

**SUGGESTED USE:** Adults and children 12 and up: mix 1 Tbsp with water, yogurt or kefir daily (before bed). Children 2 to 12: mix 1 tsp with water or a favorite beverage daily (before bed).

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

#### WHY TAKE FRIENDLY BACTERIA PROBIOTIC?

There are many microbial depleting factors such as antibiotics, junk foods and stress. Adding probiotics to our diet supports better digestion and nutrient absorption from the food we are already eating.

#### WHAT IS DIFFERENT ABOUT THIS PRODUCT?

Through our proprietary manufacturing process, the microorganisms become a small ecosystem, much more resilient and capable of working together synergistically. The selected strains are grown in a process of co-growth that combines multiple strains during production. Therefore, each strain is interacting with other strains in its liquid form.

#### HOW TO TAKE FRIENDLY BACTERIA PROBIOTIC?

Many people take probiotics on a rotational basis—for example, ongoing for two months with a one-month break from the product. Once your friendly bacteria are replenished, there will be some continual loss of microbial life through your elimination. However, periodic consumption of this product can assist with replenishment.

#### Notes on molasses and berry juices

Both molasses and berry juices are used to grow the microbes during fermentation. For people who are concerned about glycemic indexes or diabetes, or who are trying to avoid sugar, the sugars are fully digested by the microbes and will not cause blood sugar spikes; nor will the product increase any other sugar-related issues.

#### 100% natural

Ingredient settling or floating may occur and does not impact product quality. Shake gently before use.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.  
STORE IN A COOL, DRY PLACE, WITH A LID.



Dr. Berg

THE KNOWLEDGE DOC™

#### DIETARY SUPPLEMENT

# FRIENDLY BACTERIA PROBIOTIC LIQUID

## 12 LIVE PROBIOTIC STRAINS AND SUPPORTS HEALTHY DIGESTION†

16.3 fl oz  
(500 mL)

## Supplement Facts

Serving size: 1 Tbsp (15 ml)  
Servings per container: 32

|                                                                                                                                                                                                                                                                                                               | Amount Per Serving | % DV* |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------|
| Calories                                                                                                                                                                                                                                                                                                      | 0                  |       |
| Total Carbohydrates                                                                                                                                                                                                                                                                                           | 0.5 g              | <1%   |
| Sodium                                                                                                                                                                                                                                                                                                        | 35 mg              | <1%   |
| Friendly bacteria Probiotic blend                                                                                                                                                                                                                                                                             | 15 g               | **    |
| <i>Lactobacillus fermentum, Bacillus subtilis, Bifidobacterium animalis, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus plantarum, Lactococcus lactis, Saccharomyces cerevisiae and Streptococcus thermophilus.</i> |                    |       |

\*\* Daily Value not established.

Other Ingredients: Liquid fermentation product of water, organic sugarcane molasses, organic juice concentrates (blueberry, cherry, pomegranate)

Contains  $1 \times 10^9$  (one billion) live bacteria when manufactured, and provides an effective level of bacteria ( $4.5 \times 10^6$ ) until at least the "Best by" date.

Distributed by Dr. Eric Berg DC

To reorder: [shop.drberg.com](http://shop.drberg.com) (800-816-8184)

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Lot code / Best by