

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 Ultra is perfect for those looking for an extra boost to replenish their gut microbiome with good bacteria.

Each amazing capsule of Probio7 Ultra provides 100 billion live friendly bacteria from 8 bacterial strains, plus a well-researched strain of friendly yeast, *S. boulardii*. This has been paired with an added bioflavonoid, a phytonutrient found in citrus fruits for extra gut support.

HOW TO USE: Suitable for daily use for anyone aged 12 years and over. Take 1 capsule 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 1 capsule 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: Friendly Bacteria Complex*, Citrus Extract (Hesperidin 95%), Hydroxypropyl Methylcellulose (Vegetable Cellulose Capsule Shell), *Saccharomyces Boulardii* (Yeast), Anti-caking Agent (Magnesium Stearate), Colour (Calcium Carbonate). *Bacteria Complex contains: *L. casei*, *L. rhamnosus*, *L. acidophilus*, *Streptococcus thermophilus*, *L. plantarum*, *B. breve*, *B. longum* & *B. bifidum*. (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 France.

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