

Recommendation: Take 1 capsule daily. May be taken at any time, with or without food. If pregnant, nursing or taking any medications, consult a healthcare professional before use. **Keep refrigerated** to maintain maximum potency.

- **90 billion active probiotic cultures**
- **Formulated for women with 90% Lactobacilli and 10% Bifidobacteria to help:**
 - **Fortify and balance vaginal flora***
 - **Maintain healthy vaginal pH***
 - **Support healthy yeast balance***
 - **Promote urinary tract health***
- **Supports healthy digestion, regularity and immunity***

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

◆ LN15859.05 BLK8782

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing. Keep bottle tightly closed.

GLUTEN FREE. No sugar, salt, wheat, corn, artificial colors, flavors or preservatives.

Once Daily

fortify
Optima®
PROBIOTIC

90 BILLION
ACTIVE PROBIOTICS

WOMEN'S

30 Vegetarian Capsules • Dietary Supplement

Supplement Facts

Serving Size 1 Capsule	
Amount Per Serving	% DV
Fortify™ Optima® Women's	687 mg**
Proprietary Probiotic Blend providing 90 billion CFU:	
Lactobacilli HDS Probiotics: (<i>L. rhamnosus</i> HDS-0111; <i>L. casei</i> HDS-0108; <i>L. acidophilus</i> HDS-0122; <i>L. paracasei</i> HDS-0274; <i>L. reuteri</i> HDS-0188; <i>L. rhamnosus</i> HDS-0114; <i>L. salivarius</i> HDS-0118; <i>Bifidobacteria HDS Probiotics:</i> (<i>B. breve</i> HDS-0129; <i>B. longum</i> HDS-0135; <i>B. bifidum</i> HDS-0132)	

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), potato starch, hypromellose, magnesium stearate, ethylcellulose, sodium alginate, silica, medium chain triglycerides, ascorbic acid, oleic acid, stearic acid

Contains milk and soy.

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Questions? 1-800-9NATURE / natureway.com



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Why take Fortify™ Optima® WOMEN'S?

Fortify™ Optima® Women's formula contains a specialized ratio of probiotics (90% Lactobacilli/10% Bifidobacteria) to balance the microflora of a woman's vaginal and urinary tracts.* Benefits of taking the formula include:

- **Fortifying & balancing vaginal flora***
- **Helping maintain healthy vaginal pH***
- **Supporting healthy yeast balance***
- **Promoting urinary tract health***

Unique Multi-Strain Benefits

- **90 billion active probiotic cultures** for maximum support
- **10 unique HDS probiotic strains** (Lactobacillus + Bifidobacteria) to support vaginal and urinary tract health, plus the small and large intestine*
- **Contains 90% Lactobacilli strains**, the dominant good bacteria in a healthy vaginal and urinary tract



100% HDS Fortify™ (Human Digestive Strains)

- **Contains unique probiotic strains originated from human microflora**
- **Compatible with a woman's vaginal, urinary and intestinal tracts**
- **Supports vaginal and urinary tract health, digestion, regularity and immunity***
- **Probiotic strains not derived from animal, dairy, soil or plant sources**



Enteric-Coated for Targeted Release™

- **Ensures probiotics survive stomach acid**
- **Releases active probiotics directly into the intestine**



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NEW LOOK
SAME POWERFUL FORMULA

Once Daily

fortify
Optima®
PROBIOTIC

WOMEN'S

90 BILLION
ACTIVE PROBIOTICS

Promotes Vaginal & Urinary Health*

- **100% HDS Probiotics™**
- **Additional Lactobacilli**
- **Enteric-Coated**



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Bifidobacteria HDS Probiotics	
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