

# The Gut Wars – Where the Fight For Good Health Begins!

This digestive system is responsible for providing many essential nutrients to the entire body and for supporting the body's natural defences against illness-causing invaders. Overrun with bad bacteria, one digestive system is in need of aid. Follow the adventures of the Probiotic Plus squad as they help restore happy harmony to a gut in distress.

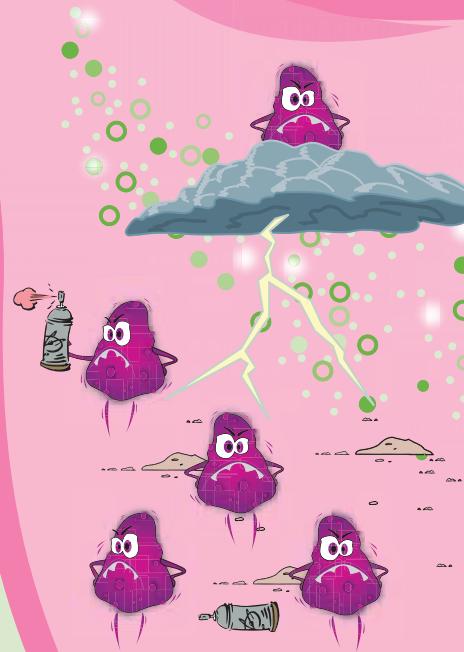
The Probiotic Plus squad, two specific strains of probiotic bacteria delivered in a mildly sweet powder, journeys to the digestive system by being mixed and ingested with cold or room-temperature food or drink. They join forces with the naturally occurring good bacteria that are already in the gut. A healthy balance is re-established, bringing peaceful order back to the digestive process.

As calm returns, our heroes get to work aiding the digestive system. Now functioning effectively, the digestion process breaks down the vitamins, minerals, and antioxidants that are consumed so they can be absorbed by the cells, helping to fend off nutritional deficiencies and re-energize the body with the nutrition it needs. And, thanks to the Probiotic Plus squad's normalizing effects on the digestive process, the bowels are working regularly to eliminate any waste from the body efficiently.\*

Because up to 80 percent of certain immune cells are concentrated in the gut, the Probiotic Plus squad pays special attention to keeping the immune system healthy. The intestinal tract can encourage healthy bacterial growth and defend against the onset of illness through promoting proper nutrient absorption.\*

Does your digestive system sometimes feel like a war zone?

Keep it healthy and support your immune system—try USANA's Probiotic Plus food supplement today.



\* 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.



## Meet the Probiotic Plus Squad

USANA's **Probiotic Plus** is comprised of a unique 50/50 mixture of *Bifidobacterium*, BB-12® and *Lactobacillus rhamnosus* GG, LGG®—two strains of probiotic bacteria that have been clinically proven to promote a natural balance of beneficial microflora in the gut. The **Probiotic Plus** strains are the best documented to survive transit through the harsh, acidic environment of the stomach to colonize the intestines. Also, the **Probiotic Plus** advanced delivery system guarantees the bacteria will remain effective for at least 18 months when stored at room temperature.

Item #: 108  
Autoship Price: RM90  
Wholesale Price: RM100  
Retail Price: RM120  
Sales Volume Points: 17

# The Science Behind Probiotic Plus™

## A Delicate Balance

Any number of factors can negatively impact the balance of beneficial bacteria in the gut, including age, stress, certain medicines, and poor diet. The effects of poor digestion can range from uncomfortable stomach upset to conditions that are potentially harmful to our long-term health.

Probiotic Plus is a food supplement designed to help replenish beneficial bacteria in the gut to re-establish a healthy balance, which is essential to keeping our digestive process working properly and maintaining strong immune function. Most adults can benefit from using Probiotic Plus, but it is especially recommended for those who travel regularly, those who have depleted their "friendly" bacteria due to antibiotic use, or those with less than ideal eating habits.

### Digestive Health

Digestive health lies at the core of our overall health. A healthy digestive system helps our body efficiently break down many of the nutrients we consume into forms that are easily absorbed, maximizing the benefits of vitamins, minerals, and antioxidants and defending against nutritional deficiencies. Healthy digestion is also important to bowel regularity—another critical component of good health.\*

### Immune Support

It is estimated that up to 80 percent of the immune cells in our bodies are located in the gut. Probiotics interact with, and stimulate, the immune system to help strengthen our natural defenses and sustain healthy immune function by promoting healthy bacterial growth.\*

#### Probiotic Plus: What Makes It Work?

- The unique blend of probiotic bacteria has been proven in hundreds of clinical studies to survive transit through the stomach, to establish robust growth in the intestines, and to support digestive health and immune function.\*
- When stored at room temperature, Probiotic Plus stays effective for 18 months or more.

#### Probiotic Plus: What Makes It Better?

- Quality of the bacteria used—the proprietary 50/50 mixture of Lactobacillus rhamnosus GG, LGG® and Bifidobacterium, BB-12® has the documentation needed to meet USANA's exacting standards.
- Easy to use—the mild vanilla-flavored powder can be added to food or drink.
- Made with the same commitment to quality, safety, and purity that you have come to expect from USANA.†

Bring balance to your belly with **Probiotic Plus!**



\*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.

# PROBIOTIC PLUS

## FREQUENTLY ASKED QUESTIONS

Find out more about what probiotics are and how USANA's Probiotic Plus can help you enhance the performance of your digestive system!

**Q** What are probiotics?

**A** Probiotics are defined by the Food and Agriculture Organization of the United Nations as "live microorganisms that, when administered in adequate amounts confer a health benefit on the host."

**Q** What are the benefits of friendly probiotic bacteria?

**A** Friendly bacteria in the gut are important for digestion of food and absorption of nutrients. They also support a strong immune system by protecting against microorganisms that can cause disease.

**Q** Why do some people need probiotic supplements?

**A** Poor eating habits, antibiotics, and unfriendly microorganisms such as disease-causing bacteria or yeast can all destroy the delicate balance of microorganisms in our intestine, leading to problems like occasional diarrhea, constipation, gas, and bloating. Taking probiotics can help replace depleted populations of friendly bacteria.\*

**Q** Who can benefit from taking probiotics?

**A** Everyone who wants to maintain good digestive health and strong immune function can benefit from taking probiotics. Probiotics can also help restore the balance of friendly intestinal bacteria after a course of antibiotics.

**Q** Are probiotics safe?

**A** Probiotic bacteria are generally safe because they are a natural part of our digestive system. As with any dietary supplements, however, you should consult your doctor if you are combining probiotics with conventional treatment for any condition.

**Q** Why is USANA's Probiotic Plus better than other probiotics on the market?

**A** Probiotic Plus uses a proprietary blend of patented probiotic bacteria that have been proven in clinical studies to support digestive health and immune function.\* Each stick pack is filled with a 50/50 mixture of *Lactobacillus rhamnosus GG*, *LGG®* and *Bifidobacterium BB-12®*. These strains of bacteria survive passage through the stomach exceptionally well and colonize the intestines effectively.

**Q** How often should I take Probiotic Plus, and what is the best time to do it?

**A** The recommended dosage for healthy people is one stick pack every day, or every alternate day. There is no 'best time' to take the product, so you may do so when it is convenient.

**Q** What is the right way to take USANA's Probiotic Plus?

**A** The most convenient way is to take Probiotic Plus straight from the stick pack. Otherwise, you may mix the contents of the pack with water, juices, or any cold beverage and drink immediately. Sprinkling it on food is also acceptable. (Hint: Adding Probiotic Plus to your Nutrimeal or Fibergy drink is a great idea!)

**Q** Can I take Probiotic Plus with a hot drink?

**A** We do not recommend doing so, because high temperatures can destroy some of the live bacteria.

**Q** Should I give Probiotic Plus to my child?

**A** Probiotic Plus is recommended as a dietary supplement for adults. If you intend to use Probiotic Plus on a child who has diarrhea or is on antibiotics, please consult with your physician. Infants younger than 13 months should not use probiotics.

**Q** Can diabetics take Probiotic Plus?

**A** Probiotic Plus does not contain carbohydrates or sugars in any amount that will affect blood-sugar level. Nevertheless, it is always advisable for those on medication or under medical supervision to consult their doctors when starting on a dietary supplement.

**Q** Is Probiotic Plus suitable for vegetarians and vegans?

**A** Probiotic bacteria are naturally present in many foods that are eaten by vegetarians, such as miso, tofu, and tempeh. There is, however, a small amount of milk powder in Probiotic Plus—so it will not be suitable for those who strictly avoid milk in their diet.