

# Essential Probiotics Plus



## Frequently Asked Questions

### Q. Why do I need probiotics?

The gut makes up 70% of our immune system. It is physically connected to your brain through millions of nerves and it impacts your physical (immunity), mental (focus) and emotional (mood) health. The number of good bacteria in your body decreases depending on age, food intake and active lifestyle. These little workers maintain a balanced intestinal flora to promote a **healthy digestive system and overall immunity**.

To dive deeper, your gastrointestinal system contains billions of healthy bacteria that help you digest food, absorb vitamins, support your immune system, and maintain a healthy gastrointestinal system. This delicately balanced system of beneficial bacteria is called your microbiome. Your general health depends on taking care of your microbiome. However, the food you eat, medications you take, environment you live in, and the toxins around you every day can disrupt the balance of your microbiome.

To help your body maintain this balance, it is often necessary to take a supplement that feeds the beneficial bacteria and helps replenish their number. Essential Probiotics Plus is formulated to help your body maintain a healthy and vibrant microbiome.

### Q. What makes Essential Probiotics Plus different?

#### **Synbiotic Formula**

This gutsy sidekick contains 5 billion CFUs (Colony Forming Units) prebiotic + probiotic synergistic cultures from 6 different strains along with vitamins, minerals and wolfberry with dual-coated technology to ensure healthy digestion, bowel regularity and improved immunity.

#### **Patented Dual Coating Technology**

These friendly bacteria are protected from the harsh environment of the stomach by a patented dual coating technology, which allows them to be effectively released in the intestine until it reaches the end of the intestinal tract where they can start supporting healthy digestion.

*Other types of Probiotic products with no coating technology may have more CFUs, however, there is a chance most of the bacteria will not survive before it reaches the intestine.*

#### **Fortified Ingredients**

Essential Probiotics Plus also contains other vitamins, minerals, and supportive ingredients that support a healthy gastrointestinal system, including zinc oxide, thiamin (B1), riboflavin (B2), pyridoxine hydrochloride (Bs), L-ascorbic acid (vitamin C), biotin (B7), and wolfberry powder (from the antioxidant super drink, NingXia Red).

#### **Cutting Edge Testing**

Undergoes a state-of-the-art microbial strain testing using genetic technique.

#### **Synthetic Free**

No synthetic ingredients, dyes, flavors or fragrances.

#### **Convenient**

Lightly flavored powder that's easy to digest and easy to carry

- Q. What is the difference between Prebiotics and Probiotics found in Essential Probiotics Plus' formula?**  
In general, probiotics are “good bacteria” living in your gut that regulate healthy digestive function and support immune health and overall wellness. Prebiotics are fibers that break down in the digestive system and help feed beneficial bacteria. Thus, Prebiotics serve as the food or fertilizer to promote the growth of the Probiotics or “good bacteria” and other beneficial organisms in the gut. Prebiotics and Probiotics in synergy (synbiotics) support the body in building and maintaining a healthy colony of bacteria and other microorganisms, which supports the gut and aids digestion.
- Q. What beneficial bacteria are in Essential Probiotics Plus?**  
It contains Streptococcus thermophilus, Lactobacillus acidophilus, Lactobacillus rhamnoses, Bifidobacterium lactis, Bifidobacterium longum, and Bifidobacterium bifidum.  
Prebiotics in this product includes dextrose, xylitol, polydextrose, and fructooligosaccharides.
- Q. Who should take Essential Probiotics Plus?**  
Anyone looking for support for digestive functions (constipation, bloating, gas etc), a healthy immune system or overall daily wellness in a convenient, on-the-go stick pack with a pleasing light flavor in powder form that can be taken on its own or mixed with cold food or beverages.
- Q. Is Essential Probiotics Plus vegan or vegetarian?**  
Essential Probiotics Plus is vegetarian, but not vegan.
- Q. Is Essential Probiotics Plus Halal?**  
Essential Probiotics Plus is MUI Halal Certified.
- Q. What is the sweetener used in Essential Probiotics Plus?**  
The product contains xylitol and wolfberry powder. Always consult with a health professional or physician before taking any supplement.
- Q. Do I need to refrigerate Essential Probiotics Plus to keep the bacteria alive?**  
Refrigeration is not needed. Keep the product in a cool and dry place.
- Q. How often should I take Essential Probiotics Plus?**  
Recommended to take 1 sachet once a day, at least 30 minutes before a meal. Best to take first thing in the morning before breakfast or at night before bed. For best results, use daily.
- Q. How else can I take Essential Probiotics Plus?**  
The powder may be sprinkled directly into the mouth and then washed down with water. However, it may also be sprinkled into cold food such as cereal, smoothies or yogurt. If preferred, it may be mixed with cold, non-carbonated beverages like water or juice. Due to the nature of the product, mixing it in hot foods or beverages should be avoided.
- Q. Can children take Essential Probiotics Plus?**  
Probiotics are generally safe for young to old (as early as 11 years old). However, always consult with a health professional or physician before taking any supplement.