

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

NOTE This product can be, but need not be refrigerated and is best stored in a cool, dry place.

FRIENDLY FLORA

PREBIOTIC AND PROBIOTIC COMPLEX
FOS AND LACTOBACILLUS • 5 BILLION CFU



**QUESTIONS?
RE-ORDERS?**
CALL 800.800.1200
www.ProCapsLabs.com

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180 Easy-to-Swallow Capsules

Andrew Lessman's FRIENDLY FLORA is a unique blend of Prebiotics and Probiotics to enhance the Friendly Flora (beneficial microorganisms) in our digestive system. Probiotic means "for life" and Probiotics have been beneficially consumed for thousands of years. It is well established that the Friendly Flora that populate our GI tract play a vital role in our overall health. This formula provides five carefully selected varieties of microflora, since a balanced population of Friendly Flora is essential for optimum nutrient absorption, as well as healthy immune and digestive system function. The delicate balance of microflora in our digestive system is easily upset by daily stress, digestive issues and normal aging. This balance is further disrupted by medications that affect the digestive system, including antacids or even worse, antibiotics, which can wipe out our Friendly Flora. The most common source of Probiotics is yogurt, but it generally contains low levels of only a single variety of probiotic and yogurt can present digestive issues, along with unwanted sugar and calories. Our Friendly Flora provides over 5 Billion CFU (Colony Forming Units) of five distinct varieties of Friendly Flora selected for both their unique stability at room temperature, as well as their remarkable ability to survive the harsh extremes of acidity, alkalinity and digestive enzymes in the digestive system. The resulting formula retains its potency to ensure all the benefits you seek. We also add Fructooligosaccharides (FOS), since no Friendly Flora formula is complete without the food required to sustain a healthy balance of beneficial Friendly Flora.

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.

CONTAINS NO COMMON ALLERGENS OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule Servings Per Container 180

Amount Per Serving %DV

Total CFU (Colony Forming Units) **5 Billion** †

Lactobacillus acidophilus (La-14) 2 Billion CFU

Lactobacillus plantarum (Lp-115) 1 Billion CFU

Lactobacillus salivarius (Ls-33) 1 Billion CFU

Bifidobacterium lactis (Bi-04/Bi-07) 1 Billion CFU

Fructooligosaccharides (FOS) 250 mg †

† Daily Value not established.

Other Ingredients: Gelatin capsule, vegetable stearic acid and silicon dioxide.