

IBS SYMPTOM RELIEF

SUCH AS

ABDOMINAL DISCOMFORT, GAS & BLOATING



DIGESTIVE SUPPORT

Relieves and manages symptoms of Irritable Bowel Syndrome (IBS) such as:
Abdominal discomfort
Gas
Bloating



Actual Size

PROBIOTIC SUPPLEMENT **28 CAPSULES**

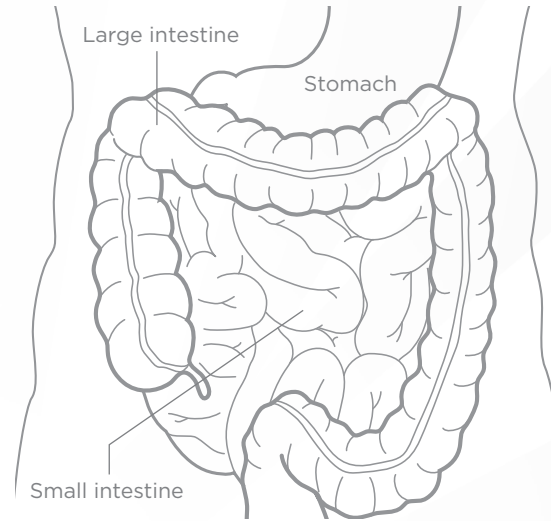
† Among gastroenterologists who recommended a brand of probiotic in ProVoice 2019 survey.

NPN 80014418

WHAT IS IBS?

Irritable Bowel Syndrome (IBS) affects the colon, or large intestine, causing symptoms such as gas, bloating, and abdominal discomfort.

IBS is more common than you think. Canada has one of the highest rates of IBS sufferers. An estimated 5 million Canadians suffer with IBS.¹



HOW ALIGN CAN HELP YOU MAINTAIN YOUR DIGESTIVE HEALTH

Align is a probiotic supplement that provides live microorganisms (bacteria) that contribute to a natural healthy gut (intestinal) flora.

Taken once daily, Align provides you with ongoing relief of **Irritable Bowel Syndrome (IBS) symptoms such as:**

- ✓ **Abdominal Discomfort**
- ✓ **Gas**
- ✓ **Bloating**

WHEN YOU WILL SEE AN IMPROVEMENT

You should start to feel relief from your IBS symptoms after 3 or 4 weeks of continuous use. The experience of IBS symptoms varies from person to person; your body may respond faster or slower to Align.



WHY ALIGN'S STRAIN IS DIFFERENT

Align contains *Bifidobacterium* 35624™, a pure-strain probiotic that gastroenterologists recommend most.[†] Take Align every day and discover all the benefits of over 20 years of probiotic research. Align provides bacteria that contribute to natural healthy intestinal flora.

HOW TO TAKE ALIGN

Take one Align capsule once a day. Align doesn't need to be refrigerated; you can take it anytime, with or without food. It's recommended that you take Align as a part of your daily routine, at a time that's easy for you to remember.

Some antibiotics may make Align less effective. If you are taking an antibiotic, consult your doctor for advice. Align has an excellent safety profile and is well tolerated.

Note: If you are concerned about taking Align with your medications, you should check with your healthcare professional before starting Align.

TRACK YOUR IBS SYMPTOMS TO NOTICE IMPROVEMENTS

Try Align for just 1 month and feel the difference. To get started, track your progress with the "Align Daily Digestive Tracker" that comes in your Align box. This will help you see how your IBS symptoms are improving through the month. If you get a sample of Align, or you need more trackers, you can download additional ones at www.aligngi.ca.

Experience shows that people who use the Align Daily Digestive Tracker may notice results sooner. In addition to consulting with your healthcare provider, it's recommended that you use the tracker for the first 4 to 8 weeks to see how Align is improving your IBS symptoms.[‡]

WHAT ELSE YOU SHOULD KNOW ABOUT ALIGN

In the first few days of taking Align (as with other probiotics), you may experience some temporary changes in bowel habits. This is normal and a sign that your body is adjusting. Stick with Align and you'll be on your way to relieving and managing your IBS symptoms. To ensure this product is right for you, always read and follow the label.

RECOMMENDED BY GASTROENTEROLOGISTS 4X MORE THAN ANY OTHER PROBIOTIC*

NOT ALL PROBIOTICS ARE CREATED EQUAL – WHAT YOU SHOULD LOOK FOR IN YOUR PROBIOTIC

Align scientifically verifies the identity of its strain *Bifidobacterium* 35624™ in every lot of Align to ensure product quality

IMPORTANCE OF STRAIN SPECIFICITY: THE BENEFITS OF PROBIOTICS ARE STRAIN SPECIFIC

GENUS	SPECIES	SUB-SPECIES	STRAIN DESIGNATION
<i>Bifidobacterium</i>	<i>longum</i>	<i>longum</i>	35624™

WHERE CAN YOU FIND ALIGN?

Align is available at major retail stores and pharmacies across Canada.

CAUTION: Keep out of reach of children. In case of accidental ingestion, contact your doctor or a Poison Control Centre. Do not use if you are experiencing nausea, fever, vomiting, bloody diarrhea, or severe abdominal pain. Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment). Consult a doctor if symptoms of digestive upsets do not improve, or persistently worsen.

See complete directions, cautions and other information on cartons of Align and at www.aligngi.ca

† The information in this Daily Digestive Tracker was based on the average experience of a large group of people. Because the experience of IBS symptoms varies from person to person, your body may respond somewhat faster or slower to Align. If you have persistent days rated "often bothered – frequent interruptions from IBS symptoms," you should consult a healthcare professional.

‡ Among gastroenterologists who recommended a brand of probiotic in a ProVoice 2019 survey.

Reference: 1. Canadian Digestive Health Foundation. Cited September 2016. Available at: <http://www.cdhf.ca/en/statistics#16>
2. International Scientific Association for Probiotics and Prebiotics (ISAPP) consumer guidelines on choosing a probiotic product. Cited September 2016. Available at: <http://4cau4jsaler1z9lkq3wnmje1.wpengine.netdna-cdn.com/wp-content/uploads/2016/02/Consumer-Guidelines-probiotic.pdf>. The use of ISAPP guidelines does not constitute an endorsement of this product by ISAPP.

ALIGN MEETS ISAPP CRITERIA FOR A PROBIOTIC

Align meets key criteria for a credible probiotic product as identified by the International Scientific Association for Probiotics and Prebiotics (ISAPP).²

ISAPP KEY CRITERIA	How Align Meets Criteria
Not all probiotics are created equal. Different strains of even the same species can be different. A probiotic is defined by its genus, species, and strain designation.	Align contains the pure-strain probiotic bacteria <i>Bifidobacterium longum</i> 35624™.
Probiotics must be tested in humans and be shown to have health benefits.	Align's exclusive strain has over 20 years of research and over 50 preclinical and clinical publications and abstracts.
Some products labelled "probiotic" do not contain strains shown to be effective or may not deliver adequate levels of live probiotic through the end of the product's shelf life.	Align contains 1x10 ⁹ (one billion) live bacteria when manufactured, and provides an effective level of bacteria (1x10 ⁷) until at least the "best by" date on the package. Align contains an effective level of probiotic bacteria throughout the shelf-life of the product.