

**SUGGESTED USAGE:** As a dietary supplement, take 1-2 capsules 1 to 2 times daily, or as directed by your healthcare practitioner.

**AFTER OPENING KEEP REFRIGERATED TO EXTEND POTENCY.**

**HOW IT WORKS:** Intestinal bacteria support gastrointestinal (GI) health and digestion via the processing and absorption of nutrients and the maintenance of a healthy mucosal barrier. Maintenance of a balanced gut ecology is critical for proper immune system function. Bifido Digest™ combines 9 probiotic strains specifically chosen to help support GI well-being.\* The predominant probiotic strain in this formula is *B. lactis* HN019™, which has been clinically evaluated and validated for its ability to support GI comfort, regularity, and decreased feeling of bloat.\*

**CAUTIONS/INTERACTIONS:** Some individuals may experience mild, but transitory GI discomfort upon initial supplementation with probiotics. If you are taking prescription medications, including immunosuppressants, if you have a condition related to immunodeficiency, or if you are pregnant or lactating, consult your healthcare practitioner before using this product. For more information on this product go to [www.protocolforlife.com/P2919](http://www.protocolforlife.com/P2919)

CODE  
P2919

V2



PROTOCOL  
FOR LIFE BALANCE®

# Bifido Digest™

- Gastrointestinal Well-Being\*
- Positive Impact on GI Transit Time\*
- Made without Dairy, Wheat, Gluten

**60 Veg Capsules**

A Dietary Supplement  
Vegetarian/Vegan



## Supplement Facts

Serving Size 2 Veg Capsules    Servings Per Container 30

### Amount Per Serving

| Blend of Probiotic Bacteria                                                                                                                                                                                                                                                                                                                                                               | 20 Billion Organisms* |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <i>Bifidobacterium lactis</i> HN019™ (predominant strain),<br>plus 8 strains: <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i> , <i>Lactobacillus rhamnosus</i> , <i>Lactobacillus salivarius</i> ,<br><i>Lactobacillus casei</i> , <i>Streptococcus thermophilus</i> ,<br><i>Bifidobacterium longum</i> , <i>Bifidobacterium bifidum</i> / <i>Bifidobacterium lactis</i> |                       |

\* Daily Value not established.

Other ingredients: Cellulose Powder, Acid-Resistant Cellulose Capsule and Silica.

Formulated & Distributed by Protocol For Life Balance®  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is formulated to deliver a potency of 20 Billion Organisms (per 2 capsules) through the Best By date.

**Do Not Eat Freshness Packet. Keep in Bottle.**

Please Recycle.

\*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.