

**Directions:** Adults and children over 12 years take 3 capsules daily with food and water. Do not take with hot drinks: heat kills the bacteria.

**Cautions:** Do not exceed stated recommended dose. Keep refrigerated and out of reach of children. Food supplements should not be used as a substitute for a varied diet. If pregnant or breastfeeding consult your health practitioner first.

**Ingredients:** Inulin Powder (chicory root), Bacillus Coagulans (Actibio®), Lactobacillus Acidophilus, Ascorbic Acid (vitamin C), Hydroxypropylmethyl cellulose (capsule shell).

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[www.fushiwellbeing.com](http://www.fushiwellbeing.com)

Fushi Wellbeing Ltd.  
Unit 9 Roslin Sq | Keizersgracht 482  
London, W3 8DH | 1017EG, Amsterdam  
United Kingdom | Netherlands



fushi

# BIOTIC BALANCE

2 strains of bacteria  
**10 BILLION CFU**

90 vegan capsules



Comprehensive formula that delivers 10 billion colony forming units of bacteria per dose. These carefully selected strains of bacteria work in synergy with one another to help support your gut microbiome. Wholefood vitamin C helps maintain a healthy immune system all year round, contributes to our resistance to infection, and reduces tiredness and fatigue.

Nutritional Breakdown	Per 3 caps	%NRV*
Inulin	867mg	
Probiotics		
A mix of: Bacillus coagulans	9 billion cfu**	
Lactobacillus acidophilus	0.9 billion cfu**	
Vitamin C	24mg	30
*NRV=Nutrient Reference Value		