

# VITADOPHILUS®

This great-tasting (delicious apple flavor!) probiotic supplement provides live microorganisms that contribute to a natural healthy gut flora and promote optimal digestive health. It's an easy, effective way to benefit your overall health.

## **BENEFITS**

- Provides live microorganisms to benefit health
- Promotes optimal digestive health
- Fast-acting proprietary formula made with natural ingredients
- · Natural apple-based flavor even kids enjoy





10/3 g Stick Packs 30/3 g Stick Packs #01852 #01796

# INGREDIENT HIGHLIGHTS

#### **LACTOBACILLUS ACIDOPHILUS**

A naturally occurring probiotic bacteria that is normally found in the intestines and that is beneficial to health.

### **HOW TO USE**

Adults, adolescents, and children (ages 1 year old and above): 1 package may be taken as is or dissolved in water 3 times a day at mealtime.

Medicinal ingredients / Ingrédients médicinaux : Each package (3 g) contains / Chaque sachet (3 g) contient : Lactobacillus acidophilus (LA-14) ...... 3.5 million CFU / UFC\*

Non-medicinal ingredients / Ingrédients non medicinaux : Natural apple flavour / Arôme naturel de pomme.

\*3.5 million CFU at expiry, when stored in a cool place.

\* 3,5 millions d'UFC à l'expiration, si conservé dans un endroit frais.

# **FAQ**

#### Q: Isn't bacteria harmful?

A: The idea of actually consuming bacteria seems unsettling to many of us given that bacteria tend to have a bad reputation. This perception most likely stems from the negative things that harmful bacteria can cause, such as spoiled food, contaminated water, and infections and illnesses. However, many people don't know there are also helpful bacteria (also called probiotics, friendly flora, and friendly bacteria) in food (e.g., yogurt and miso) and inside the body. These beneficial bacteria can help improve and support many bodily functions.

### Q: How does good bacteria become depleted?

A: Colonies of good bacteria live inside our gut and help us to properly digest food and absorb nutrients, and they play a big role in overall immunity. However, these colonies can become depleted, and the decrease of these colonies can negatively affect the entire digestive system and result in constipation, abdominal discomfort, and suboptimal health. Good bacteria can become depleted for a number of reasons, including illness, gastric or intestinal absorption disorders, autoimmune diseases, chronic alcohol use, poor diet, antibiotic use, and the misuse of certain medications such as laxatives. VitaDophilus® is a convenient, effective way to naturally help support healthy gut flora.

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage.



#### **NOURISH + CLEANSE = BALANCE**

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.