

Our gut microbiome is home to over 100 trillion bacteria. It plays an important role in digestion, immunity, mood, skin and sleep. Therefore, keeping these microbes happy and healthy can be considered vital for good health. Probio7 Original is perfect for those looking for a daily number of friendly bacteria, similar to a live yogurt.

Each amazing capsule of Probio7 Original provides 4 billion live bacteria from 7 bacterial strains. This has been paired with two types of natural fibre which act as a food source for your gut microbiome, keeping your microbes happy and healthy.

HOW TO USE: Suitable for daily use for anyone aged 2 years and over. Take 1-2 capsules daily, ideally with breakfast. Capsules can be swallowed whole or pulled apart and contents sprinkled on cold food or mixed with a cold drink.

If you are taking antibiotics: Take 2 capsules daily, ideally with a meal 2-4 hours after you have taken your antibiotic. For the 2 weeks after your antibiotic course has finished, take 1 capsule daily.

NO ARTIFICIAL PRESERVATIVES, COLOURS OR FLAVOURINGS



**NO NEED TO
REFRIGERATE**



**GLUTEN
FREE**



**GMO
FREE**



INGREDIENTS: Chicory Inulin Fibre (Fructo-Oligosaccharide), Hydroxypropyl Methylcellulose (Vegetable Cellulose Capsule Shell), **Soy** Fibre, Bacteria Complex*, Anti-caking Agent (Silicon Dioxide & Magnesium Stearate), Maltodextrin, Colour (Calcium Carbonate). *Bacteria Complex contains: *L. casei*, *L. acidophilus*, *Lactococcus lactis*, *Streptococcus thermophilus*, *B. bifidum*, *B. longum* & *L. bulgaricus* (*L.* = *Lactobacillus* & *B.* = *Bifidobacterium*).

ALLERGY ADVICE: See ingredients listed above in **Bold**.

CAUTION: Keep out of the reach and sight of children and do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied diet. Consult your healthcare professional before taking if you are under medical supervision, on medication, pregnant, looking to become pregnant or are breastfeeding.

Made in UK.

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