

Promotes Intestinal Health and Balance

A unique two-product digestive health system that provides dietary support for normal, healthy intestinal microflora. Once the probiotics are delivered to the digestive system, prebiotics can deliver important nutrients that healthy intestinal bacteria need to grow and thrive.

#57760 | OPTIFLORA® PREBIOTIC (POWDER) 30 SERVINGS
 #57765 | OPTIFLORA® PROBIOTIC (CAPSULES) 30 CAPSULES



Gluten Free



Gluten Free



Kosher



Vegan



Vegetarian

DIGESTIVE HEALTH SYSTEM

Why We Love It

Optiflora Prebiotic (powder) helps:

- Maintain a healthy digestive balance
- Provide nutrients to feed friendly bacteria
- Promote long-term intestinal health

Optiflora Probiotic (capsules) helps:

- Promote healthy intestinal activity and good digestive health

FAQs

What are probiotics?

Probiotics are live microorganisms that, when taken in adequate amounts, may confer a health benefit on the user. They are good bacteria that you can add to your health regimen for a variety of benefits, including digestive support.

What is the difference between probiotics and prebiotics?

Prebiotics are a food source for probiotics. As prebiotic fibres travel through the digestive system, they nourish the good bacteria along the way and help them grow and multiply. More good bacteria in the gut means better digestive health.

Optiflora® Prebiotic

DIRECTIONS: mix 4 g (1 tsp) of powder with at least 118 mL (4 oz) of liquid. Take daily with one Optiflora Probiotic capsule.

Calories 15

% Daily Value*

Fat 0 g

0%

Carbohydrates 4 g

Fibre 3 g

11%

Sugars 2 g

2%

Protein 0 g

Not a significant source of saturated fat, trans fat, cholesterol, sodium, potassium, calcium, or iron.

*5% or less is a little, 15% or more is a lot.

INGREDIENTS: SUGARS (INULIN, FRUCTOOLIGOSACCHARIDES, FRUCTOSE, MALTODEXTRIN), MIXED TOCOPHEROLS CONCENTRATE, NATURAL CREAM AVOUR, SILICON DIOXIDE.



Optiflora® Probiotic

DOSAGE: ADULTS: 1 capsule daily with a meal. Take at least 2–3 hours before or after antibiotics.

Amount Per Capsule

Bifidobacterium longum subsp. *longum*, strain BB536

250 million CFU

Lactobacillus acidophilus, strain NCFM

250 million CFU

NON-MEDICINAL INGREDIENTS: GELATIN, GLYCERIN, PALM OIL, PECTIN, SOY LECITHIN.