in your body to help improve overall health.\*



## PROBIOTICS 101: WHAT ARE THEY?

Probiotics are actually a form of bacteria, but not the kind that makes you sick. In fact, probiotics are extremely beneficial to your overall health, producing peptides and short chain fatty acids, decreasing colonization and invasion by harmful microorganisms, reducing intestinal transit time, and supporting your body's natural detox functions. In short: probiotics are critical when it comes to your overall health.\*

Although it's important to maintain a healthy balance of microorganisms in our bodies, that balance is delicate, easily disrupted by processed foods and environmental factors.

## WHY PROBIO 5?

ProBio 5 is the help your body needs to support a healthy balance of microflora in your gut, in spite of those things working against it. Its 5 probiotics combine to help support and maintain intestinal flora, helping your gut eliminate potentially harmful microbes. The types that ProBio 5 replenishes are the most researched probiotic cultures that strengthen your immune system.\*

Additionally, through the use of our proprietary enzyme blend, which contains proteases, chitosanase, cellulase, and serrapeptase, ProBio 5 enhances nutrient digestibility and helps to minimize intestinal bloating and discomfort.\*

## PRIMARY BENEFITS

- HELPS REPLENISH YOUR BODY'S GOOD BACTERIA\*
- PROMOTES DIGESTIVE HEALTH\*
- SUPPORTS THE 70% OF YOUR IMMUNE SYSTEM FOUND IN THE DIGESTIVE TRACT\*
- PROMOTES COLON HEALTH\*
- REDUCES BLOATING AND DISCOMFORT\*

## PLEXUS ADVANTAGE

- **5 BENEFICIAL PROBIOTICS:**
  - *LACTOBACILLUS ACIDOPHILUS*
  - *BIFIDOBACTERIUM LONGUM*
  - *LACTOBACILLUS PLANTARUM*
  - *BACILLUS COAGULANS*
  - *SACCHAROMYCES BOULARDII*
- **FORMULATED TO DELIVER 2 BILLION CFU PER CAPSULE\***
- **CONTAINS ENZYMES TO AID IN THE BREAKDOWN OF PROTEINS AND FIBROUS FOODS\***
- **GLUTEN FREE**

## WHO SHOULD USE PROBIO 5?

Since probiotics are essential to supporting healthy digestive and immune systems, ProBio 5 is for anyone who would like to replenish probiotics and enzymes to fight back against lifestyle and environmental factors that affect overall health.\*

## DID YOU KNOW?

70% of our immune system cells and 90% of our mood-enhancing serotonin are linked to the gut. Gut health supports overall health.

The five probiotics in ProBio 5 include:

- *Lactobacillus acidophilus*: Helps combat harmful microbes, supports immune health, and helps lactose digestion in lactose-intolerant subjects\*
- *Bifidobacterium longum*: Tolerates for gastric acid and bile, and would survive and colonize the intestines; helps maintain a healthy digestive tract, inhibit the growth of harmful bacteria and promote better immune function\*
- *Lactobacillus plantarum*: Helps enhance the intestinal barrier function and helps support immunity\*
- *Bacillus coagulans*: Spore-producing bacterium that survives the gastric environment, colonizes the intestines, and produces lactic acid; improves digestive health and helps relieve abdominal discomfort and bloating, strengthens the immune system\*
- *Saccharomyces boulardii*: Helps restore healthy bacterial balance and helps combat unwanted immune response\*

\*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.

\* At time of manufacture.

## FREQUENTLY ASKED QUESTIONS

### 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.

### Why should I take ProBio 5?

Lifestyle and environmental factors have a negative impact on the bacteria in your body. ProBio 5 replenishes probiotics (good bacteria) and enzymes in the body, to counteract these negative effects.\*

### What are the probiotics in ProBio 5?

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

### 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.\*

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

Probiotics are essential to supporting healthy digestive and immune systems.\* They also help you maintain your body's balance of intestinal flora, which helps your gut eliminate potentially harmful microbes and substances.\*

### What are the enzymes in ProBio 5?

Our enzyme blend consists of: Proteases, Chitosanase (from *Bacillus coagulans*), Cellulase, and Serrapeptase (as Peptizyme SP®).

### How many probiotics are delivered?

ProBio 5 is formulated to deliver 2 billion CFU per capsule\*.

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 60		
Amount per Serving		
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	380 mg	95%
Proprietary Enzyme Blend		
Protease		
Chitosanase (from <i>Bacillus coagulans</i> )	50 mg	
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

Contains yeast

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