

VitalBiome™

RESILIENT MIND. LASTING WELLNESS.

Support a positive mindset in a stressful world.



A Balanced Internal Environment

In today's world, maintaining balance and a positive mindset is essential. VitalBiome is a carefully formulated probiotic supplement designed to support overall health and help maintain a stable, positive mood even under daily stress. With clinically studied probiotic strains, VitalBiome helps support a balanced internal environment, promoting daily well-being and comfort. VitalBiome utilizes precision psychobiotic strains—*Lactobacillus helveticus* (Rosell-52) and *Bifidobacterium longum* (Rosell-175)—for mood support in a stressful society. Psychobiotic strains are live bacteria (probiotics) that, when ingested, confer health benefits.

How VitalBiome Works

VitalBiome's formula has been tested in an independent, highly advanced, and scientifically validated in vitro study. This study demonstrated VitalBiome's ability to help beneficial microbes flourish, supporting your overall health.

Preliminary findings indicate:

- Clinical trials of the probiotic strains in VitalBiome suggest they help maintain a positive mood and healthy rhythm.
- The combination of *Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175 helps maintain a positive mood.

An invitro human gut simulator test on VitalBiome reported an increase of:

- Up to 67% in the short-chain fatty acid butyrate
- Up to 157% in Bifidobacterium bacteria
- Up to 165% in Akkermansia bacteria
- Up to 45% in the short-chain fatty acid propionate
- Further research, including human studies, is needed.°

KEY BENEFITS

- Supports overall health maintenance—Provides probiotic strains that contribute to a balanced internal environment, supporting daily health and well-being.
- Helps maintain a positive mood—Clinically studied probiotic strains help support a positive mindset even in stressful conditions.
- Encourages daily balance & motivation—Unique psychobiotic strains – *L. helveticus* (Rosell-52) and *B. longum* (Rosell-175) – provide support for both motivation and a sense of ease.
- Features *Bifidobacterium lactis* BI-04—A probiotic strain that helps the body sustain its natural ability to stay healthy.
- Promotes a regular rhythm for comfort & relaxation—A well-balanced microbiome supports a natural, healthy rhythm, contributing to daily comfort and a relaxed mood.
- Tested for impact—In vitro gut simulation studies have shown increases in beneficial bacteria and short-chain fatty acids. Further research, including human studies, is needed.

Key Features

- 7 billion CFU per serving
- 8 clinically researched strains, including 2 psychobiotic strains
- Delayed-release capsules for targeted delivery
- Gluten-free, vegetarian, and non-GMO
- No artificial colors

°The results of an in vitro human gut simulator study suggest that VitalBiome's formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

You Deserve To Thrive

Your microbiome holds the key to overall health. Show it some love when you Take Out, Sow, and Grow your microbial neighbors.

TAKE OUT + SOW + TO GROW



TAKE OUT

Bio Cleanse supports the internal environment and helps restore natural rhythms, promoting a comfortable and balanced life.



SOW

VitalBiome™ provides probiotics, including unique psychobiotic strains, that promote a regular rhythm, relaxation, and a sense of comfort.



TO GROW

Slim Biome contains prebiotics to increase beneficial bacteria.

Who Should Use This Product?

VitalBiome is the best probiotic choice for adults who want to bring back balance, as well as support relaxation and feelings of well-being.

Frequently Asked Questions

Why do I need a probiotic supplement?

Things like poor diet, lack of exercise, and even stress directly impact our microbiome. This imbalance keeps us from enjoying life at its fullest. Reseeding helps maintain a regular rhythm and supports daily comfort.

How does VitalBiome “sow”?

The majority of people experience occasional disruptions to the regular rhythms. To help get back in balance you need to take out, sow, and grow. VitalBiome helps seed your body with 7 billion CFU beneficial microbes. The clinically studied strains selected in VitalBiome provide significant benefits, and were also selected because of their ability to survive the journey through your system.

What are the strains used in VitalBiome?

VitalBiome contains 8 beneficial probiotic strains that include: *Lactobacillus helveticus* (Rosell-52), *Bacillus coagulans* (MTCC 5856) *LactoSpore®*, *Bifidobacterium lactis* (BI-04), *Bifidobacterium longum* (Rosell-175), *Saccharomyces boulardii*, *Bifidobacterium lactis* Bi-07 (ATCC SD5220), *Lactobacillus plantarum*, and *Lactobacillus acidophilus* NCFM (ATCC 700396).

What is the benefit of using probiotic yeast?

VitalBiome contains *Saccharomyces boulardii*, a hardy probiotic yeast that can survive the harsh journey through your system. Yeast, along with bacteria, are part of a natural microbiome.

When can I expect to see results?

Results can vary from individual to individual, but participants of the psychobiotic strain clinical tests reported relaxation support and a more positive mood after 30 days.

What is a delayed-release capsule and why is it important?

VitalBiome™ utilizes a delayed release capsule that has been engineered to better withstand the harsh acidic conditions found in the stomach. Studies show these capsules take 45 minutes to dissolve while traditional capsules are less than 30 minutes. Protecting probiotics from these harsh conditions ensures the maximum number of live probiotics make it to where they can be most beneficial.

What is 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 microbial cells that can replicate to form one visible colony. CFU count is as important as the clinical study it is tied to. VitalBiome was formulated to deliver clinically demonstrated CFU counts at the time of expiration.

What is the CFU count of VitalBiome?

VitalBiome contains over 7 billion CFU per capsule.

Will I experience any side effects with VitalBiome?

No, however those not used to consuming probiotics may experience some gas and bloating. Be sure to drink plenty of water and give it some time. Consult a physician if you have concerns with taking probiotic supplements.

When is the best time to take VitalBiome?

While VitalBiome is best taken on an empty stomach, it can also be taken with food.



Do I need to refrigerate VitalBiome™?

It is not necessary to refrigerate VitalBiome.

Can I take half a serving or multiple capsules?

VitalBiome was formulated to deliver benefits based on individual strain clinical testing results. Therefore, we recommend taking the suggested serving of 1 capsule per day.

Does VitalBiome contain any of the common food allergens (egg, milk, wheat, peanut, buckwheat, shrimp, and crab)?

Yes, it contains milk and soy in minor amounts, due to them being used in the cultivation of some of the probiotic strains.

Which VitalBiome ingredient contains milk?

Bifidobacterium longum (Rosell-175) utilizes dairy products during the fermentation process. The clinically demonstrated benefits that this strain provides are so incredible, this strain was thus added to the formula.

Anyone with milk allergies should consult a physician prior to using VitalBiome.

Which VitalBiome ingredients contain soy?

Lactobacillus helveticus (Rosell-52) and *Bifidobacterium longum* (Rosell-175) utilize soy products during the fermentation/manufacturing process. The clinically demonstrated benefits that these strains provide are so incredible, these strains were thus added to the formula. Anyone with soy allergies should consult a physician prior to using VitalBiome.

Can I use VitalBiome with my medication?

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

Is VitalBiome 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.



Vitalbiome™

バイタルバイオーム

VITALBIOME

名 称：乳酸菌・ビフィズス菌含有食品
 原材料名：米粉、ラクトバチルス・ヘルベティクス (Rosell-52)、ビフィドバクテリウム・ロンガム (Rosell-175)、バチルス・コアグランス Lactospore®、ビフィドバクテリウム・ラクティス (BI-04)、サッカロマイセス・ボウラルディ、中鎖トリグリセリドパウダー、ビフィドバクテリウム・ラクティス BI-07、ラクトバチルス・プラントラム、ラクトバチルス・アシドフィルス (NCFM) / HPMC、ペクチン、ウェランガム (一部に乳成分、大豆を含む)
 内 容 量：13.8g (0.46g x 30粒)
 賞味期限：ボトルの底面に記載 (年月)
 保存方法：直射日光を避け、涼しい所に保管してください。
 原産国名：米国
 輸 入 者：プレクス・ジャパン株式会社東京都港区六本木7-7-7 トライセブン六本木8F

お召し上がり方：成人は1日1カプセルを目安にお召し上がりください。

栄養成分表示(1粒0.46 g当たり)

エネルギー	1 kcal
たんぱく質	0.02 g
脂質	0 g
炭水化物	0.24 g
食塩相当量	0 g

LactoSpore®はSabinsa Corporationの登録商標です。米国特許番号 US9579352。

★ボトルの内側のシールに異常がある場合は、製品を使用しないでください。★食生活は、主食、主菜、副菜を基本に、食事のバランスを。★妊娠中又は授乳中の方や薬を服用中あるいは通院中の方は、医師や薬剤師にご相談の上お召し上がりください。★アレルギー体質の方は、原材料をご確認の上お召し上がりください。★乳幼児、小児は本品の摂取を避けてください。★開栓後はキャップをしっかりと閉め、お早めにお召し上がりください。★お子さまの手の届かない所に保存してください。

グルテンフリー

配布者：Plexus Worldwide™
 9145 E Pima Center Pkwy, Scottsdale, AZ 85258 USA
 WF# 2567519 VIBI30C7A00

Lactobacillus

Lactobacillus are 'friendly' microbes. *Lactobacillus* produce lactic acid.

Lactobacillus acidophilus NCFM (ATCC 700396) is one of the most highly studied probiotic strains that are supported by over 100 scientific studies, including 50 human clinical studies. *L. acidophilus* NCFM (ATCC 700396) survives the journey through your system.

Lactobacillus helveticus (Rosell-52) has been validated by 82 scientific studies, 45 of which are human clinical studies, to support a relaxed and positive mood.

L. helveticus (Rosell-52) *L. helveticus* (Rosell-52) has also been clinically demonstrated to support a relaxed mood when combined with *Bifidobacterium longum* (Rosell-175).^{5,6}

Lactobacillus plantarum has been validated by four scientific studies, and has a long history of safe use.

L. plantarum has exceptional survival ability through the system and helps produce lactic acid.

Bifidobacterium

Bifidobacterium are some of the best-studied probiotics. VitalBiome uses highly studied strains of the *Bifidobacterium* to promote balance and benefit health.

Bifidobacterium lactis (BI-04) has been validated by 13 scientific studies, and is suited for survival. *B. lactis* (BI-04) has been shown in a clinical study to help maintain microbiota.

Bifidobacterium lactis BI-07 (ATCC SD5220) is a probiotic that has been demonstrated in over 36 scientific studies.

Bifidobacterium longum (Rosell-175) is clinically shown to support a relaxed mood when combined with *L. helveticus* (Rosell-52). Stress and tension impacts a significant percent of people. The combination of *L. helveticus* (Rosell-52) and *B. longum* (Rosell-175) helps maintain balance in a stressful society.

Saccharomyces 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 the system. *S. boulardii* is a highly studied probiotic that helps restore disruptions.

Bacillus coagulans

Bacillus coagulans is a spore-forming bacterial species within the genus *Bacillus*. *B. coagulans* form resistant structures called spores. Spores are very hardy. *B. coagulans* are lactic acid producing probiotics that provide a wide range of benefits.

Bacillus coagulans (MTCC 5856) LactoSpore® has been demonstrated by 11 clinical studies to benefit health.

Hydroxypropyl Methylcellulose

Hydroxypropyl Methylcellulose is found in the delayed release veggie capsule shell and is made from natural cellulose obtained from softwood trees, mainly pine and spruce. The natural cellulose is then modified to a form of gum or gel like material. VitalBiome's delayed release capsule is non-GMO.

Rice Flour

Rice Flour is made from rice hulls that are sterilized and ground into a fine powder. Rice Flour is used as an excipient to ensure consistent capsule fill weight.

Medium Chain Triglycerides

This is used as an excipient that prevents both powder and capsules from sticking to surfaces during encapsulation.