

plexus

ProBio 5®

Support gut balance for a healthier you.*

With its unique blend of enzymes and probiotics, ProBio 5 helps keep intestinal yeast in balance, creating an optimal gut environment and promoting a healthy digestive system.*



Now, Let's Get Balanced.

Everyone has yeast in their body naturally (and some yeast isn't a bad thing), but it has to be kept in balance in order for your gut to stay happy and healthy. Yeast exists in your body naturally, but if your gut is out of balance, it can cause major problems (think: fatigue, weight gain, and mood swings). Yeast imbalance can happen quickly and easily, caused by things like stress, excess sugar intake, and other environmental factors. That's why yeast needs to be balanced out by beneficial gut microbes. These help create a healthy gut environment that helps defend against yeast imbalance. When your gut is balanced, your body's digestive systems work better, and you feel better.

How ProBio 5 Works

ProBio 5's dual-action formula does the work of two products in one. ProBio 5 helps **weed** out unwanted intestinal yeast. It also **seeds** your gut with five beneficial strains of healthy probiotics.*

ProBio 5 contains beneficial enzymes, probiotics, and botanical Grape Seed Extract that work together to create an optimal gut environment. Enzymes work to break down cellular walls of plant based foods and help digestion, enabling an increase in food nutrient value. Through the use of our proprietary enzyme blend, which contains Proteases, Cellulase, and Serrapeptase, and probiotic blend, comprised of *Bacillus coagulans*, *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus plantarum*, and *Saccharomyces boulardii*, ProBio 5 responds to imbalances in the gut and helps support intestinal yeast balance—allowing your gut to thrive.*

ProBio 5's Primary Benefits

- Helps keep intestinal yeast in balance*
- Helps support a healthy intestinal tract*
- Supports healthy digestion*
- Helps improve natural response to imbalance*
- Helps promote healthy bacteria counts and pH levels in the gut*
- Source of antioxidants*
- Contains Vitamin C to support immune function*

ProBio 5's Advantage

- Formulated to deliver 2 billion CFU per capsule^A
- No artificial colors
- Gluten Free

Who Should Use This Product?

ProBio 5 is for adults who may be struggling from the effects of a possibly unbalanced gut. By creating an environment for balance in the intestinal tract, ProBio 5 helps **weed** out unwanted intestinal yeast and **seeds** the gut with beneficial microbes to set the stage for a healthier digestive system.*

Did You Know?

- Yeast imbalance can cause many problems, from gas, bloating, indigestion to mood swings, skin problems and fatigue.¹
- Antibiotics can cause a bacterial imbalance that may lead to yeast imbalance.²

You Deserve To Thrive

Weed + Seed + Feed

Your gut microbiome holds the key to improved overall health. Show your gut some love when you Weed, Seed, and Feed your microbial neighbors.*



Weed

ProBio 5 and Bio Cleanse. go to work to help weed out unwanted microbes and intestinal yeast that take up space from beneficial microbes.*



Seed

ProBio 5 and VitalBiome. deliver probiotic strains to your digestive tract, right where they're needed most.*



Feed

Slim Microbiome Activating feeds your beneficial microbes with the prebiotics they need to flourish.*

Sources

1. <http://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-23/5-signs-youre-suffering-from-candida-overgrowth-and-what-you-can-do-about-it>
2. <http://www.naturalhealth365.com/candida-overgrowth-2099.html>

^AAt the time of manufacture

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Frequently Asked Questions

Why should I take ProBio 5®?

The majority of Americans experience gut imbalance which means that their gut is unhealthy. To help get your gut back in balance you need to help weed, seed, and feed your gut. ProBio 5 helps weed your gut of unwanted substances and seed your gut with beneficial microbes, helping to restore gut balance for a healthier you.*

What are the enzymes in ProBio 5?

Our enzyme blend consists of: Proteases, Cellulase, and Serrapeptase.

What are the benefits of taking enzymes daily?

Enzymes are essential in supporting a healthy digestive system. They work to break down cellular walls of plant-based foods – increasing food nutrient value.*

What are the probiotics in ProBio 5?

The 5 probiotics are: *Bacillus coagulans*, *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus plantarum*, and *Saccharomyces boulardii*.

How many probiotics are delivered in ProBio 5?

ProBio 5 is formulated to deliver 2 billion CFU per capsule.*

What is a CFU count and is it important?

CFU, or colony-forming units, is a term often seen in conjunction with probiotic supplements. It is a measurement of viable bacterial cells that can replicate to form one visible colony. CFU count is only as important as the clinical study it is tied to.

When should I take ProBio 5?

A great time to take ProBio 5 is right before bed.

How many capsules of ProBio 5 can be taken daily?

Up to 4 capsules of ProBio 5 can be taken daily.

What is the difference between ProBio 5 and VitalBiome™?

ProBio 5 contains probiotics with a powerful enzyme blend that is designed to help seed the gut while helping promote a healthy digestive system. ProBio 5 contains 2 billion CFU[^]. ProBio 5 helps keep intestinal yeast in balance to help promote an optimal gut health environment. VitalBiome is a probiotic supplement that is formulated to seed your gut with significant levels of beneficial microbes. It contains 7 billion CFU at time of expiration from 8 different probiotic strains, including two psychobiotic strains, that help reduce feelings of stress, tension, and nervousness, improve

mood, reduce occasional GI discomfort, bloating, and discomfort, and helps support a healthy immune system. VitalBiome utilizes clinically studied probiotic strains protected in a delayed release capsule.*

Can I take ProBio 5 with other Plexus® products?

Yes, definitely. In fact, taking ProBio 5 with Bio Cleanse™ and Slim Microbiome Activating or Slim Hunger Control can have a positive impact on your overall health. Also, VitalBiome can be taken alongside ProBio 5 as part of your daily health regimen. ProBio 5 works best to help keep intestinal yeast in balance when taken on an empty stomach at night. VitalBiome is best taken in the morning on an empty stomach or between meals.*



Can I take ProBio 5 and Bio Cleanse at the same time of day?

We recommend that Bio Cleanse should be taken up to twice daily with 8 ounces of water. ProBio 5 should be taken in the evening, ideally before bedtime.

Can I take ProBio 5 with my medication?

As with all Plexus products, we recommend that you consult your physician before adding any supplement to your daily regimen alongside medications.

Is it Gluten Free?

Yes.

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Ingredients Glossary

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	150 mg	167%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.5 mg	147%
Enzyme Blend	200 mg	†
Proteases, cellulase, serrapeptase		
Probiotic Blend	100 mg	†
<i>Bacillus coagulans</i> †, <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus plantarum</i> , <i>Saccharomyces boulardii</i> (2 billion CFUs)^		
Grape seed extract	25 mg	†

†Daily Value (DV) not established

Other Ingredients: Gelatin, water, and brown rice powder.

Protease

Protease is an enzyme that breaks down proteins and peptides.

Cellulase

Cellulase is an enzyme that breaks down cellulose fiber from plants.

Serrapeptase

Serrapeptase is an enzyme originally isolated from bacteria.

Bacillus coagulans

Bacillus coagulans is a rod-shaped bacterium, found in soil and the gastrointestinal tract of humans. *Bacillus coagulans* helps reduce occasional GI discomfort. It can form a tough, protective endospore, allowing it to endure extreme environmental conditions.*

Lactobacillus acidophilus

Lactobacillus acidophilus is a beneficial bacterium that helps support GI health.*

Bifidobacterium longum

Bifidobacterium longum is a beneficial bacterium found in the human GI system.

Lactobacillus plantarum

Lactobacillus plantarum is a beneficial bacterium that helps improve natural response to imbalance.*

Saccharomyces boulardii

Saccharomyces boulardii is a probiotic yeast that helps maintain intestinal yeast balance.*

Grape Seed Extract

Grape Seed Extract is derived from the ground-up seeds of red grapes. Grape Seed Extract is typically high in polyphenols and Proanthocyanidins.



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