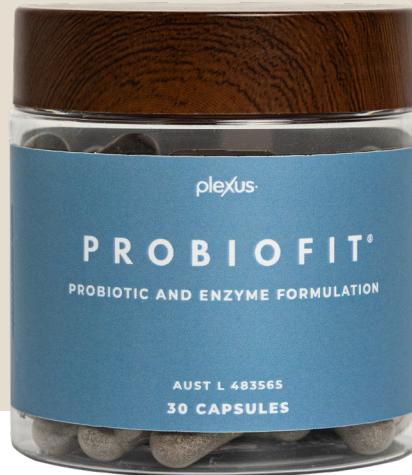


ProBioFit®

PROBIOTIC AND ENZYME FORMULATION.

With enzymes, probiotics and botanicals, ProBioFit gives your gut the nutrients it needs to help promote intestinal beneficial bacteria growth, and to relieve symptoms of medically diagnosed Irritable Bowel Syndrome.*

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Get Your Gut in Check

According to The Gut Foundation of Australia, almost 10.7 million Australians — roughly 40 percent the population — complain of some form of digestive issue. Gut issues are so common because so many factors can throw the gut microbiome off balance: stress, antibiotics, processed foods, alcohol use and more. The rising popularity of probiotics is a step in the right direction toward helping people with their GI issues, but for real, lasting gut health, a more holistic approach is needed. That's where ProBioFit comes in.

How ProBioFit Works

ProBioFit contains 5.75 billion CFU of carefully selected probiotics per capsule to promote increasing beneficial bacteria, an enzyme blend to help stimulate digestive enzymes in the body and a botanical blend. ProBioFit's formula supports relief of inflammation^, maintaining friendly intestinal flora, and enhancing general health and wellbeing, while helping to relieve symptoms of medically diagnosed Irritable Bowel Syndrome.*

Primary Benefits

- Relieves symptoms of medically diagnosed Irritable Bowel Syndrome*
- Helps restore beneficial gut flora
- Relieves inflammation^
- Helps promote general health and wellbeing
- Promotes intestinal-friendly bacteria growth

Primary Features

- Contains 7 strains of probiotics to help increase beneficial intestinal bacteria growth
- Contains an enzyme blend to support a healthy gastrointestinal system
- Contains 5.75 billion CFU per capsule
- Gluten Free, Vegetarian, and Non-GMO
- No artificial colours

WEED + SEED + FEED



WEED

Bio Cleanse helps get your digestion back on track by supporting your body's natural cleansing and detoxification process.



SEED

ProBioFit helps seed your gut with probiotics to restore beneficial flora.



FEED

Slim rebalances your beneficial gut flora and promoted a healthy digestive system.

DID YOU KNOW?

- 1 in 7 people in Australia experience what is considered distressing gut issues.

^If symptoms persist, talk to your health professional.

*If symptoms persist or worsen talk to your medical practitioner.

Frequently Asked Questions

Why Should I take ProBioFit®?

Your gut plays an essential role in overall health and wellbeing, so it makes sense to create an optimal gut environment. ProBioFit uses science-backed ingredients to provide a three-pronged approach to balancing a digestive system: an enzyme blend, carefully selected probiotics, and an innovative botanical blend. ProBioFit's enzyme blend of Protease, Cellulase, Bromelain, and Papain help to stimulate digestive enzymes. ProBioFit also contains 5.75 billion CFU of carefully selected probiotics per capsule: *Bacillus subtilis* (DE111), *Bacillus coagulans* (MTCC 5856), *Bifidobacterium longum*, *Lactobacillus plantarum*, *Saccharomyces cerevisiae* (Boulardii), *Lactobacillus acidophilus* and *Bifidobacterium breve*, to help restore beneficial gut flora. ProBioFit's carefully selected probiotics help to relieve symptoms of medically diagnosed Irritable Bowel Syndrome*— so you feel your best. Additionally, ProBioFit contains an innovative gut-supporting botanical blend of Grape Seed Extract and Spirulina Powder. Specifically, Bromelain helps with inflammation relief.[†]

Who should take ProBioFit?

ProBioFit is made for anyone who may be experiencing the effects of an imbalanced gut or wants to maintain a balanced gut. By promoting intestinal-friendly bacteria growth, ProBioFit helps to restore beneficial gut flora and promotes overall health and wellbeing.

What are the enzymes in ProBioFit?

Our enzyme blend consists of: Protease, Cellulase, Bromelain, and Papain.

What are the benefits of taking enzymes daily?

Enzymes are essential in supporting a healthy gastrointestinal system. They work to stimulate digestive enzymes in the body.

What are the probiotics in ProBioFit?

The probiotic blend in ProBioFit consists of: *Bacillus subtilis* (DE111), *Bacillus coagulans* (MTCC 5856), *Bifidobacterium longum*, *Lactobacillus plantarum*, *Saccharomyces cerevisiae* (Boulardii), *Lactobacillus acidophilus*, and *Bifidobacterium breve*.

How many probiotics are delivered in ProBioFit?

ProBioFit is formulated to deliver 5.75 billion CFU per capsule.

What is the CFU count and why is it important?

CFU, or colony-forming units, is a term often seen in conjunction with complementary medicines containing probiotics. 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.

What are the botanicals in ProBioFit?

The botanicals included in ProBioFit are Grape Seed Extract and Spirulina Powder.

When should I take ProBioFit?

ProBioFit can be taken any time of day and is recommended to be taken daily to provide maximum benefits.

How many servings of ProBioFit can be taken daily?

1 capsule daily is the recommended amount.

Can I take ProBioFit with my other Plexus® products?

Yes, definitely! We recommend taking ProBioFit with Bio Cleanse and Plexus Slim® to help to continue your gastrointestinal health. If weight loss is your goal, ProBioFit is great paired with MetaBurn. ProBioFit will help support good gastrointestinal health, while MetaBurn will help you increase body fat loss.[†]

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

Yes. Both ProBioFit and Bio Cleanse can be taken at the same time— any time of day for your convenience.

Is ProBioFit Gluten Free, Vegetarian, and Non-GMO?

Yes!

Can I use ProBioFit with my medication?

Consult with your physician if you have any questions or concerns with medication interactions.

Is ProBioFit safe for pregnant or nursing women?

While most physicians approve the use of probiotics with pregnant or nursing women, please consult with your physician prior to use.

Does ProBioFit contain allergens?

ProBioFit contains yeast and sulphites, but does not contain any priority allergens.



[†]When used in conjunction with a program of reduced intake of dietary kj and increased physical activity. Individual results will vary.

^{*}If symptoms persist, talk to your health professional.

^{*}If symptoms persist or worsen talk to your medical practitioner.

DIRECTIONS: Adults take 1 capsule once daily. Take 2-3 hours before or after antibiotics.

Each capsule contains active ingredients:

<i>Bacillus subtilis</i> (DE111)	2.5 billion CFU
<i>Bacillus coagulans</i> (MTCC 5856)	2 billion CFU
<i>Bifidobacterium longum</i>	100 million CFU
<i>Lactobacillus plantarum</i>	100 million CFU
<i>Saccharomyces cerevisiae</i> (Boulardii)	600 million CFU
<i>Lactobacillus acidophilus</i>	350 million CFU
<i>Bifidobacterium breve</i>	100 million CFU
Protease	2,000 HUT
Cellulase	2,400 CU
Bromelains	1.08 million PU
Papain	20 mg
Caprylic Acid	50 mg
<i>Vitis vinifera</i> (grape) dry seed extract	50 mg
Derived from dry seed	500 mg
<i>Arthrospira plantensis</i> (spirulina) powder	75 mg

Contains: Yeast and Sulfites

Gluten free, non-GMO, and vegetarian
No artificial colours

NOTE: May not be suitable for someone taking immunomodulators. *Bacillus coagulans* may affect the way some medicines work, including immunosuppressants. If pregnant, nursing or taking medication, consult your physician prior to use. Not recommended for use by children under 18. **Keep out of reach of children. Use only as directed.** Do not use if seal is broken. Store below 25° C.

Bifidobacterium breve

Found in the human gut, this beneficial bacterium which has probiotic properties.

***Bacillus coagulans* (MTCC 5856)**

A lactic acid producing probiotic, this bacterium provides a wide range of intestinal health benefits.

Bifidobacterium longum

Helping to break down food, absorb nutrients and support overall digestive health, this probiotic strain is found primarily in the GI tract.

***Bacillus subtilis* (DE111)**

Also found in the GI tract, this clinically-studied probiotic strain supports the stability of the product and helps the gut as a whole for optimal health.

Bromelains

An enzyme found in pineapple juice and in the pineapple stem, it helps to break down proteins.

Caprylic Acid

A medium-chain fatty acid, it's used primarily to support digestion.

Cellulase

An enzyme that breaks down cellulose fibre from plants, converting cellulose into a simple glucose for better digestion of fruits and vegetables.

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.

Lactobacillus acidophilus

Lactobacillus acidophilus is a beneficial bacterium that helps reduce occurrence of symptoms of medically diagnosed Irritable Bowel Syndrome.*

Lactobacillus plantarum

Lactobacillus plantarum has been validated by four scientific studies, and has a long history of safe use. *L. plantarum* has exceptional survival ability through stomach acid and helps produce lactic acid, inhibiting the growth of unwanted microbes.

Protease

An enzyme that breaks down proteins and peptides it originates from plants, animals, microorganisms and even the body itself.

***Saccharomyces cerevisiae* (Boulardii)**

Saccharomyces boulardii is not considered a bacteria but is a yeast that happens to function like a probiotic in the body, and survives passage through stomach acid to deliver its benefits to the intestinal tract.

Spirulina Powder

Spirulina consists of cyanobacteria that can be consumed by humans and other animals. High in many nutrients, Spirulina is often referred to as a 'superfood.'

