

SymBiotics with FOS

Nine distinct strains of symbiotic intestinal bacteria, in a matrix of FOS (fructooligosaccharides) which facilitates their implantation, and Vitamin C as preservative. The strains are *Bifidobacterium longum*, *B. breve*, *Streptococcus thermophilus*, *Lactobacillus acidophilus*, *L. rhamnosus* A, *L. rhamnosus* B, *L. bulgaricus*, *L. casei*, and *L. sporogenes*.

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.



Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
www.allergyresearchgroup.com

Allergy Research Group

SymBiotics with FOS



dietary supplement
HYPOALLERGENIC
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	†
Bifidobacteria	0.8 Billion	†
Streptococcus thermophilus	0.4 Billion	†

* Percent Daily Value are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Silicon dioxide.

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