

SymBiotics with FOS

Nine beneficial bacteria strains together in one convenient powdered formula. The FOS provides food for the bifidobacteria, and ascorbic acid (vitamin C) is added as a stabilizer. Lyophilized (freeze dried).

Suggested Use

As a dietary supplement, 1 level teaspoon one to three times daily, or as directed by a healthcare practitioner.

CAUTION: Some individuals taking FOS may experience gastrointestinal bloating that persists longer than 1-2 weeks, possibly due to unfriendly microbes feeding on FOS. In such cases, this product should be discontinued. Refrigerate to maintain potency. Short term heat exposure is acceptable.

NUTRAFLORA[®]

Rev. 006



Formulated exclusively
for NutriCology[®]
Alameda, CA 94502
www.nutricology.com
Phone: 510.263.2000



SymBiotics with FOS

Dietary Supplement



140 grams (4.9 oz.)

Supplement Facts

Serving Size 1 Teaspoon (3.5 g)
Servings Per Container 40

Amount Per Serving

Calories 10

% Daily Value*

Total Carbohydrates 3 g 1%

Vitamin C (as Ascorbic Acid) 180 mg 300%

Fructooligosaccharides 3 g †

Lactobacilli 3 Billion CFUs** †

Bifidobacteria 0.8 Billion CFUs** †

Streptococcus thermophilus 0.4 Billion CFUs** †

* Percent Daily Value are based on a 2,000 calorie diet.

** Viable cell count at the time of manufacture

† Daily Value not established.

Other ingredients: Silicon dioxide. Contains: milk (in trace amounts).